

BECOME A WATCH DOG



Reduce the Risk of being sexually assaulted

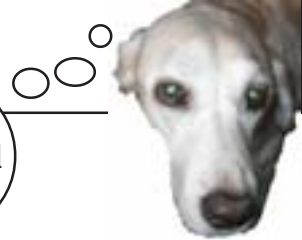
IT'S YOUR RIGHT

If something doesn't feel right, it probably isn't. The best protection is to trust your instincts. If someone gets too close or says something that gives you a bad feeling in the pit of your stomach, never hesitate to protect yourself.

It is your right to protect your emotional and physical boundaries. Boundaries are your personal limits.

There is never a guarantee of safety, but there are ways to reduce the risk of sexual assault.

Something doesn't feel right?



Party/Socialize Safely

Always tell someone where you're going and when to expect you home.

Carry emergency money for a phone call or a cell phone.

Don't take a ride from, or be alone with, someone you don't know well, feel safe around or trust.

Keep an eye on your friends.

Avoid isolated/dark areas.

Don't let your drink out of your sight.

Don't accept a drink from anyone else.

If you feel unexpectedly dizzy or strange, CALL 911 IMMEDIATELY.

Set Your Boundaries

Trust your instincts if the situation doesn't feel right.

Notice when someone invades your boundaries.

Maintain self-respect, not giving too much in the hopes that someone will like you.

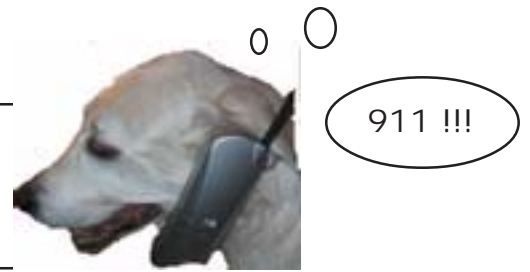
Maintain your values despite what someone else wants.

Clearly say "NO" to unwanted touch, sex, comments, gifts and assistance.



"You can be arrested for sexual assault. There's no pride in that. But there is pride in letting her make up her own mind. And respecting her decision. **Respect her decision. Now that's something to be proud of.**"

When Someone Invades Your Space
or
When "NO" is not enough!



If someone ignores your "NO", this person is pressuring you do to something you don't want to. He/she isn't respecting your boundaries.

You need to GET AWAY!

Avoid someone

who:

Doesn't listen to you.

Ignores your boundaries.

Puts you down for not wanting sex.

Tells sexist jokes.

Is jealous or possessive.

Fight Back. Studies show that verbal and/or physical resistance increases the chance of escaping an assault.

Yell for help and attract attention. Yell out "Get away from me," "Call 911," "This guy is assaulting me. He's 5'4", blonde, and is wearing a green t-shirt."

When faced with danger, stay as calm as possible and leave the situation if you can.

Stall for time by negotiating or having a non-threatening conversation. While doing this, you may be able to walk slowly to a safe place.

Distract the person and run to safety. Give the impression that someone else is approaching which may provide an opportunity to run into a group of people or a lighted area.

What You Can Do to Help End Sexual Violence!!

While you can't prevent a sexually violent act (only the one violating someone can do that), you can help raise awareness of the issue by educating those around you.

Talk about sexual assault with family and friends (male and female).

Coordinate a self-defense class.

Report sexually harassing or assaultive behavior to trusted adults. Don't stop until you're believed.

Sexual assault is NEVER the fault of the victim. Criminals choose to commit crimes, victims don't choose to be victims. However, you can take steps to identify threatening situations and **REDUCE THE RISK** of something happening.

"Hey girls! We know what's hot. When a guy respects a girl enough to ask, and doesn't just try to make a move on us. We don't want to be persuaded to have sex. **We can make up our own minds. And when we say no, we mean no.**"