



24-Hour Sexual Assault Crisis Line: 863.413.2707
Toll-free: 877.688.5077

Sexual assault and rape can happen to people in all contexts, including marriage, dating relationships, friendships, child-parent interactions, employer-attendant relationships and stranger interactions. Rape and sexual assault are never the fault of the survivor. It is the behavior of the perpetrator that is wrong.

At any point in a sexual encounter a person has the right to STOP. It is never too late to say NO. There is no such thing as uncontrollable sex urge, so there are no excuses for not stopping. Remember, when you don't take "no" for an answer in any form you're infringing on another person's rights. Forced sex is not sex. It is a violent crime, even if you know the other person or are out on a date. Rape is illegal and can put the perpetrator in jail for a long time. It also causes lifetime consequences for the victim.

Sometimes people have a difficult time directly stating they don't want sex. People will say or do things that mean NO without actually saying the word. This can be confusing to the other person, especially in a romantic relationship or if the person has previously seemed interested. Oftentimes people don't understand when a person

says "I don't feel like it" or "I'm not sure yet" that means NO. Don't assume you know what the other person wants. Always seek consent. Stop your sexual advances if the other person indicates no interest or if they say "no".

Engaging in any type of sexual activity without the explicit consent of your partner is sexual assault. If either party is under the influence of alcohol, consent cannot be given. When there is the slightest doubt about whether a person is comfortable with the sexual advance, ask him or her directly and respect his or her limits and response. Otherwise, you are pressuring that person to do something against his or her will, and you could be guilty of committing rape.

ACTIONS THAT MEAN NO

- Avoiding eye contact
- Cringing
- Moving away
- Crying
- Avoiding being alone with you
- Reluctance to get into your car

NO MESSAGES

- I don't feel like it
- I don't know
- I'm confused
- I'm scared
- I don't want to go all the way
- I don't want to get pregnant
- Let's take our time
- I don't like this
- I don't want to get AIDS
- I don't feel good about this
- It's getting late
- I'm not ready
- Please, no
- I don't know that I like you that much
- I know we've done it before, but I don't want to
- I only do it with people I really care about
- I don't know you well enough yet
- I don't want to do more than petting
- Maybe
- I think I've had too much drink
- I need to go home

SEXUAL ASSAULT PREVENTION TIPS

- Know your sexual boundaries and that you have a right to say “no” regardless of the circumstances
- Communicate your sexual limits firmly and directly before the “heat of the moment”
- Don’t assume any flirtatious behavior is a signal for sex
- The absence of a “no” is not a “yes”
- Listen to your partner. If you’re receiving unclear messages, stop
- Respect the right of your date to set his or her limits—no means no and includes any nonverbal signals, uncertainty, or no messages
- Do not respond to pressured sex as a means of developing a relationship
- Do not use threats or coercion to engage in sexual activity
- Regardless of the circumstances you do not owe your date sex in exchange for dinner or anything else
- Be alert and have a response plan for any sexual cues from your date or others
- Discourage your friends from aggressive and sexually aggressive behavior
- Avoid or use alcohol/intoxicants sparingly, set your limits for consumption
- Do not leave drinks unattended and be wary of accepting drinks from people you do not know well
- Always tell someone where you are going, who you will be with and when you will be back

Peace River Center Victim Services
Rape Recovery Program
1860 Crystal Lake Drive
Lakeland FL 33801
Office: 863.413-2708
24-Hour Sexual Assault Crisis Line: 863.413.2707
Toll-free: 877.688.5077



This project was supported by AGREEMENT No. K05010 through funds issued by the State of Florida, Office of the Attorney General. The opinions, findings, conclusions, and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Attorney General or State of Florida.



United Way
of Central Florida

It is the policy of Peace River Center to provide equal opportunity in employment and the provision of services to all persons without regard to race, color, creed, sex, national origin, age, sexual orientation, religion, veteran status, disability, genetic information or genetic identity or other protected classifications.

Rv. 12/20

