



Sexual Assault: Safety & Community Accountability Tips

Reduce Your Personal Risk:

- Take time to get to know new people by spending time with them in public settings or in groups (**AVOID ISLOLATED LOCATIONS** like residence hall rooms or apartments).
- Trust your instincts and intuition. If you feel uncomfortable in a situation, there is probably good reason. It is important to listen to any feelings of discomfort or uncertainty that you may be feeling.
- Be sure you have ways to get out of a situation independent of your date. Have cash for a taxi or consider meeting your date with your own transportation.
- Decide on your limits before a date or social situation. Communicate your boundaries and respect the boundaries set by others.
- Go to parties in groups and return with everyone. Tell your friends where you are going anytime you leave the group area to be alone with someone or to go somewhere else.
- Monitor and limit your alcohol consumption particularly in new or unfamiliar settings.
- Don't drink from any container you haven't opened yourself. "Date Rape" drugs that are odorless and tasteless can easily be slipped into an open can or mixed drink.
- If you leave a drink unattended, replace it with another.
- Keep your doors locked, particularly when you are not in your room or when you are sleeping.
- Do not prop open doors to the outside of any building.

Help Protect Others-Community Accountability:

- Be an informed and vigilant member of your community. Notice who is around you and ask unfamiliar people on your floor who they are and who they are there to visit.
- Seek consent for all sexual contact. Make sure consent is freely given and clearly communicated. Explicitly ask for your partner's consent for each step of desired activity.
- If a friend or acquaintance talks about a plan to "trick" someone into sex (getting them drunk, pressure or through other means), let them know they could be charged with sexual assault. Warn the person if you can, and, let others know.
- If you witness someone taking an intoxicated person off to a bedroom or other private area, stop them. If a person is incapacitated because of alcohol or some other mind altering substance, the initiator of the sexual activity could be charged with an assault even if their partner agreed to the activity while in an altered state.

If You Are Sexually Assaulted:

- Know that **it is not your fault** and nothing you did made you deserve what happened to you.
- The MSU Department of Police and Public Safety's Sexual Assault Response Guarantee ensures that victims are treated with sensitivity and dignity. You can find the Guarantee at: <http://www.dpps.msu.edu/guarantee.asp>
- Report any incidents as soon as possible. Call the police, a friend, the **24-hour Sexual Assault Hotline Line at 372-6666**. It is important to attend to your health and safety needs. Visit www.endrape.msu.edu for more information.
- Do not shower, brush your teeth, or change your clothes until evidence can be collected, even if you are not sure, at the time, if you want to have charges pressed.
- FREE evidence collection and medical exam can be completed at Sparrow Hospital by specially trained Sexual Assault Nurse Examiners (SANE) **364-3641**.
- Free and anonymous HIV testing is available through **Olin Health Education 353-0718**. Confidential STD testing is also available for a small fee.

Additional Health and Safety Resources:

MSU Dept. of Police & Public Safety	355-2221
East Lansing Police	351- 4220
Lansing Police Department	483- 4600
MSU Sexual Assault Program	355-3551
MSU Counseling Center	355-8270
MSU Safe Place	355-1100
Olin Health Center	355-4510
Women's Resource Center	353-1635
Ingham County Prosecuting Attorney's Victim-Witness Program	483-6108

Compiled from contributions made by: The MSU Sexual Assault Program, The Women's Resource Center, MSU Safe Place, Olin Health Education and The Dept of Police and Public Safety.

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