

THE DENVER CENTER FOR CRIME VICTIMS
SAFETY TIPS TO KEEP SAFE FROM 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 or cyber space
 - Isolating you to put you in a situation for assault
- Be wary of people you meet through the Internet. It is easy for individuals to give out false information. Do not give out personal information such as phone number, address, workplace, etc. If you choose to meet the individual in person, choose a public place and/or bring a friend. If that person objects, it shows they are not trustworthy.
- If meeting anyone for the first time, again, suggest meeting in a public place and/or bring a friend. Never immediately invite the individual to your home.
- In this age of Facebook, Twitter and other social networking sites, remember that the more information you give to someone, the easier it is for that person to assume they can go further with you than you want. Be cautious.
- After contact with a person, 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). Know your surroundings and how you could make an exit if you so choose.
- 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.
- Let family and friends know who you will be with, when and where. Have a code word or phrase to give to a trusted person to let them know that you need assistance.mm
- If harassed by a coworker or schoolmate, be assertive in your turn-downs. If it continues, report these actions to a supervisor or school security.

REPORT SEXUAL ASSAULT AND GET THE HELP YOU NEED!
IF YOU DON'T WANT TO REPORT TO THE POLICE, TELL SOMEONE YOU TRUST.

Telephone numbers:

Denver Emergency911
Denver Health Medical Center Emergency Room..... (303) 436-8100
Rape Awareness and Assistance Program (RAAP).....Hotline: (303) 322-RAPE
Denver Center for Crime Victims(303)894-8000, Spanish (303) 718-8289, TTY (303) 860-9555
Colorado Coalition Against Sexual Assault (303) 839-9999 for referrals
University of Colorado Victims Assistance Team..... (303) 492-8855
MESA (Moving to End Sexual Assault)..... (303) 443-7300
Servicios de la Raza..... (303) 953-5930 (24 hr.)
Asian Pacific Center for Human Development (303) 393-0304 (24 hr.)