

sex talk.

answers to your questions about sex and relationships

wildfact

Have a friend in need but not sure how to reach out? Check out f2f.health.arizona.edu for info on how to help.

Q How do you get away from someone you are uncomfortable with but you do not have any tangible proof of them being creepy?

A. The feeling you describe can be hard to pin down. Is it someone who might be interested in you but not the other way around? Or that guy who means well but has a hard time reading cues? Or maybe it's that person who is just a little too friendly for comfort? Whatever the reason, trust your instincts. It could be just a communication problem, or it could be something more. You might start with indirect methods first: avoidance (if possible), buddying up to ensure you are not alone in their company, or keeping your interaction with them civil but brief.

Enlist the support of friends by sharing your concern so they are aware of the situation. With their help, you may be better able to navigate or avoid interactions as they come up. But what if that doesn't work? You may need to move on to more direct methods, if you feel safe doing so. If this is an individual who you have no option but to interact with, finding an appropriate time to approach them with your concerns may

be needed. Do this by bringing up the specific behavior rather than criticizing them personally. Be solution-focused.

Although what you describe may not qualify as stalking, keep in mind that this is a very real issue on college campuses. If you believe you are being stalked, communicate assertively that you want all contact to stop. You have a right to not be contacted by anyone you choose – for any reason. Telling another person that you do not want to have any contact with them is an appropriate response, if your intuition tells you it is necessary. In these situations, acting promptly can be an important way to prevent the issue from escalating, and reporting to the Dean of Students Office may be needed. Here at the UA, there are resources that can help, including Campus Health's Oasis Program Against Sexual Assault and Relationship Violence. For more information call 520-626-2051 or visit www.oasis.arizona.edu.



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

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