

TIPS TO REDUCE YOUR RISK

No victim is ever to blame for being assaulted or abused. Unfortunately, a person who is the victim of sexual or dating violence is more likely to be re-victimized. Below are some tips to help reduce your risk, to recognize warning signs of abusive behavior and to help avoid potential attacks.

Warning signs of abusive behavior

Domestic and dating abuse often escalates from threats and verbal abuse to violence. And, while physical injury may be the most obvious danger, the emotional and psychological consequences of domestic and dating violence are also severe. Warning signs of dating and domestic violence include:

1. Being afraid of your partner.
2. Constantly watching what you say to avoid a “blow up.”
3. Feelings of low self-worth and helplessness about your relationship.
4. Feeling isolated from family or friends because of your relationship.
5. Hiding bruises or other injuries from family or friends.
6. Being prevented from working, studying, going home and/or using technology (including your cell phone.)
7. Being monitored by your partner at home, work or school.
8. Being forced to do things you don’t want to do.

Help reduce your risk and avoid potential attacks

If you’re being abused or suspect someone you know is being abused, speak up or intervene by:

1. Getting help by contacting a counselor in Student Services for support services.
2. Learning how to look for “red flags” in relationships; so you can learn to avoid some of those characteristics in future partners.
3. Considering making a report to Public Safety and/or the Title IX coordinator, and ask for a “no contact” directive to prevent future contact.
4. Considering getting a legal protective order or stay-away order.
5. Learning more about what behaviors constitute dating and domestic violence, understand it’s not your fault, and talk with friends and family members about ways you can be supported.
6. Trusting your instincts — if something doesn't feel right in a relationship, speak up or end it.



Sexual assault prevention (from RAINN)

- Be aware of rape drugs.
- Try not to leave your drink unattended.
- Only drink from unopened containers or from drinks you've watched being made and poured.
- Avoid group drinks like punch bowls.
- Cover your drink. It's easy to slip in a small pill even while you're holding your drink. Hold a cup with your hand over the top, or choose drinks contained in a bottle or can, keeping your thumb over the opening.
- If you feel extremely tired or drunk for no apparent reason, you may have been drugged. Find your friends, and ask them to leave with you as soon as possible.
- If you suspect you've been drugged, go to a hospital, and ask to be tested.
- Keep track of how many drinks you've had.
- Try to arrive and leave with a group of people you trust.
- Avoid giving out your personal information (phone number, where you live, etc.). If someone asks for your number, take their number instead of giving out yours.
- Make sure your cell phone is easily accessible and fully charged.
- Be familiar with where emergency phones are installed on the campus.
- Be aware of open buildings where you can use a phone.
- Take major, public paths rather than less-populated shortcuts.
- Avoid dimly lit places, and talk to Public Safety if lights need to be installed in an area.
- Avoid putting music headphones in both ears; so you can be more aware of your surroundings.
- Carry a noisemaker (like a whistle) on your keychain.
- Carry a small flashlight on your keychain.
- If walking feels unsafe, call Public Safety for an escort.