**Being an Active Bystander**

Bystanders play a critical role in the prevention of sexual and relationship violence. Bystanders are “individuals who observe violence or witness the conditions that perpetuate violence.” These individuals are not directly involved but have the choice to intervene, speak up, or do something about it. The College promotes a culture of community accountability where bystanders are actively engaged in the prevention of violence without causing further harm. Individuals may not always know what to do even if they want to help. Below is a list of some ways to be an active bystander. If you or someone else is in immediate danger, dial 911. If a person is yelling at or being physically abusive toward another and it is not safe for you to interrupt, dial 911.

- Watch out for your friends and fellow students or employees. If you see someone who looks like they could be in trouble or need help, ask if they are ok.
- Confront people who seclude, hit on, attempt to make out with, or have sex with people who are incapacitated.
- Speak up when someone discusses plans to take sexual advantage of another person.
- Believe someone who discloses sexual assault, abusive behavior, or experience with stalking
- Refer people to on or off campus resources listed in this policy for support in health, counseling, or with legal assistance.

**In a Threatening Situation**

- The best defense is avoidance and following instincts.
- Decide what to do in various situations before they occur by role-playing with a friend beforehand.
- If confronted by someone who only wants property, give it to them.
- Try to get an accurate description of the assailant. If a vehicle is involved, get the license number and call BCDPS at 661-395-4554.

**Campus Sexual Assault Victims’ Bill of Rights**

- Accuser and accused must have the same opportunity to have others present.
- Both parties shall be informed of the outcome of any disciplinary proceeding.
- Survivors shall be informed of their options to notify law enforcement.
- Survivors shall be notified of counseling services.
- Survivors shall be notified of options for changing academic and living situations.

**In the United States, 1.3 women are raped every minute, 78 are raped every hour, 1,872 are raped every day, 683,000 women and 92,700 men are raped every year.**

**Rape Assistance Contact Numbers**

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<thead>
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<th>Department</th>
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<tbody>
<tr>
<td>Arvin Police</td>
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<td>Bakersfield Police</td>
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<tr>
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**Online Resources**

- www.securityoncampus.org
- www.bakersfieldcollege.edu/public_safety
- www.rainn.org/student-activism

**Sexual Assault Prevention Tips**

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Some rapists use drugs called Rohypnol and GHB to make their victims more vulnerable. Don’t leave your drink unattended, even if it’s for just a moment. If you get up to dance, use the restroom, or make a phone call at a party or club, discard your drink and get a fresh one. Do not take drinks from a punch bowl, or from a container that is being passed around.

Never accept an unfamiliar beverage or an open drink from someone you do not know very well or trust, or share a drink with anyone. If someone offers to buy you a drink, go to the bar, watch it being poured, and carry it yourself.

Don’t drink anything that has an unusual taste, appearance or residue. If you, or your friend, is feeling disoriented, or in any way more affected than usual by alcohol, get yourself, or your friend, to a safe place immediately and get help.

We recommend not drinking if you are under the age of 21.

There is no such thing as a “Typical” Abuser... Some people may not understand that abuse is a crime!

And remember... the victim has done nothing wrong! Make sure you and victim know that.

TIPS FOR AVOIDING “DATE RAPE DRUGS”

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TIPS FOR AVOIDING RAPE

- Make sure someone knows where you are and when you will be home. Always carry emergency money, and have an alternate way to get home.
- When dating someone new, go with a group of people until you know that person better. Use the “buddy system.” Whenever you can, travel in groups, and watch out for your friends at parties or public places.
- Trust your inner “gut” feelings. If you feel uncomfortable in a situation, LEAVE! Be assertive and act immediately if someone tries to push your limits. Know that you never owe anyone anything.
- Be suspicious of anyone who doesn’t listen to you when you say “NO” to anything (not just sex), or who tries to talk you into doing something you don’t want to do.
- Don’t hitchhike or take rides from any person that you don’t know that well.
- Don’t worry about being polite or making a scene if you feel uncomfortable with how someone is treating you. Tell someone when you feel uncomfortable.
- Make it a practice to avoid walking in poorly lit areas whether on a city street, college campus, public library, parking lot or shopping center.
- Take a Rape Aggression Defense Class (R.A.D. Training) The Department of Public Safety offers FREE R.A.D. Training each semester. Call Public Safety at 395-4554 to enroll.

SOME COMMON CHARACTERISTICS OF ABUSERS

Researchers have found that many:

FEEL A NEED FOR CONTROL
For some people, violence becomes a way to gain control over a partner.

WITNESSED ABUSE
They have witnessed or were abused themselves. They see violence as a natural part of family life.

DON’T COMMUNICATE WELL
Abusers don’t communicate well and have trouble expressing feelings.

ABUSE ALCOHOL AND OTHER DRUGS
This habit may be used as an excuse. “I was drunk, I didn’t know what I was doing.” It may also reduce a person’s level of self-control.

FEEL INTENSE JEALOUSY
Abusers feel intense jealousy which often arises from low self-esteem.

HAVE A POOR SELF-IMAGE
Abusers have a poor self-image and feel unable to control their lives.

WHAT CAN YOU DO TO HELP?

- Be supportive and really listen to the survivor. Be patient and non-judgmental. Don’t give your timetable for “getting over it.” Don’t put the anger and frustration on the victim.
- Don’t pray and ask for details and specifics. Allow the survivor to give this information if and when they are ready. Seek counseling, you may need to talk to someone about your feelings.
- Help the survivor to get medical attention if needed. Help them locate competent counseling, but do allow the survivor to make their own decision about reporting, counseling, etc.
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KEEP EYES ON YOUR FRIENDS

- Appoint a designated “sober” person when you go to parties and clubs.
- Have a plan to periodically check up on each other.
- If you see or hear of someone “dosing” a drink or a punch bowl, warn other people, tell an adult that you trust, discard the drink, and/or get help.
- Warn friends about high-risk situations, such as clubs where “dosing” is known to have occurred.

ALWAYS REMEMBER THAT

- Sexual assault has nothing to do with a person’s sexual orientation or the way a person dresses. Rape is a crime of power and control, NOT SEX. Vulnerability is what a rapist finds “attractive.”
- Women and men are both very capable sexual predators. Women are not reported as much as men. Male rape happens in every neighborhood and society. Only 1 in 10 rapes is ever reported. Less than 1% of reported rapes are found to be fabricated stories.
- The second a person says “NO,” the act becomes rape and is a felony.

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