

## 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.

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

Porterville College  
Safety & Security

559-791-2440



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

Lindsey Police  
559-562-7120 or 911

Porterville Police  
559-782-7400 or 911

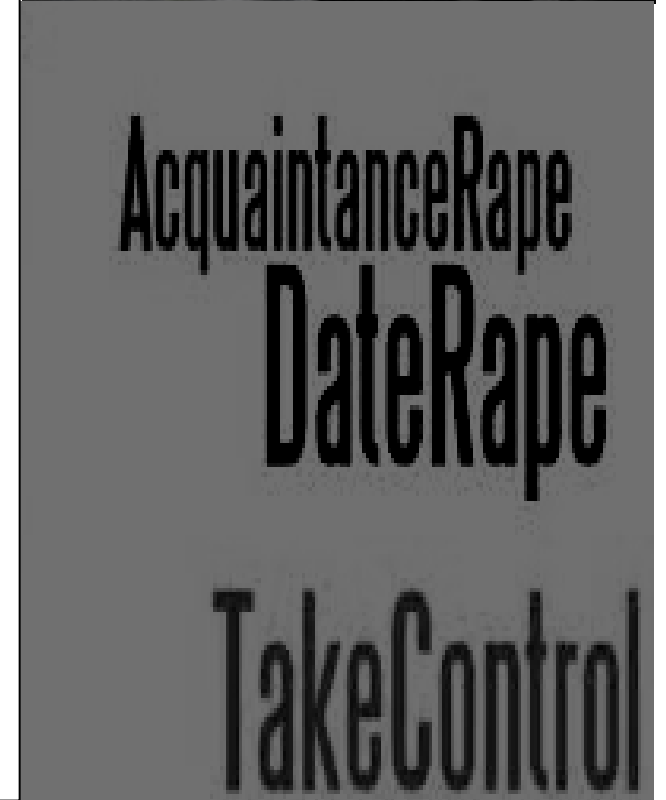
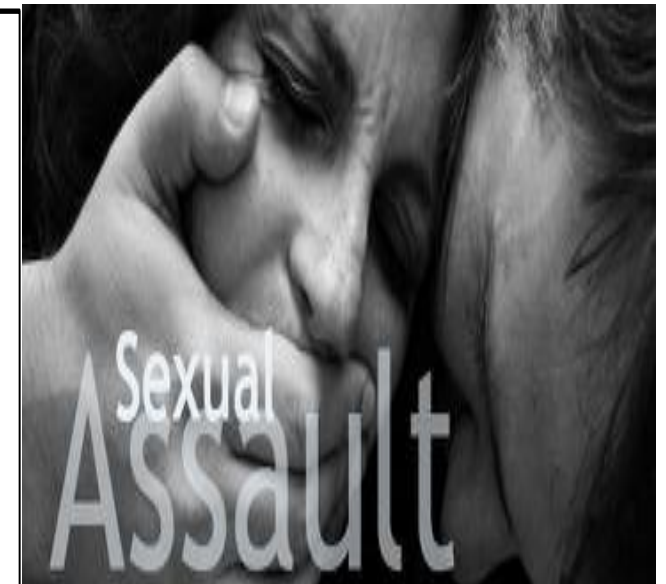
Tulare County Sheriff  
559-802-9400 or 911

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



# CYCLE OF VIOLENCE

**Tension Building**



**Violence/ Blow Up**

**Honeymoon**

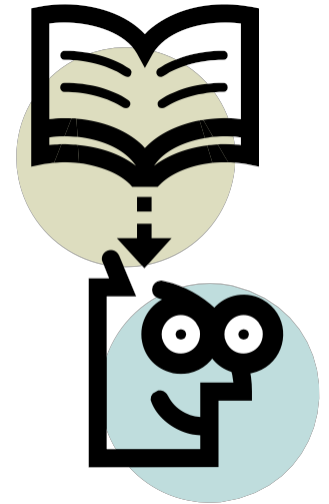


**Denial Keeps  
the Cycle  
Turning!**

**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 is**



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

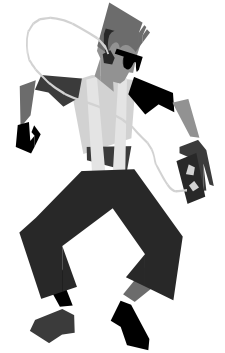
1. **Be supportive. Really listen to the survivor.**
2. **Be patient and non-judgmental. Don't give your timetable for "getting over it".**
3. **Don't pry and ask for details and specifics....allow the survivor to give this information if and when they are ready.**
4. **Help the survivor to get medical 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!**

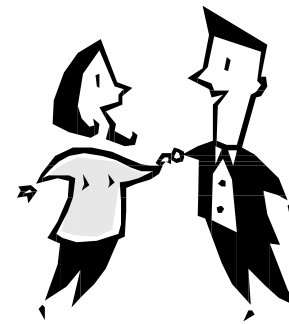
In the United States....

- z **1.3 Adult women are raped every minute;**
  - z **1,871 Women are raped every day;**
  - z **78 Women are raped every hour;**
  - z **683,000 Women and 92,700 Men are raped every year.**
- 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.



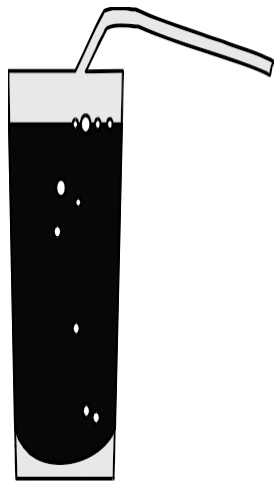
- We recommend you not to drink at all if you are under the age of 21.
- If you are feeling disoriented, or in any way more affected than usual by alcohol, get to a safe place immediately and get help.



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!**

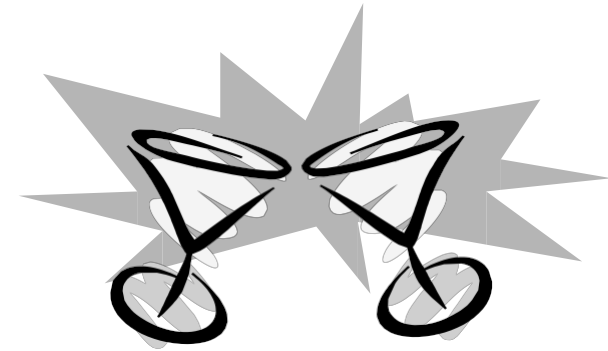
# Tips for Avoiding Rape

- Make sure someone knows where you are and when you will be home.
- Always carry emergency money and have an alternate plan to get home.



- Use the “buddy system” whenever you can travel in groups, and watch out for your friends and parties or public places.
- When dating someone new, go with a group of people until you know that person better.

- Be assertive and act immediately if someone tries to push your limits.
- Trust your inner “gut” feelings. If you feel uncomfortable in a situation, LEAVE!
- Tell someone that you’re feeling uncomfortable.



- Know that you never owe anyone sex.
- 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 anything you don’t want to do.
- Remember that those who rape their dates often try to get them to use alcohol or other drugs to make them more vulnerable.
- Don’t hitchhike or take rides from any person that you don’t know that well.
- Don’t use Drugs or Alcohol.
- Don’t worry about being polite or making a scene if you feel uncomfortable with how someone is treating you.

