

## Date Rape Prevention

### **Prevention:**

- Be cautious about whom you choose to date and listen to what others who know them say.
- Always keep your cell phone charged.
- Download the local Uber, Lyft, and Taxi apps to your phone to be proactive.
- Carry handheld chemical repellent.
- Travel in groups or notify family or friends when leaving for a date.
- Let a friend know who you are with and send them the pictures.
- Trust your instincts if you notice any red flags or concerns.
- Recognize when a friend is acting out of the ordinary.
- Lock your car doors and leave as soon as you get in your car after your date.

### **Watch for Red Flags:**

- Unwanted sexual conversation
- Unwanted touching
- Easily angered
- Attempts to control and isolate you
- Stalking Behavior

### **Suggested Safety Numbers:**

- [Emergency Services](#): 911
- [LUPD Emergency number](#) *Cell Phones or Off-Campus Phones* (434) 592-3911.
- [LUPD SafeRide](#): (434) 592-7641
- [On-Demand Ride](#): (434) 592-3640

### **Stay in Control:**

- Tell a friend where you are going and when you are expected to return.
- If you feel someone is pressuring you or making you uncomfortable, clearly define your boundaries and be ready to leave.
- “Embarrassment should not keep you from doing what is right. Do not hesitate to raise your voice, stand up abruptly, or scream if the situation warrants it” (Preventing Date Rape, 2022).
- Do not take your eyes off your drink or food at a restaurant.

### **Plan for Escaping a Bad Date:**

- Share location with a trusted individual

- Carry self-defense devices to temporarily stop a threat
- Go to a safe environment and call a friend or a transportation service
- Notify family or friends when you have arrived at your destination safely

### **Signs and Symptoms you suspect you have been drugged:**

- Sleepiness, seizures, slow heartbeat, and slow breathing, muscle relaxant, amnesia, loss of inhibitions, and consciousness, hallucinations, wooziness, vomiting, high blood pressure, heart rate changes, seizures, and coma.

### **In case of an assault:**

- Remember that sexual assault is never your fault.
- If you have been assaulted or possibly drugged, get to a hospital asap.
- The Student Health Center in Commons III can help. However, after hours call LUPD or local police for assistance. Call 911 or LUPD (434) 592-3911
  - Do not clean the place where the assault occurred.
  - Do not shower or wash.
  - Do not change your clothes.
  - Give any ripped clothing to the police.
  - Do not brush or comb your hair.
  - Take photos of scratches and bruises or ask a friend to take photos (Preventing Date Rape, 2022).

### **Journal the Assault ASAP:**

- Describe who, what, where, when, and how? (Preventing Date Rape, 2022).
- Write down anything you remember about the attacker, such as: Height, weight, skin and eye color, teeth, tattoos, accents, facial expressions or dimples, eyebrows, or voice inflections. (Preventing Date Rape, 2022).
- Write down any witness's names or nicknames. (Preventing Date Rape, 2022).
- Date rape drugs are detectable in urine for up to 96 hours. Even if you are unsure about an attack, a urine analysis can indicate the presence of Date Rape drugs. This testing can be completed at the Student Health Center or a local hospital.

### **Counseling Services:**

- Counseling services are available through [Student Counseling Services \(434\) 582-2651](tel:4345822651)
- Off-campus resources: [YWCA](#), [Sexual Assault Response Program \(SARP\)](#)

### **Additional Resources:**

[Liberty University Police Department: \(434\) 592-3640](tel:4345923640)

[LU Transit: On-Demand Ride](#) (434) 592-3640

[Lynchburg Police](#): (888) 947-7273

[LU Shepherd](#): (434) 592-5411

[Student Counseling Services](#): (434) 582-2651

[Office of Equity and Compliance](#): (434) 592-4999

[24-Hour Rape Hotline: Virginia Statewide Hotline](#): +1 (800) 838-8238

### References

- Owens, S. (2022, October 25). *Title IX: How to Minimize the Risk of Date Rape*. Retrieved from UMBH University of Mary Hardin-Baylor: <https://www.umhb.edu/resources/titleix/how-to-minimize-the-risk-of-date-rape>
- Preventing Date Rape*. (2022, October 25). Retrieved from Borough of Manhattan Community College: <https://www.bmcc.cuny.edu/public-safety/sexual-harassment-abuse/preventing-date-rape/>
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