Alcohol & Sexual Assault

Anyone can become a victim of sexual assault. When it does occur, it is never the victim’s fault, regardless of the circumstances. As a community, we can protect ourselves with awareness and information.

Other Programs Offered to the UTSA Community .........

· Safety Escort
· Operation Identification
· Operation Bookmark
· Self-Defense Classes
· Whistle Defense
· Sexual Assault Awareness
· Alcohol Awareness Classes
· Drug Awareness Classes

The University of Texas at San Antonio Police Department
Community Affairs Section:
Sgt. Veronica Waelbroeck
Ofc. Melody Erickson

One UTSA Circle
San Antonio, Texas 78249
Emergency: 210.458.4911
Non-Emergency: 210.458.4242
Community Affairs Section: 210.458.6250
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Protecting Your Future...Today!
Alcohol & Sexual Assault

Alcohol and sexual assault often happen together. According to some research, 30 percent of all sexual assaults and 75 percent of sexual assaults occurring on college campuses, occur when the perpetrator is under the influence of alcohol. In many cases, the victim is also intoxicated.

Alcohol use does not cause sexual violence. Putting alcohol into your system does not cause you to commit a sexual assault anymore than putting gasoline into your car causes you to drive to the airport.

Alcohol acts as a permission slip. By reducing inhibitions, alcohol often makes it more likely that someone will choose to sexually assault another person.

Sexual assault occurs despite alcohol use, not because of it.

In effect, people who sexually assault when drunk, do so, not because they are intoxicated, but despite their intoxication. They have to overcome the impairment to commit the sexual assault.

Alcohol and Risk Reduction

- If you choose to drink, know your limits and stick to them.
- Avoid parties where "getting wasted" is the only reason for going.
- Go out with trusted friends, and return home with trusted friends. Do not leave friends behind.
- Adopt a "sober buddy" system - designate one person who will remain sober and watch out for friends.
- Do not allow friends to wander off with someone they do not know well.
- If someone has passed out, do not leave them alone.

Warning signals of controlling or possible abusive behavior:

- A person engineers a situation in which a woman or man is isolated from others
- You are in a social setting in which there is heavy drinking and bystanders are enabling and encouraging risky behavior
- A person is intoxicated and lacks the ability to make sound judgments and/or is demonstrating or indicates support of behavior that is aggressive or violent

Warning signals that a person may not be capable of consenting to sexual activity:

- A person demonstrates an inability to make sound judgments
- A person’s speech is slurred, s/he seems “out of it,” s/he is stumbling, etc.

The following are some suggestions and measures you can take to reduce your risk of becoming a victim of sexual assault:

- Set limits regarding your use of alcohol consumption and what you want or do not want sexually
- Be aware of verbal and nonverbal cues that can alert you to a problem
- Trust your feelings and acknowledge the warning signals that arise in social/potentially intimate situations
- Communicate what you want/do not want clearly
- Avoid secluded places at the beginning of relationships
- Become comfortable with the idea that you might have to be rude, make noise, yell, etc. to remove yourself from a possible sexual assault situation; do not worry about hurting the other person’s feelings
- Be aware of your own assumptions and stereotypes regarding sex and alcohol
- Ask yourself what are your expectations regarding sex in a specific social/intimate setting
- Be aware of how your expectations regarding sex and the use of alcohol might be affecting your interpretation of cues and signals being given by another person
- Respect the limits of others when it comes to alcohol consumption and sexual activity
- Be aware of how alcohol is affecting your judgments and/or behaviors
- If alcohol is affecting you negatively, stop drinking and/or drink water or eat food to minimize the alcohol’s effect
- Understand that intoxication is a stop sign for sex; stop and ask the other person what s/he wants
- Ask yourself if the person is capable of consent given her/his level of intoxication

Reference: Butler University website