



# For Safety's Sake

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✓ Awareness ✓ Education ✓ Prevention

# Make Prom Night Your Best Night

Once the beaded dresses are bought, the tuxes are rented, and dates have been chosen, it may seem that there is little left to do but enjoy prom night.

Prom night can be one of the most memorable nights of your life, so consider these important tips to make it memorable for the right reasons:

- Let your parents know all your plans ahead of time. This includes providing them with your date's cell phone number and the location and number of any after-prom parties you may be attending.
- Stay with a group of friends throughout the night and watch each other's backs. The more the merrier...and the safer!
- Make sure your cell phone is charged before you leave home, and keep it on all night.
- Everyone traveling by car should wear their seat belt, and not distract the driver from concentrating on the road.
- Don't drink or use drugs and drive, or let your friends!
- Take extra money with you, in case you need to call a cab for a safe ride home or an emergency arises.
- Don't leave your possessions unattended.
- Know the warning signs for alcohol poisoning and call 911 immediately if you see someone exhibiting them! Vomiting, slow breathing, unconsciousness, pale blue skin and/

or seizures are all common signs of alcohol poisoning which can quickly lead to death without treatment.

Prom night doesn't have to end at the stroke of midnight. Share these after-prom ideas with your parents and friends for safe ways to extend the fun.

- Grab lots of attention by going to a late night or all night diner for burgers and fries!
- Ask a parent to host an after-prom breakfast for the gang.
- Recap the night the next day with movies, munchies and memories.

The decisions you make on prom night can change your life, so party responsibly, and take care of yourself and your friends!

*Special thanks to Raul Rosales, a senior at Classic City Performance Learning Center, for his assistance in developing this resource for Athens students.*

## ZERO TOLERANCE

M E A N S

## ZERO

## CHANCES

**17% of alcohol-related deaths were children and youth ages 0-20.**

*Source: National Highway Traffic Safety Administration*

## Test your knowledge

True or False, Answers on page 4

1. In Georgia, if you are under 21 and are caught driving with a blood alcohol level (BAL) of 0.08, you could lose your Driver's License for three months.
2. An alcohol-related motor vehicle crash kills someone every hour.
3. If an intoxicated person is semi-conscious, you should encourage vomiting.
4. Drivers 16 to 24 have a higher rate of crashes, injuries and fatalities than drivers over age 24.
5. Alcohol increases your sexual drive and ability.
6. In 2000, one out of ten crashes involved speed.
7. It is okay to put your drunk, passed-out friend to bed and go back to the party.

# A date gone wrong

**O**n a cool spring evening inside an unfamiliar apartment, anxiety grew in my chest as my date insisted he would not take me home. His breath was thick and rank with alcohol.

I felt tense and sick because I knew he had not drank anything while he was with me. Yet, his mood had suddenly changed.

As he stalked around the room, I could tell something bad was about to happen... I headed for the door. Seconds later, my feet were swept from beneath me. Time, as I knew it, came to a halt.

My body felt as if it had been slammed with incredible force, and I could not catch my breath. Every movement seemed to be in slow motion. I felt physically exhausted. His hands stung as he began to tear at my hair and clothes.

My cries and screams seemed inaudible, and I suffered painful repercussions for my resistance. All of a sudden his hands cut off my ability to

cry and breathe, and I was jolted to the harsh reality that I might die.

Transparent curtains of smoke began to cover my eyes. I felt complacent, although somber. A bright light seemed to overwhelm the room.

I could hear myself choking, I could feel his fingers groping at my clothes. And I could see his eyes following the work of his free hand to undo my pants. It was then that my will to live and to fight returned.

I lay still for a moment. Then with all my might I swung a free hand at a sensitive spot beneath his jaw. I ran from the apartment, but I had no cell phone, no idea where I was and there was no one in sight. I slid underneath a car in the parking lot and hid.

Within minutes he was walking through the parking lot in search of me. My thoughts were abruptly interrupted by an overpowering awareness of fear. It must have been suppressed during the incident, but fear was now shaking my body. My jaws chattered, my legs thrashed about and my hands clinched each other.

When he decided to go back in his apartment, I ran in the road. Miraculously, a police car passed.

I cannot think of another moment so haunting as this. In the months that followed, police reports, attorney interviews and recounts of the event to family and close friends were difficult. I cannot help but chastise myself for being so trustful, even when my gut instinct told me **I WAS NOT SAFE**.

If I had remembered the following things, I believe I never would have been in that situation. I hope other girls can learn from my experience:

- Do not go out on a date alone with a guy you do not know well. That cute guy you pass in the halls

## An anonymous story

is not someone you know extremely well!

- Never go anywhere without a cell phone. Even if it doesn't have service, it can be used to call 911 if the battery is charged.
- Always know your location and keep your parents or a friend updated where you are throughout the evening.
- Trust your instincts! If it doesn't feel right, leave immediately!

It may have been a dreadful night for me, but I will never regret that experience. A little of that fear follows me everyday, and I believe it keeps me safe.

I will never again be so naïve as to think I am invincible. I will never again be so trusting. And, hopefully, I will never again be exposed to this kind of anger and violence.

