

sextalk.

answers to your questions about sex and relationships

factoid

“Sex Talk” is the UA’s #1 resource for accurate, up-to-date sexual health information. Check out the column every Monday in the *Arizona Daily Wildcat*, across from “Police Beat”.

Q. The other week I was at a party and wound up alone with a guy I had just met. He wanted to mess around – I didn’t, but felt pressured. How do I stop this from happening again? How can I get myself out of this situation if it happens again?

A. To prevent a situation like this from occurring in the future:

When partying, stay in the company of trusted friends.

Make a pact with your friends to stick together as a group. Don’t leave the party without your group; and, don’t leave anyone from your group behind. Also, avoid going off into isolated areas with an acquaintance or someone you’ve just met – especially if either of you have been drinking or using other drugs. In the future, if you find yourself in a situation that makes you feel uncomfortable, say so to the other person involved. Use a simple statement like, “I don’t feel comfortable here, let’s go back out to where our friends are.” If you are in a situation where you are feeling pressured and not in control, trust your instincts and get out.

Avoid or limit consumption of alcohol.

Studies show that in most instances of rape or sexual assault, alcohol and other drugs play an influential role. Intoxication affects the brain by impairing judgement, making the individual less capable of rational thinking and decision-making. An intoxicated person is a vulnerable and easy target for potential perpetrators. Don’t put yourself in a situation where you become incoherent or lose sense of your surroundings or actions due to alcohol or other drug use.

At the UA, most students who choose to drink, do so in moderation. Here’s what UA students tell us they do to stay safe if, and when, they drink alcohol:

- On average, UA students have 3 drinks when they go out (over 1 in 4 students don’t drink alcohol at all).
- 87% who drink only do so in places they know will be safe.
- Of those who drink, 87% arrange to have a designated driver when they drink.*

* Based on 2004 Campus Health Survey Data, n=1434
One drink = 12 oz. Beer = 4-5 oz. Wine = 1 oz. Liquor

Have a question? Send it to sextalk@email.arizona.edu

SexTalk is written by Lee Ann Hamilton, M.A., CHES & Melissa McGee, Ph.D., MPH, health educators at The University of Arizona Campus Health Service.

