

Safety Packet

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Risk Reduction Tips

Protect yourself at home

1. Keep entrances well lit. If normal lighting is not functioning in an entryway, approach with extreme caution. It is not uncommon for a criminal to remove, unscrew or break bulbs in entryways.
2. Check the identification of any sales or service persons before letting them in. Ask for a photo ID. If you have any doubts, phone the company for verification.
3. Equip your home with peepholes, dead bolts and chain locks. If you have a child, add a second peephole at their eye level.
4. Never give the impression that you are home alone if strangers telephone or come to your door. Advise your children to do the same.
5. Beware of potential hiding places and avoid them.
6. Keep outside bushes and shrubbery trimmed. Overgrown bushes and trees often provide excellent hiding places for criminals.
7. Plant defensive shrubbery around your home, especially beneath windows. Bushes that feature thorns or spiked leaves are not good hiding places for criminals.
8. If you come home and find a door or window open or signs of forced entry, do not go in. Go to the nearest phone and call the police.

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Protect yourself in your automobile

1. Keep your car in good working order and the gas tank at least half full. Make a practice of filling up your vehicle during daylight hours. Never let it get so low that you are forced to stop for fuel, particularly at night in an area with which you are unfamiliar.
2. Always have your keys out and ready before leaving a building to approach your car. Fumbling through your purse for keys after you've reached your car provides criminals with an opportunity to sneak up on you.
3. Look in and around your car before entering. If you are concerned for any reason, simply walk past your car and call the police.
4. Lock your car door immediately after entering the vehicle. Make this your first action - even before putting the key into the ignition.
5. When stopped in traffic, keep your doors locked as usual and leave enough distance between the vehicle in front of you to drive away should a criminal attempt to walk alongside your vehicle and gain entry or attack you.
6. Park in well lit areas and lock the doors even if you'll be gone a short time. Check your surroundings before getting out of your car. If something or someone strikes you as being out of place or threatening, drive away.
7. If you are accosted in a parking lot, consider rolling underneath a nearby auto. It is difficult to force anyone out from under a car.
8. If an attacker does manage to get into your car while you are in it, do everything in your power to exit the automobile. If you are still behind the wheel, steer your vehicle into a barricade, a pole, a wall -- any object that will create a minor accident. Take advantage while your attacker's attention has been diverted and exit the automobile. Run, yell, scream. Do anything to attract attention.

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Protect yourself while walking and jogging

1. Always be alert to your surroundings and the people around you. Walk confidently and at a steady pace.
2. When on the street, walk facing oncoming traffic. A person walking with traffic can be followed, forced into a car and abducted more easily than a person walking against traffic.
3. Walk close to the curb or on the sidewalk. Avoid doorways, bushes and alleys.
4. Don't walk alone at night and always avoid areas where there are few people.
5. Be careful when people stop you for directions. Always reply from a distance and never go too close to the car. Stay far enough away from the car that you can turn and run easily. An alternative is to simply state, "I don't know" and keep walking.
6. If you feel you are being followed, walk/run to a well populated area.
7. If you are in trouble, attract help any way you can. Scream, blow a whistle or yell for help. Call 911 on a cell phone.
8. Trust your instincts. If a particular place, person or group makes you feel uneasy, go a different direction, do not approach.

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Protect yourself from date rape drugs

1. The most commonly utilized date rape drug is alcohol. If you have had too much to drink call a friend or a taxi. Never take a ride from a stranger.
2. Never leave a drink unattended. NEVER.
3. Do not accept a drink from anyone you would not "trust with your life." Remember, any stranger or casual acquaintance could be a danger, even those people who are mixing or pouring drinks.
4. If you are feeling sick or dizzy while out socially, go to someone you KNOW and TRUST. If there is no person you can talk to about your condition, call someone on the phone. Never leave alone. NEVER. The intent of date rape drugs is to get you isolated and then to assault you.
5. If you think you have been drugged and cannot tell or call someone, call 911. A blood sample can be collected and appropriate tests run.
6. Remember, alcohol greatly increases the effects of these drugs. The mixture could also be lethal.

