

# Don't Be A Player

If you  
Make it A  
GAME

Reduce the Risk  
of becoming a perpetrator

Someone Always Loses



Sex and relationships aren't games. Physical strength, cunning, strategy and the need to "win" won't get you anywhere when it comes to sexuality. However, strength of character, courage, pride, confidence and RESPECT will ensure that no one ends up a LOSER!

Sex and sexual expression are difficult and confusing issues. How do you know if what you are doing is OK with the other person? If the person you are with seems uncomfortable or not as "into it" as you, ASK if what you're doing is OK. It may be awkward to discuss, but the consequences of assault are even more "awkward."

Some Tips For Avoiding Trouble:

Don't Trust "Signals" - Communicate

Ask permission before touching someone. For example : "Is this OK?".

Take "NO" for an answer. "No" might come as a slight push or stalling or simply discomfort.

**Have confidence**, "No" isn't a rejection of you personally, just the activity.

Talk about what you're after. Make sure you both want the same thing.

If things seem unclear or confused, **show some courage**. Don't make assumptions, make it clear - TALK.



If arrested, a perpetrator may face preliminary jailing, court appearances, posting of a bond (\$ which gets you out of jail until the trial) lineups, interrogations and a hefty legal bill. Not to mention embarrassment, isolation, and mandatory counseling. Your criminal sentence could include prison, fines, restitution and placement on Wisconsin's Sex Offender Registry.

It's not about You - It's about TWO

**RESPECT** another person's decision not to be sexual. No two people think about their sexuality in the same way. That's not only OK, it's the way it should be.



**Have some pride.** Continually pressuring someone to do what YOU want means you're only thinking of yourself. Pressuring someone until they give in has a name: Sexual Assault.

"If she doesn't want it, Stop.  
There's no excuse not to.  
**And if you're not sure what she wants...ask.**  
**Because real men don't force."**



## Peer Pressure is Fear Pressure

If your focus on a date or at a party is to have sex, you're playing a game and at high risk for becoming a perpetrator. You also could have problems with your sexuality and may wish to consult an adult for help.

Stay away from situations that involve heavy alcohol/drug use. Not only are you more likely to do things you wouldn't normally do, but pushing yourself on someone who is intoxicated could mean a more serious felony conviction.

**Self-confidence** can be key to not feeling the need to push yourself on others.

Pressure from peers can lead to sex before you are ready. "Gang-rape" is also often fueled by peer pressure. It takes **strength of character** and **courage** to resist peer pressure. However, these are qualities that being a real man or woman is all about.

Whenever you experience a sexual impulse, take a minute to run through the consequences. Who might you hurt? Is what you're doing legal? Are you acting like a real man?

## What You Can Do to Help End Sexual Violence

### Be a Role Model

**The Power of Words.** We live in a society in which words are often used to oppress others. For example, calling a girl or woman a "bitch," "freak," "whore," "baby," or "dog" is common. This language sends a message that females are inferior and less than human. Not only do these attitudes hurt others, they hurt you by erasing your chances of having a meaningful relationship with anyone you disrespect.

**Speak Out.** You may never see a sexual assault in progress, but you will see and hear attitudes and behaviors that degrade others and promote sexual assault. When your best friend tells a joke about sexual assault, don't laugh and do anything but remain silent. Try "grow up!" for something to say.

Sexual assault is a crime where personal weakness, low-self confidence, anger, hatred, and cowardice reign supreme. Sexual assault is forcing, coercing, or manipulating sexual activity on someone who doesn't want it or who can't legally or knowingly consent. When this happens nobody wins and everybody loses. Be someone others can look up to. Don't play the game.



"So you pushed her to have sex.  
You played her.  
You pressured her.  
You even forced a little.

***Does that make you feel like a man?  
'Cuz you don't look like one to us."***