

LET'S  
GET  
REAL

About  
sex and  
drinking

## LET'S GET REAL ABOUT SEX

## Tip Sheet 2

### But Everyone Does It OR DO THEY?



In our culture, mixing alcohol and sex is made to look normal.

But it doesn't mean everyone actually does it.

About 50%–70% of sexual assaults can be linked to alcohol use.

Most alcohol related sexual assaults occur between people who know each other.

Alcohol is the number one 'date rape' drug.

### What's the big deal?

People who care about you hope that you will ask yourself...

- Are you feeling pressured by your partner or peers?
- Does alcohol make you do things you wouldn't normally do?
- Are you under the influence when you're making decisions like...if, when and how you want to engage in sexual activity?
- Are you using birth control effectively?
- Have you protected yourself from an STI?

Choosing to have sex is a big decision emotional too!

## WHAT IS CONSENT?

Men & Women Play EQUAL ROLES In Consent



**SAYING YES**  
and really meaning it

**GIVEN FREELY**  
There's no pressure or manipulation

**CONSENT IS INFORMED**  
This means telling a future sex partner about STIs, past sex partners and talking about condoms or other birth control.

**PEOPLE CANNOT GIVE CONSENT IF THEY ARE:**

- High or drunk
- Forced, threatened, bribed or offered rewards for something sexual

- Getting another person drunk or high in order to have sex with them is sexual assault.
- If you have ever dealt with or are dealing with sexual assault, it is never your fault and you have a right to get support.

- You can access support for sexual assault or being taken advantage of, even if you were in a relationship with the other person, or if alcohol or drugs were involved.
- It can help to talk to someone you trust.