

STAYING SAFE on CAMPUS

did you know ...

College-aged women are **4 TIMES** more likely to be sexually assaulted than any other age group.

WHAT CAN YOU DO TO PROTECT YOURSELF?

Stay alert. When walking on campus don't have your earbuds in with the volume turned up or absorbed in texting. Be aware of your surroundings when walking anywhere.

KNOW YOUR LIMITS.

Keep track of how many drinks you have had when in a social situation. If you are feeling tired or stressed realize that alcohol can make this worse.

BE FAMILIAR WITH CAMPUS RESOURCES.

Know location of safety lights on campus. Program into your cell phone the number to campus safety and the campus safe ride home program. If in doubt, CALL.

consent is ...

- Respecting boundaries – even if they change.
- Communicating every time.
- Your choice and no one else's.

Consent is not the absence of a *no*, but the presence of an enthusiastic and freely give yes.

WHAT CAN YOU DO TO PROTECT YOUR SISTERS?

Always have a plan. Always go with a group and agree before entering that you will stick up for each other and no one will leave alone.

Watch your drinks. Unattended drinks are easy targets for drugs and adding additional alcohol.

Be a good friend. We are our sister's keepers. If you notice troublesome behavior you have an obligation to step up and address it. If not you, who?

how to support

A SURVIVOR OF SEXUAL ASSAULT

- LISTEN
- BELIEVE HER
- HELP HER UNDERSTAND AVAILABLE RESOURCES
- SUPPORT HER CHOICES

in a typical

CAMPUS SEXUAL ASSULT ...

- The two individuals know each other (it is not a stranger)
- Alcohol has been consumed
- Usually begins around a large group of people
- Both parties have engaged in some form of consensual physical intimacy (i.e. kissing or dancing)

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SIGMA
empowered