



You can reduce the risk of date rape and/or harassment.

People are often raped and/or harassed by someone they know, an acquaintance offender. It is not only strangers that you should watch out for.

People we know, such as relatives, friends, dates, bosses, neighbors, partners, co-workers, business associates and service people may harass you. We trust them because of the position they hold or their relationship to us. This trust makes us more willing to let our guard down and more likely to be attacked.

24/7 Crisis Care Program
3002 Grand Ave, Waukegan, IL
(847) 377-8088

Community Health Centers

For appointments, call our Patient Access Center:
(847) 377-8800

Belvidere Medical Building*
2400 Belvidere Rd, Waukegan, IL

Grand Avenue Health Center
3010 Grand Ave, Waukegan, IL

Libertyville Health Center
18698 West Peterson Rd, Libertyville, IL

Midlakes Health Center*
224 Clarendon Rd, Round Lake Beach, IL

North Chicago Health Center*
2215 14th St, North Chicago, IL

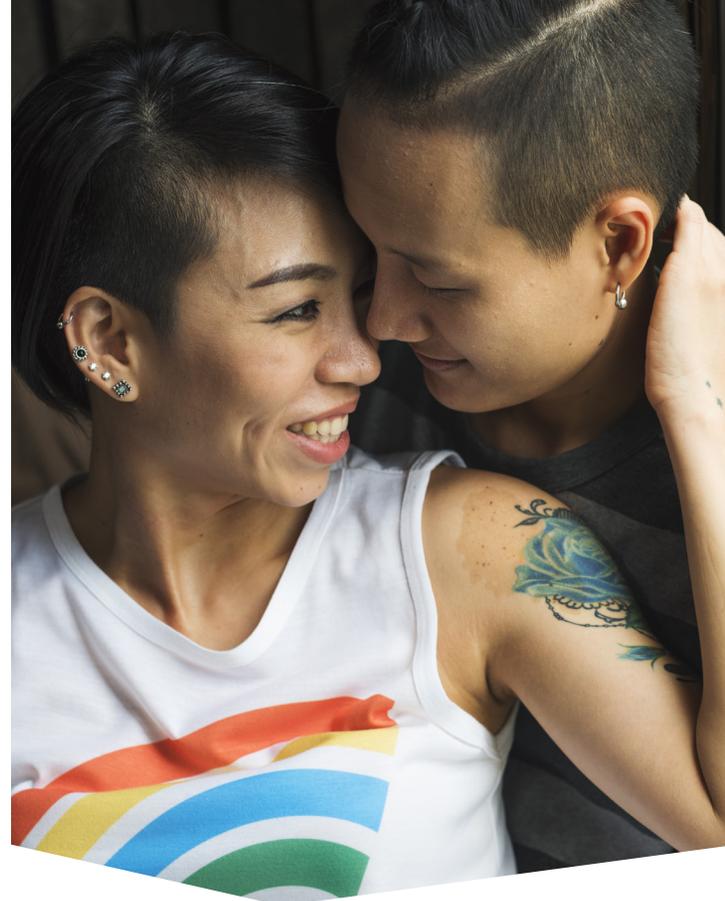
North Shore Health Center
1840 Green Bay Rd, Highland Park, IL

Zion Health Center*
1911 27th St, Zion, IL

Round Lake Area Student Health and Wellness Center* (located inside Round Lake High School)
800 North High School Dr, Round Lake, IL
Appointments: (847) 257-1200

Lake County Health Department services are available to all individuals regardless of race, color, national origin, age, sex, disability or sexual orientation. Please inform a staff member if you need an interpreter, assistance, or auxiliary aids.

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Safe Relationships

You can reduce the risk of date rape and/or harassment



1

Identify behaviors which make you feel uneasy or afraid.

Acquaintance offenders behave in ways which show a lack of respect for a person's feelings and wishes.

- Becoming very pushy
- Asking personal questions
- Making sexual comments
- Trying to trick or manipulate you
- Not taking “no” for answer
- Using pornography
- Becoming angry or hostile when you tell them to back off or stop
- Touching or staring at your body in a way that makes you feel uncomfortable
- Making rude comments about your partner that do not show respect
- Sudden changes in behavior or attitude
- Saying or doing anything that makes you feel uncomfortable, uneasy or scared
- Fighting or intimidating people to get their way

2

Trust your feelings and take action.

3

State your limits. Be clear and direct.

- Set limits—you have a right to say NO!
- Do not apologize or make excuses.
- Carry yourself with strength:
 - Stand up straight.
 - Look the person in the eyes.
 - Tell them directly how you feel.
- Say “NO!” in a strong voice.
- Assert your right to not be talked to or touched in unsafe or disrespectful ways.

**Believe in yourself.
You deserve to be
treated with respect.
Accept nothing less.**

4

Develop an escape plan.

- Leave any situation that feels uncomfortable or unsafe.
- Plan ahead. Use your strengths to help you get out of dangerous situations.
- Talk, yell, and make a scene. Get to a safe place as soon as you can and call for help.
- Friends can help friends stay safe by agreeing ahead of time to watch out for each other.

5

Do not blame yourself.

- If you are raped and/or harassed, it is not your fault.
- Sometimes even when you take all the right steps, they might not work.
- It is not your fault if someone violates your body physically or emotionally.
- Tell someone if you have experienced date rape or harassment.