

Keep an eye 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, and 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.

“NO” means NO
Drunk or drugged means NO
“I’m not sure” means NO
“I don’t feel like it” means NO
“I have a boyfriend” means NO
Crying means NO
Moving away means NO
Pushing you away means NO

Only “YES” Means YES

“I don’t want to” means NO
Silence means NO
Tears means NO
Asleep means NO
Passed out means NO
Turning away means NO
“Don’t” means NO
“I really like you, but...” means NO

If you’re not sure - ASK!
Any sexual activity without consent is sexual assault

Porterville College
 Safety & Security

559-791-2440
 559-310-2143



Law Enforcement and Rape
 Assistance Numbers

Dinuba Police
 559-591-5911 or 911

Exeter Police
 559-592-3103 or 911

Farmersville Police
 559-747-1243 or 911

Lindsay Police
 559-562-7120 or 911

Porterville Police
 559-782-7400 or 911

Tulare County Sheriff
 559-802-9400 or 911

Visalia Police
 559-734-8116 or 911

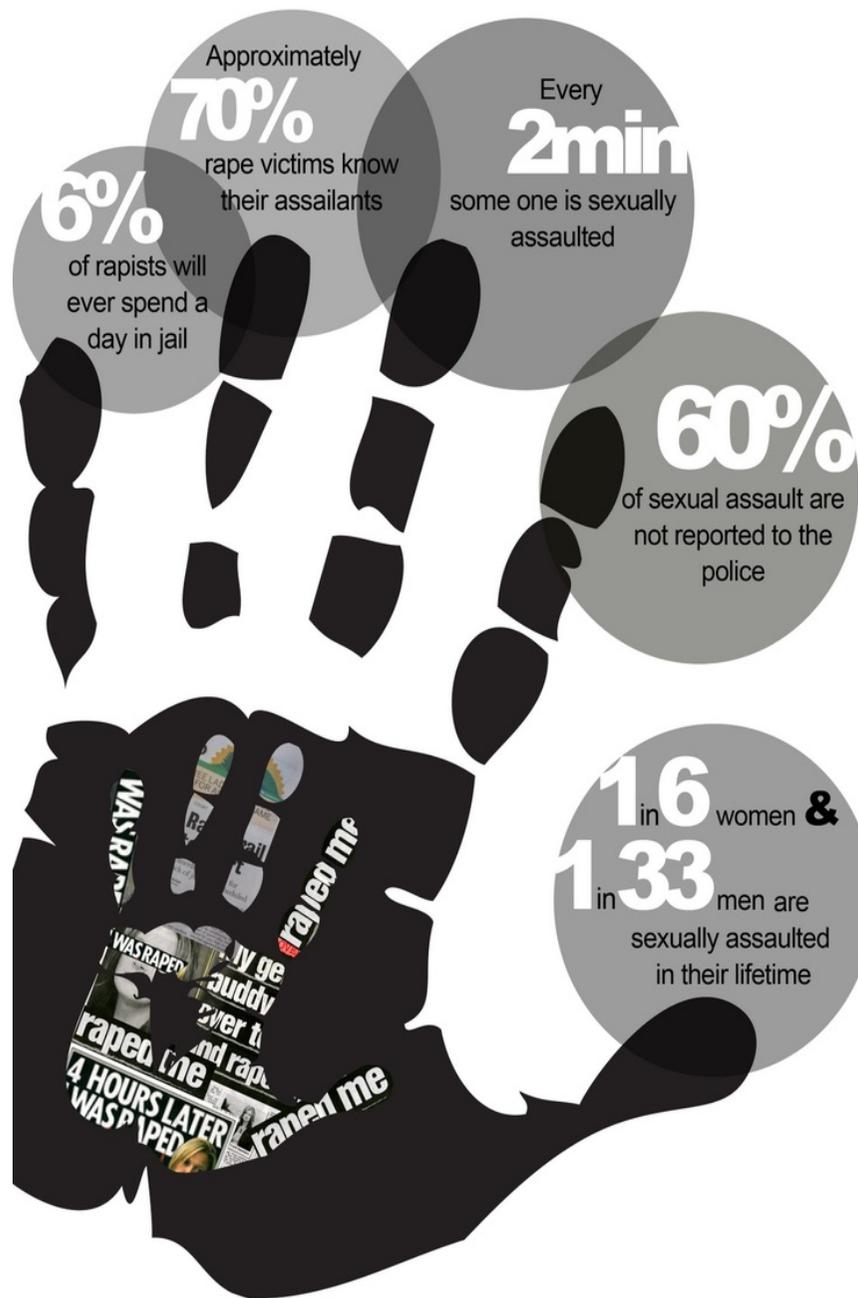
Woodlake Police
 559-564-3325 or 911

Family Services Sexual Assault
 Services
 559-732-7273

Rape Crisis Center
 559-732-7371



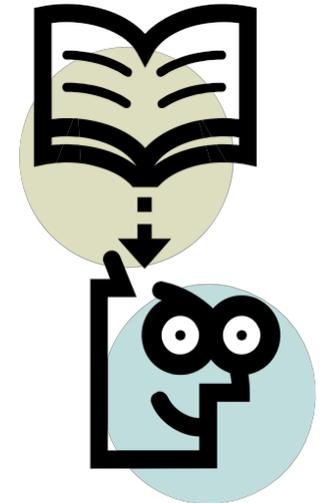
**WHENEVER ONE
 PERSON STANDS UP
 & SAYS,
 "WAIT A MINUTE,
 THIS IS WRONG,
 IT HELPS OTHER PEOPLE
 TO DO THE SAME.**



Educate yourself and make a change on your campus!

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.



Want to learn more? Visit these helpful online resources and spread the word!

