



## **SAFETY TIPS TO HELP AVOID DATE AND ACQUAINTANCE RAPE**

- Know information about your date (name, address, phone number, work, vehicles, etc.) which can help locate this individual if necessary.
- Be attuned to "rape testing" - Check your comfort level when individuals test you by:
  - Overstepping your emotional and verbal boundaries
  - Encroaching on your physical space
  - Isolating you to put you in a situation for assault
- If meeting for the first time, suggest meeting in a public place (don't immediately invite the individual to your home or give out your phone number).
- Be alert to this individual following you home uninvited.
- If the situation turns romantic or into sexual contact, let the individual know up front what you are willing to do and not do, and make it very clear (BE BOLD).
- If you don't think you are being taken seriously or if this individual is disregarding your NO, try to put an immediate stop to ALL physical contact. Strongly refuse all further advances.
- If harassed by a coworker, be assertive in your turn-downs. If it continues, report these actions to a supervisor.

### **REPORT ALL SEXUAL ASSAULTS! GET THE HELP YOU NEED!**

**IF YOU DO NOT WANT TO REPORT TO THE POLICE,  
TELL SOMEONE YOU TRUST -- LET SOMEONE HELP YOU**

**Telephone numbers:**

Denver Emergency .....911  
Denver Health Medical Center Emergency Room..... (303)436-8100  
Rape Awareness and Assistance Program (RAAP)..... Hotline: (303)322-RAPE  
The Denver Center for Crime Victims.....(303)894-8000, Spanish (303)718-8289, TTY (303)860-5555  
Colorado Coalition Against Sexual Assault..... (303)861-7033 for referrals  
University of Colorado Victims Assistance Team.....(303)492-8855  
MESA (Moving to End Sexual Assault).....(303)443-0400  
Servicios de la Raza ..... (303)458-7088 (24 hr.)  
Asian Pacific Center for Human Development..... (303)393-0304 (24 hr.)