## where can you turn for help?

### RAINN National Sexual Assault Hotline

[www.rainn.org](http://www.rainn.org)

Free confidential help available 24/7  
1-800-656-HOPE

Operated by Rape, Abuse, & Incest National Network

### Sexual Assault Crisis Center of Northeast GA

3019 Lexington Road,  
Athens, Ga. 30605

Crisis Line (706) 353-1912

Free, confidential help available through the crisis hotline 24/7.

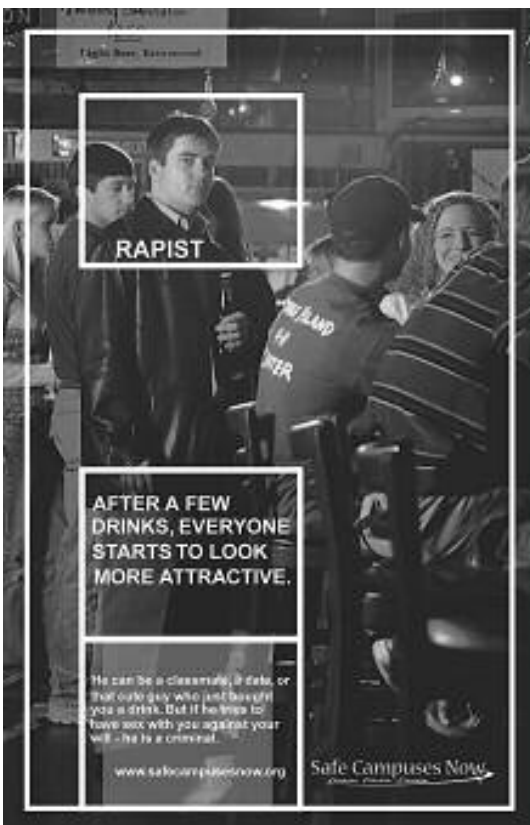
Counseling, information and referrals for sexual assault survivors, their family and friends. Free one-on-one, short-term counseling and support groups

### Recommended Books

*Lucky*, by Alice Sebold

*The Date Rape Prevention Book: The Essential Guide for Girls and Women*, by Scott Lindquist

*Protecting the Gift; Keeping Children and Teenages Safe (and Parents Sane)*, by Gavin de Becker



# Think before you drink

**P**rom night is coming up soon and you have big plans! Whatever you are doing to make prom night your best ever, think twice before participating in drinking activities if you are under 21.

Have you heard of Zero Tolerance? In the state of Georgia it is illegal for a person under the age of 21 to drive a vehicle with a blood alcohol level (BAL) of 0.02 or higher. If you are caught, **you will be arrested** for DUI and Minor-in-Possession. Your license will be suspended for a year, you will have to perform many hours of community service and be forced to pay hundreds of dollars in fines. Not to mention what will happen when you use your one phone call to phone

your folks from jail.

Also be aware that if you drive under the influence of alcohol or other drugs, you are not only putting your life in danger, but the lives of those around you. According to the Governor's Office of Highway Safety, one out of three crash deaths in Georgia involves alcohol.

Think twice before wasting your money on a fake ID. It is illegal for an underage person to use a fraudulent ID. If caught, you face a driver's license suspension, probation, community service hours and a hefty fine.

It is possible to have a great prom and be safe too. Think about your safety and the safety of others and live to enjoy prom night 2006!



## What is Safe Campuses Now?

**S**afe Campuses Now (SCN) is an Athens nonprofit organization dedicated to crime awareness, education and prevention for high school and college students. We approach our mission through publications, like this newsletter, our Web site, posters, programs and events to encourage students to take a proactive approach to their safety.

SCN is 'staffed' by dedicated high school and college age students who help carry out our peer-based programs of crime awareness, education and prevention.

Why are these students committed to your safety? Because crime can, and does, happen anywhere to anyone.

Did you know you are twice as likely to be raped or sexually assaulted by someone you know instead of a stranger hiding in the bushes?

Did you know that there were more than 6,600 crimes reported in Athens-

Clarke County last year?

Did you know that one out of every three crash deaths in Georgia are caused by alcohol? And that Georgia has a Zero Tolerance Policy that is strictly enforced when it comes to underage drinking and driving under the influence.

SCN encourages you to have a great, fun and *safe* prom night. Remember what you have read and pass this newsletter along to your friends or family to help remind them to be safe too!

safe  
campuses  
now

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Athens, GA 30605  
call: 706.354.1115

click: [www.safecampusesnow.org](http://www.safecampusesnow.org)  
email: [info@safecampusesnow.org](mailto:info@safecampusesnow.org)

### Answers, from page 2

1. FALSE - If you are under 21 there is a zero tolerance policy for the state of Georgia. This means you are under 21 and convicted of operating a motor vehicle with a BAL of .02 grams or higher, you can lose your Driver's License for 12 months on the first offense.
2. FALSE - Someone is killed every 30 minutes in an alcohol-related crash.
3. FALSE - Encouraging the semiconscious person to vomit could cause choking and/or aspiration.
4. TRUE
5. TRUE AND FALSE - Alcohol decreases your inhibitions, which factor into an increased sexual drive. However, alcohol decreases sexual functioning and is linked to the reduction of the male hormone testosterone.
6. FALSE - According to the Governor's Office of Highway Safety, one in five crashes, involving drivers ages 16-17, had the highest rate of motor vehicle fatalities in 2000.
7. FALSE - NEVER LEAVE AN INTOXICATED PERSON ALONE. Stay with the person and frequently assess them for alcohol poisoning.