<http://portervillecollege.edu/about-pc/safety-security>

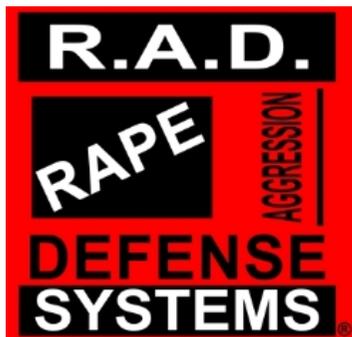
<https://www.rainn.org/articles/staying-safe-campus>

Risk reduction or prevention:

- Pay attention to your gut.
- Use the buddy system at parties and have a plan to watch out for each other.
- Make sure someone knows where you are at all times.
- Make it a practice to avoid walking in poorly lit
- Listen to your emotions and feelings. If you feel threatened or uncomfortable in any situation, leave immediately and seek safety.



**Take a Rape Aggression Defense Class
(R.A.D.) Call Safety & Security at
559-791-2440
to see when the next class will be held**



Objectives of R.A.D.
teaches participants how to

- ↪ defend themselves physically
- ↪ avoid problematic situations
- ↪ de-escalate a situation by using body language

WHAT CAN YOU DO

1. **Be supportive. Really listen to the survivor.**
2. **Be patient and non-judgmental. Don't give your timetable for "getting over it".**
3. **Don't pry and ask for details and specifics.....allow the survivor to give this information if and when they are ready.**
4. **Help the survivor to get medical attention if needed. Help them locate competent counseling if they desire to talk to someone.**
5. **Allow the survivor to make their own decision about reporting, counseling, etc.**
6. **Recognize your own limitations in dealing with someone you care about, you will experience a wide range of feelings. Try to remember that the survivor's feelings and needs are MOST important right now, not yours.**
7. **Put the anger and frustration where it belongs and not on the victim**
8. **Seek counseling help for yourself. You may need to talk to someone about your feelings.**

Remember...the victim has done nothing wrong!

In the United States....

Every 98 seconds,
an American is sexually assaulted.

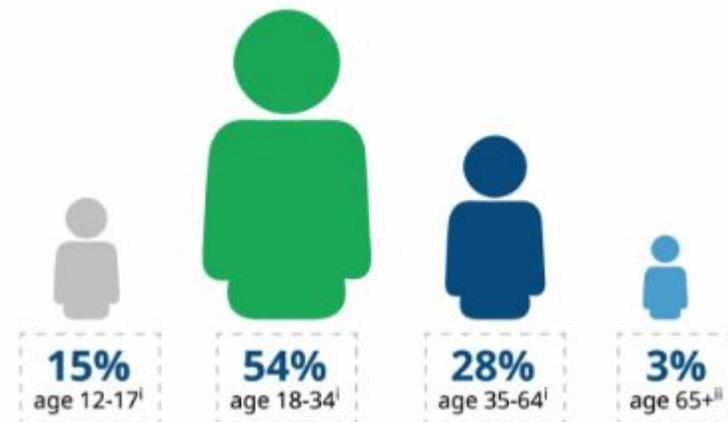
RAINN

National Sexual Assault Hotline | 800.656.HOPE | online.rainn.org
Please visit rainn.org/statistics/victims-sexual-violence for full citation.¹

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

- 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.
 - If someone offers to buy you a drink, go to the bar, watch it being poured, and carry it yourself.
- We recommend you not to drink at all if you are under the age of 21.
- If you are feeling disoriented, or in any way more affected than usual by alcohol, get to a safe place immediately and get help.

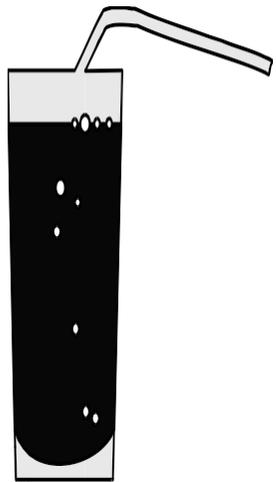
THE MAJORITY OF SEXUAL ASSAULT VICTIMS ARE UNDER 30



Watch out for your friends. Have a plan to periodically check up on each other. If your friend is behaving strangely, seems very intoxicated, gets sick after drinking any beverage, or passed out, get her/him to a safe place immediately and get help.

Tips for Avoiding "Date Rape Drugs"

Some Rapists are using a new weapon to overpower their victims. The weapon is a drug, such as Rohypnol and GHB to make their victims more vulnerable. Here are some ways that you can protect yourself from them.



- ⇒ Don't leave your drink unattended, even if it's for just a moment.
- ⇒ Don't share a drink with anyone.
- ⇒ Don't take drinks from a punch bowl, or from a container that is being passed around.
- ⇒ Don't drink anything that has an unusual taste, appearance or residue.

- ◆ Never accept an unfamiliar beverage or an open drink from someone you do not know very well or trust.

SOME COMMON CHARACTERISTICS OF ABUSERS

THERE IS NO SUCH THING AS A "TYPICAL" ABUSER, BUT RESEARCHERS HAVE FOUND THAT MANY:

FEEL A NEED FOR CONTROL

-for some people violence becomes a way to gain control over a partner.

HAVE A POOR SELF-IMAGE

and feel unable to control their lives.

WITNESSES ABUSE AS CHILDREN

—or were abused themselves. They see violence a natural part of family life.

ABUSE ALCOHOL

Or 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 self-control

DON'T COMMUNICATE

WELL and have trouble expressing feelings.

FEEL INTENSE JEALOUSY,

Which often arises from low self-esteem.

SOME PEOPLE MAY NOT UNDERSTAND THAT ABUSE IS A CRIME!

