



Campus Safety Tips

It is important to know that most victims of sexual assault know their attacker. Here are some tips to help protect yourself against sexual assault...

Trust your instincts!

If you feel uncomfortable in a certain place or situation, remove yourself from it.

Stay in groups!

Stay in groups when walking on campus or while you're out. Do not leave a social event with someone you have just met. There is safety in numbers.

Watch your drink!

Alcohol and drug use are involved in almost 90% of campus crime. It is important to monitor the amount of alcohol you are drinking and to keep track of your drinks. Never set a drink down or take a drink from someone if you have not seen it poured.

Tell someone where you are!

Tell someone where you are and when you expect to return, especially if you are going to a party or a place where alcohol and drugs may be present. You also want to bring a cell phone or money to make a phone call or pay for a cab ride home.

If you are a victim of a sexual assault...

Tell someone!

You shouldn't go through this experience alone. Having a support system at a time like this will help. Sexual assault is a crime. It is not the victim's fault. Tell a friend, trusted adult or your Resident Assistant.

Seek medical attention!

It is important that you do not shower, douche, wash or change your clothes after an attack. There is evidence on your body and clothes that could be used in further action against the attacker.

Get help!

Taking care of yourself is the most important thing you can do after such a traumatic event. In time, you may want to seek counseling to help deal with some of the feelings you may have.

We can help!

Day One provides support for victims of sexual assault and their families, and serves as a resource for the larger community on issues relating to sexual assault, child sexual abuse, domestic violence, and other violent crimes.

For survivors in immediate crisis we recommend that you begin by calling the **Victims of Crime Helpline at 1-800-494-8100**. If you believe counseling at the office of Day One is necessary, please contact our Intake Manager at 401-421-4100, ext. 121.