RELATIONSHIPS 101
New Student Orientation - 2015

Consent

✓ Know your sexual intentions and limits. You have the right to say “No” to any unwanted sexual contact.
✓ If you suspect your partner is unclear about your intentions, speak up and communicate your limits.
✓ Each person has the responsibility to ensure that he or she has the affirmative consent of the other or others to engage in the sexual activity (yes means yes!).
✓ If you are uncertain about what another person is saying or wanting, ask for clarification. There is no shame in asking!
✓ Be aware that having sex with someone who is physically or mentally incapable of giving consent (e.g., under the influence of drugs and/or alcohol) is rape.

Self-Responsibility

✓ Again, know and verbalize your limits. You have the right to say “no.”
✓ Do not make assumptions and do not fall for the stereotype “no” means “yes.”
✓ Be clear about the messages you are sending, both verbally and non-verbally.
✓ If you chose to drink, be aware of how much you drink. Know your drink limit. Know that it is okay not to drink!
✓ Be aware of your location and who you are with.
✓ Trust your gut feelings. If something doesn’t feel right or if you feel uncomfortable, pay attention to those feelings. Leave immediately.
✓ If you attend large parties, go with friends you can trust. Try to leave with the group, rather than alone or with someone you don’t know or trust.
Bystanders

☑ Look out for each other!
☑ If you see someone in trouble at a party, don’t be afraid to intervene or call for help.
☑ Don’t leave your friends alone at parties. Arrive and leave with your group.

Drinking Choices

☑ The use of alcohol and drugs can interfere with your ability to assess situations and communicate effectively.
☑ Be conscious of how much alcohol you consume and the effect it has on you.
☑ Refer to a BAC chart (or download a BAC app on your Smartphone).

Alcohol Poisoning-How to help a friend:

- Try to Wake Your Friend.
  - Can you get your friend to respond?
  - Is your friend experiencing confusion, vomiting, seizures?
- Listen to your Friend’s Breath.
  - Is it slow (less than 8 breaths per minute)?
  - Is it irregular (a gap of more than 10 seconds between breaths)
- Check Your Friend’s Skin.
  - Is it cold, clammy, or bluish?

ALCOHOL POISONING CAN CAUSE DEATH!

☑ Don’t take a chance with a friend’s life!
☑ Call for help: Call 911, Campus Safety, Student Life staff member.
☑ Stay with your friend while waiting for help.
☑ Make sure that your friend is lying on his or her side to prevent choking.

Resources

☑ Health Office: 315.655-7122
☑ Counseling Center: 315.655.7121
☑ Campus Safety: 315.655.7271
☑ Liberty Resources – Victims of Violence 24-Hour Hotline: 315.366.5000
☑ NYS Domestic Violence Hotline: 1.800.942.6906 and 1.800.942.6908 (Spanish)
☑ National Domestic Violence Hotline: 1.800.799.SAFE (7233) and 1.800.787.3224 (TDD)
☑ RAINN - Rape, Abuse, + Incest National Network: 1.800.656.HOPE (4673)

http://www.rainn.org