

**Get Help Now!**

**Pahrump - 775-751-1118**  
**Tollfree Hotline - 1-888-882-2873**  
**Tonopah - 775-482-3016**  
**Tollfree Hotline - 1-888-482-3016**

# *Teen Safety Guide*

## ***You Have a Right to Be Safe***

### ***Safety at Home***

When someone in your home is being hurt, call 911 immediately. If you are hurt by someone in your home, tell someone who can help you, You can tell:

- A Teacher
- A Coach
- A friends paren't
- An adult you can trust
- A nurse or a doctor
- A Crisis Line Counselor

### ***Dating***

- Does he/she tell you what to wear?
- Does he/she tell you who you can talk to?
- Does someone you care about hold you too tight? Does someone pressure you to have sex?
- Does your boyfriend/girlfriend keep you away from your other friends?

If these things are happening to you, and you need someone to talk to, No To Abuse has a 24 Hour Hot line. Call! We can help.

### ***Street Safety***

If someone is hurting you:

- Scream loudly for help
- Run toward a group of people
- Run to a well lighted area
- Run in to an open business
- Run to a house with lights on

### ***Tell Someone You Trust***

Its a good idea to secretly gather a few things together where only you can get at them quickly.

- Your Drivers License (if you have one)
- A copy of your Birth Certificate
- Your Social Security Card
- Money and/or Credit Card and change for the phone or a phone card.
- Proof of Insurance, (car and health)
- House and car keys
- Medications or copies of perscriptions
- Address book with phone numbers
- Change of clothes

### ***Someone to Rely On***

Create a network of friends and family that you can trust. Communicate to this group that you are having difficulties with someone. Ask for their support so that you can rely on them it you are in trouble. Dont wait, start forming your support network before you need them. No To Abuse can be part of your network.

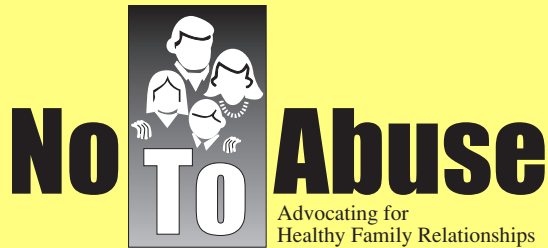
Call us.

Keep our numbers handy.

### ***Date Rape***

#### ***What Every Teen Should Know***

Guessing what another person wants without actually talking about it can lead to serious



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misunderstanding. So how do we learn what other people want?

And how can we best protect ourselves from date rape? We learn those things by setting limits right from the start.

### **Do**

If you're going to a party, ESTABLISH A BUDDY SYSTEM with a friend where you can watch out for each other. But do not rely on others to take care of you.

MEET IN A PUBLIC PLACE, i.e. Movie Theater, restaurant, on the first couple of dates. This will give you both the opportunity to get to know each other better and decide if this is someone you wish to spend more time with.

GO ON A GROUP DATE or double date if you are unsure of a new acquaintance.

SET YOUR BOUNDARIES for physical contact right at the start of a new relationship.

### **Whenever possible,**

LEAVE PARTIES WITH A GROUP of people. Never announce that you are leaving alone.

ALWAYS HAVE MONEY for a phone call or a taxi in your pocket in case you wish to leave.

BE CAREFUL when inviting someone to your home or going to theirs. These are the most likely places for date rape to occur. If you are getting a double message from your date,

SPEAK UP and clarify what he/she wants.

BE VERY CLEAR WHEN YOU SAY NO. It means exactly that!

### **Date Rape Drugs**

If you're drinking, NEVER drink from an open container. Once you have your drink, DO NOT let it leave your hands until you are completely finished with it. It only takes a millisecond to place a date rape drug into your drink!

Some of these drugs cause sexual sensitivity or arousal even if the intended victim is unconscious.

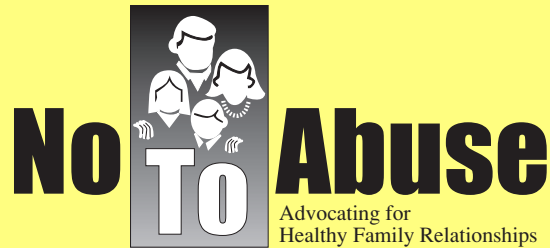
They put both MEN and WOMEN at equal risk.

#### **Symptoms**

Dizziness and/or nausea-Memory loss-Breathing and motion difficulties-Feeling more intoxicated than you should in proportion to the alcohol you have consumed.

### **Dont**

- NEVER FORCE, pressure or coerce anyone to have sex.
- DO NOT have sex with someone who is drunk, passed out, or asleep.
- DO NOT assume a date's desire for affection is the same as their desire for sex.
- DO NOT attempt to have sex with someone who says NO, or is either reluctant or not clearly consenting.
- DO NOT assume that someone wants to have sex because of their reputation or the way they are dressed.
- DO NOT think that you have the right to have sex with your date just because you paid for his/her night out.
- DO NOT think that you have the right to have sex with your date just because you have had sex with them before.
- DO NOT think you have the right to have sex with your date just because you met them at a



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bar or picked them up somewhere.

- DO NOT think you have the right to have sex with your date just because you think they might enjoy being forced or persuaded to have sex.

### **What To Do If You Are Raped**

- GET TO A FRIENDS HOUSE or any place where people can give you emotional support, or call a crisis line for help. The number in Pahrump is 751-1118 or 888-882-2873 from anywhere.
- GO SEE A SEXUAL ASSUALT NURSE EXAMINER (SANE) IMMEDIATELY for treatment of any injuries and for other tests, which can provided important medical evidence.
- DO NOT bathe, shower, douche, or change clothes before you go. If you are a legal adult the decision is yours, but reporting sexual assault is an important part of ending violence against others.
- PLEASE REPORT IT TO YOUR LOCAL AUTHORITIES.
- SEEK COUNSELING. Whether or not you report the rape and participate in legal action, you should consult a trained rape-crisis counselor, hospital, rape-crisis center, or mental health center.