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General Security Tips

1. Always let someone know where you are and where you may be going. You should report stalking or being followed by suspicious persons.
2. Maintain your personal space. Stay alert! If a person moves inside your comfort zone, move away. If that person persists, run.
3. Be alert when leaving stores or shopping malls. This is a time when criminals know you are carrying cash, checkbooks, credit cards or valuable merchandise.
4. Don't use outside ATM's at night or in unfamiliar or unsafe surroundings. This is another time when criminals know you are carrying cash.
5. Avoid filling your arms with packages. You might have to make more trips, but keep one arm and hand free whenever possible. If you have multiple packages ask for an employee to help you to the car.
6. When friends drop you off at home or work, ask them to wait until you are safely inside before leaving. Extend this courtesy to your own friends when driving them to a destination.

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Campus Safety and Risk Reduction Tips

- Watch out for your friends. Buddy up when you go out, even on campus. Intervene if you see someone being taken advantage of. If you go somewhere with friends, don't leave without them.
- Trust your instincts. If a situation feels uncomfortable, trust your intuition and do not be afraid of making a scene or calling attention to yourself. Being a little embarrassed is far better than you or your friend being assaulted.
- In dating or social situations, be wary of anyone who behaves in an intrusive manner, comes on too strong, or who chooses not to listen to you or respect your boundaries. If you find yourself in a sexual situation where you feel you are getting mixed signals, STOP and TALK.
- It is your right to set sexual limits for yourself. Know your limits and learn how to assert and communicate them to others. If someone is forcing you or coercing you sexually, clearly communicate what you are feeling - "NO! STOP. I DON'T WANT THIS."
- Alcohol and other drugs greatly impair your judgment. Avoid sexual contact when you, the other individual, or both of you are intoxicated. Be aware of acquaintance rape risk factors: impaired judgment and reflexes from drug and/or alcohol use and being isolated from friends or neighbors.
- Use basic safety precautions:
 - Carry your ID card at all times.
 - Lock your room door and don't admit strangers to your residence hall.
 - Register your guests at the front desk of the dorms.
 - Lock all ground floor windows when not in the room.
 - Insert a bar/wooden dowel in ground level window panes.
 - Request an escort or use the campus shuttle after dark.
 - Utilize the emergency Blue Light phones located around campus.
 - Never give a stranger another student's housing location or phone number.
 - Have all deliveries made to the front desk of the dorms.
 - Never prop open exterior residence hall doors, even during the day.

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Identifying & Responding To Warning Signs

Pay attention to behavior that does not feel right. Be careful of anyone who:

- Ignores or minimizes your personal boundaries
- Does not listen to what you say
- Is jealous and possessive of you and your time
- Becomes upset when you don't do what they want
- Tries to make you feel guilty in order to get their way
- Is under the influence of alcohol or other drugs
- Pressures you to do alcohol or drugs
- Insists you go some place alone or apart from others (tries to isolate you)
- Accuses you of being tight or frigid when you say "no"

Dating Safety Precautions

- Know your limits and believe in them. If there are any questions, stop and talk about it.
- Communicate those limits clearly, quickly, **firmly**. Polite approaches may be ignored or misunderstood, so be confident in a firm, "no".
- Talk with one another. Don't assume your date will know how you feel or will eventually get the message.
 - Be aware of your date's actions. Pay attention to behaviors that are not respectful of you; Even the simple things like put-downs, making all the decisions, or constantly teaching you. This may mean your date does not respect your decisions or boundaries.
- Make a scene if you feel threatened. Trust your intuition. If you feel you are being pressured, say so. Don't worry about a few minutes of embarrassment or awkwardness. They will pass.

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Sexual Assault Risk Reduction Tips

The following tips are intended to assist you in reducing your risk of being a victim or perpetrator of sexual assault. Unfortunately, there are no guaranteed strategies in the prevention of sexual assault. However, there are several tips which may be helpful in reducing your risk for acquaintance rape or other sexual assault involvement.

While anyone can sexually assault another person, male or female, be aware that most sexual assaults are perpetrated by men, and most victims are women. Use your knowledge to raise awareness among potential perpetrators and end sexual assault.

Self Assessment

- Think about what you really want, emotionally and sexually, from or with the other person.
- Beware of stereotypes which prevent you from acting as you want to (such as a woman not being able to initiate, or a man not being able to say "no").

