

# 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. You can read the column every Monday in the *Arizona Daily Wildcat*.

**Q.** The other week I was at a party and wound up alone with a guy I had just met. He wanted to hook up – I didn’t, but felt pressured and a little scared. How can I stop this from happening 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. Use a simple statement like, “I don't feel comfortable here, let's go back out where my friends are.” If you ever feel 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 judgment, 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:

- UA students average 2 drinks\* per week (30% don't drink alcohol at all).
- Of those who drink, 88% arrange to have a designated driver when they drink.
- 98% prefer to be with someone who drinks moderately or not at all.

(Based on 2007 Health & Wellness Survey, n=2162 :: \*One drink = 12 oz. Beer = 4-5 oz. Wine = 1 oz. Liquor)

Have a question? Send it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)

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