

6 ways to minimize the chances of being raped

- 1) Be clear. Do not be afraid to say no.
- 2) Stay sober. You can make better decisions.
- 3) Stay in a group.
- 4) Develop a safety plan among you and your group.
- 5) Help the if you see a rape occurring.
- 6) Trust yourself and your instinct.

4 things you can do if you are raped

- 1) Tell someone.
- 2) Find medical help.
- 3) Contact police.
- 4) Call the crisis hotline.

3 options instead of raping

- 1) Walking away.
- 2) Taking in the moment.
- 3) Talking it through.

Quotes on definition of rape

Old definition= “Rape is an act of sexual intercourse by a man with a woman against her will”

(Encyclopedia Britannica).

Definition used today= “...not only attacks by strangers but also those by acquaintances and husbands.” -Estelle B. Freedman