Communication

- Communicate your sexual desires and limits clearly and verbally. You have a right to feel comfortable and others have the responsibility to respect your limits.
- Be assertive and direct. Forget about being nice if you feel threatened. You have the right to protect yourself.
- Say what you are thinking; what you really want.
- Be an active partner in relationships and share decisions about what to do, where to meet and when to be intimate.
- **Never take silence as consent.** If you feel you are getting double messages, speak up and ask for clarification.
- Accept a person’s decision. Respect “No.”
- Avoid anyone who puts your down, talks negatively about women in general, is physically violent or does not respect you or your decisions.
- Do not assume that a person wants to have sex just because they are drinking heavily, dressed in a particular manner, or agrees to go home with you. Do not assume that if a person agrees to kissing or sexual intimacies, that they are willing to have sexual intercourse.

Notes:

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Campus Assault Resources and Education (CARE) provides direct support services and campus education for the topics of sexual violence, intimate partner abuse, relationship health, and personal safety.

All services and programs provided by CARE are free of charge and available to all currently enrolled students.

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**GENERAL SAFETY TIPS ***

**On Campus**

- Be especially aware of surroundings at times when you may be less alert and more vulnerable to an attack, e.g. when you are upset, sick, tired, or when you have been drinking alcohol.
- Use discretion and caution when taking shortcuts through isolated parts of campus.
- If you must be in an isolated area, e.g. working or studying alone in labs or offices, lock the doors and tell a friend or family member where you are and when you plan to return.
- **Use the CSO Safety Escort Program (949-824-SAFE)**
- Know the location of emergency phones on routes to and from class.
- Keep personal belongings in view while in class, the library or lab.
- Prepare yourself mentally: Wherever you are, on or off campus, if you see or hear someone who might be in trouble, your options may include running, yelling, confronting, and calling the police.
- Always have a cell phone easily accessible.

**In Residence Halls**

- Residence halls are public places. Contact residential staff regarding your security/safety concerns.
- Keep doors locked even if you are only going outside for a few minutes.
- Ask people you don’t know to wait outside.
- In a residence hall, screaming can sound like horseplay. In an emergency, be specific by shouting “Help!”, “Police!” or “Fire!”
- If you feel uncomfortable with a friend’s or date’s behavior, confront the person and say “Stop, I don’t like that.” Be assertive; tell the person to leave.

**In your apartment or home**

- Install and use locks on your doors and windows. Have your locks changed, re-keyed or add a new lock when you move into a new place.
- Know who is at the door before opening it.
- If someone comes to you door and asks to use your phone to call for help, offer to make the call instead.
- Avoid being in the laundry room or garage area by yourself.
- Close your blinds or shades at night.
- Know your neighbors and know which ones you can trust in an emergency.

**Always be prepared ...**

Be alert and aware of the people around you, Educate yourself on prevention tactics. Be aware of situations and locations that could make you vulnerable to crime (dark parking lots, areas with dense shrubbery, etc).

**Minimizing Risk **

**Tips for Reducing the Risk of Sexual Violence**

- Know your sexual or physical boundaries and express them assertively and clearly.
- Identify your limits when using alcohol and other drugs and monitor your intake so that you remain aware of potential risks.
- Prior to going out at night, determine your plan for your return home. When you leave, let someone know where you’re going and how you’re getting there.
- Go out in groups and do not leave a group member alone at a party or bar.
- Never leave your drink unattended, accept an open drink from another person or drink from an open container or punch bowl.
- Try not to walk alone at night. If you must walk alone, walk in well-lit areas.
- Trust your instincts. If you feel uncomfortable or think you may be at risk, leave the situation immediately and go to a safe place.

- **Exercise caution when dating:**
  Have first dates in public places.
  Let someone know where you are going and when you will return.
  Try to provide your own transportation.
  A respectful date will want to ensure your comfort.

* Adapted from UCSD Student Safety Awareness and Sexual Assault Resource Center.  
** Taken from NYU : www.nyu.edu/shc/promotion/atips.html