

# sextalk.

answers to your questions about sex and relationships

**factoid** College-age women are four times more likely to be sexually assaulted than any other age group.

## Q. What percentage of sexual crimes are alcohol-related among college students?

A. One in four college women are victims of sexual assault, and 15% are survivors of rape. Although sexual assault is prevalent throughout college, freshmen women are at greatest risk for these forms of violence, particularly in the period between the first day of class and Thanksgiving.

*Sexual assault* is defined as any forced sexual acts including forced touching or kissing, verbally coerced intercourse and physically forced vaginal, oral and anal penetration. The term *rape* is typically used to describe sexual behaviors that involve penetration due to force or threatened force; sex without consent; or inability to give consent due to age, intoxication or mental status.

On average, more than half of all sexual assaults among college students are associated with alcohol. Research has shown that about three-quarters of perpetrators and over half of the victims of rape had been drinking alcohol when the crime was committed. In total, nine out of ten campus rapes involve alcohol use by either the assailant or the victim, making it far and away the most common date rape drug, even when Rohypnol (aka "roofies"), GHB and Ketamine often attract more fear and attention.

Smart safety tactics to decrease your risk of sexual assault include:

- Limiting/abstaining from alcohol and other drugs
- Understanding how alcohol affects your body
- Avoiding drinking games
- Staying with a group of sober friends
- Setting and communicating your sexual limits upfront, before being pressured by someone into a situation you do not want
- Trusting your instincts; if something or someone doesn't seem quite right, get away
- Enrolling in a R.A.D. (Rape Aggression Defense) program to learn self-defense tactics

Fortunately, there are people on campus who are trying to change these alarming statistics, including The Oasis Program for Sexual Assault and Relationship Violence, which works to prevent sexual assault as well as to assist survivors in recovery.

For more information, call 626-2051 or visit [oasis.web.arizona.edu](http://oasis.web.arizona.edu).



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

SexTalk is written by Lee Ann Hamilton, M.A., CHES and David Salafsky, MPH, health educators at The University of Arizona Campus Health Service.

