

Prevention Behaviors for Young Women:

- **Know Your Sexual Limits.** Don't wait until the "heat of the moment" to think through how far you do and do not want to go with your partner.
- **Be Assertive.** State your limits clearly. Use words like STOP!, NO! and repeat if necessary. Move physically away from the person if possible. If necessary, walk away or get out of the situation.
- **Be Aware of Non-verbal Cues.** Know that if you dress sexy and flirt, some men may think you want to have sex. This doesn't mean your dress or actions are wrong, but know that they may create misunderstanding.
- **Pay Attention to Your Surroundings.** Trust your intuition. If you feel something is wrong, it probably is. Get out of the situation as soon as you can.
- **Avoid Excessive Use of Alcohol and Drugs.** Alcohol and drugs cloud your judgment and make you unaware of what may be happening around you.

Prevention Behaviors for Young Men:

- **Know Your Sexual Limits and Communicate Them.** Be aware of sexual pressures to "score." It's okay to say no or to wait to have sex.
- **Being Turned Down is Not a Personal Rejection.** Being turned down for sex doesn't mean your partner doesn't like you. It's much more a statement about her not feeling ready for sex at this time.
- **Accept a Woman's Decision.** "No" means just that —No. Don't continue sexual pressure if a woman says no.
- **Don't Assume a Woman Wants to Have Sex.** Even if she is wearing sexy clothing or has been flirting with you a lot, it doesn't mean she wants to have sex with you.
- **Avoid Excessive Use of Alcohol and Drugs.** Alcohol and drugs cloud your judgment and are never an excuse for aggressive behavior.