Personal

- Feel good about yourself, and if you do not - get yourself involved in activities and with people who will make you feel better.
- Those who were victims of abuse as children are more likely to be victims or perpetrators of sexual assault in adulthood. Consider seeking professional care if you are a survivor of childhood abuse.
- Eliminate completely or limit your alcohol and other drug consumption. Most acquaintance rapes happen when one or both people are intoxicated or high.

Communication

- After determining what you want, communicate your needs and set clear limits for acceptable behavior (such as "Would you like to have sex?" or "No touching below the waist.").

Assertiveness

- Believe and act as if your needs are important, without exploiting others.

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Interpersonal

- Pay attention to nonverbal cues.
- Listen to what the other person is saying, and pay attention to the words. For example, if you hear "no" or "stop," then immediately end any sexual interactions.
- Treat each other as equals, and expect to be treated in a respectful manner.

Awareness

- Observe how the environment around you is changing (such as your being left at a party by your friends when you do not know how you will get home).

Know Your Rights

- You have the right to determine what type of interactions you will have with another person.
- You have the right to end sexual activity at any point, regardless of how far sexual intimacy has gone.
- You have the right to fulfill your sexual needs without violating another person's rights. Masturbation, for example, is a means to fulfill your sexual desires.

Know Which Behaviors Constitute Sexual Assault

- It is a crime to have sex with someone who is passed out due to drug or alcohol use and is unable to express consent.
- It is a crime to force another person to have unwanted sexual contact.

To Reduce Your Risk of Becoming a Victim...

Observe Your Feelings and Behavior

- Trust your own instincts at all times. If you feel uneasy, there is a reason for it. Listen to the voice inside you and *act on it*.
- Ask yourself: "Am I able to say no if I am uncomfortable with what is happening?"

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Observe the Behavior of Those Around You

- Be aware when others attempt to violate your personal space.
- Do not assume that someone who has been nonviolent in the past will be nonviolent in the future.

Communicate Your Feelings and Needs

- Before you find yourself alone with a date, clarify your intentions with each other.
- Men who consciously or subconsciously believe in the myth of endless female sexual desire (i.e. girls really want it even when they say no) are dangerous. Behaving passively or submissively can foster that myth. Always be direct and assertive in all communications throughout an evening, from what you choose to eat at dinner to what you are interested in sexually.
- Be verbally assertive. Assertive responses are direct, honest, appropriate and spontaneous. Speak in calm, controlled manner *while looking directly at the harasser*. Examples include, "I don't want you to touch me like that. I want you to stop now."
- Be physically assertive. Do not "shrink" physically. Look confident and competent. It's important that your words and actions be consistent.
- Be prepared for men to react to assertiveness. Oftentimes, men are not prepared for women to demand respect and do not know how to deal with it. Some men may react nastily, others may be sheepish and shrink away, while some may critically examine their behavior for the first time, and move toward change.

Use Your Power to be in Control

- Maintain your boundaries and rules of conduct at all times, regardless of how well you know someone.
- If you feel uncomfortable, threatened, or do not like how you are being treated emotionally or physically, then leave the situation immediately. Emotional abuse escalates to physical abuse.
- Be aware of the amount of alcohol consumed by you or by an acquaintance. Sexual assaults are more likely to occur after one or both individuals have consumed alcohol.
- Be aware of your environment and escape routes within your environment.

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- Be prepared to provide yourself with the means of leaving a dangerous situation. Have a back-up plan in place, including access to a phone, cab fare, a friend with a car, Campus Escort Service, etc.
- Because there is an unfortunate desire by some in our society to resist intervening in an abusive situation -- particularly when the conflict involves a couple -- yell "Fire!" rather than "Rape!" or "Help!" if you need help in getting out of a dangerous situation.
- Do not give out personal information. Many times, women are asked to disclose a lot of personal information; i.e., their name, residence, place of employment, etc.
- Always ask a repair or delivery person for identification before opening the door.
- *Rely on your own resources. Maximize and develop your strength, power, and control. Take self defense classes and be prepared to protect yourself.*

Observe Your Behavior

- If you find yourself being manipulative towards others, emotionally or sexually, STOP. Do not exploit others.
- Do not feel as if you always have to initiate sexual contact. Do not initiate if you do not want to.
- Sustain your integrity. Take responsibility for your behavior.

<http://www.bgsu.edu/offices/sa/health/wellness/page12733.html>

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