



# **Sexual Assault Response Services**

## *of Southern Maine*

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## **Alcohol and Sexual Violence**

85%-90% of sexual assaults involve the use of alcohol.

Average age at which teens take their first drink is 13 years old.

68% of all students in Grades 7-12 have drunk alcohol at least once.

Many teens report that their parties revolve around getting totally drunk or high.

Alcohol use increases the chances of being sexually violated or being a sexual violator.

### **Facts**

- Mixing sex with alcohol might be risky.
- Alcohol impairs your ability to make sound judgements regarding sexual intimacy.
- Impaired judgement affects your ability to truly consent to sexual activity.
- It is not okay to be sexually intimate with someone who is drunk or passed out.

### **How to Reduce Your Risk of Sexual Violence at a Party**

There is no perfect way to protect yourself from a situation that is potentially sexually violent, but these ideas have worked for others and may reduce your risk.

1. Use the buddy system. Check in with and look out for each other.
2. Tell your friends when you are leaving a party, where you are going, and who you are going with.
3. Trust your instincts. If you feel uncomfortable, it is probably because you do not feel safe. Act on those feelings immediately.
4. Communicate your limits. Be clear about what you want and do not want.
5. Be aware of your decreased ability to react to situations while you are under the influence of alcohol and/or drugs. Rape is a crime of vulnerability and opportunity.
6. Be assertive. It is more important to be safe than it is to worry about hurting someone's feelings.
7. Attend the party in your own transportation if possible, it gives you control. Bring money with you for phone calls and/or cab fare.
8. Pay attention to the warning signs from someone who:
  - Sits or stands too close and enjoys seeing you uncomfortable
  - Stares through you or down on you
  - Makes you feel uncomfortable or creepy being alone with them
  - Is not listening to what you are saying or ignores your feelings
  - Acts like they know you better than they do
  - Grabs or pushes you to get their way
  - Blocks your way

***Help, Hope, and Healing***