Campus and Community Safety

Personal Safety & Security Awareness for Young Adults

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Safety and Security Tips

Dorm/Apt Safety | Mental Health | Identity Theft | Domestic Violence | Active Shooter | Sexual Assault
Parties and Social Events | Consent | Dating Abuse | Date Rape Drugs | Human (Sex) Trafficking

with HELPLINES and REPORTING
How do I report sexual assault?

You have several options for reporting sexual assault:

**Call 911.** If you are in immediate danger, dial 911. Help will come to you, wherever you are.

**Contact the local police department.** Call the direct line of your local police station or visit the station in person. If you are on a college campus you may also be able to contact campus-based law enforcement.

**Visit a medical center.** If you are being treated for injuries resulting from sexual assault, tell a medical professional that you wish to report the crime. You can also choose to have a sexual assault forensic exam. To find an appropriate local health facility that is prepared to care for survivors, and to learn more about the options in your area, call the **National Sexual Assault Hotline 800.656.HOPE (4673).**

*Source: https://www.rainn.org/articles/reporting-law-enforcement*
SEXUAL ASSAULT 
and the Red Zone

The Red Zone refers to the first 3-6 months of being in a new environment - be it a campus, job, military or other community location. Fifty percent of sexual assaults on campuses occur during the Red Zone, most often late Friday/Saturday nights (after midnight) through 6am Saturday/Sunday mornings.

Still, sexual assault can happen to any gender at any time and any place, and is usually committed by someone known and often trusted. All sexual assault can be reported. Sexual assault is NEVER the fault of the victim. Being respectful of others can help create a culture of kindness and safer environments for all.

PARTIES & SOCIAL EVENTS

Socializing is a fun - and important - part of life. Parties and social events allow young adults to hang out and meet new people. It’s easy to get carried away, though. Binge drinking and campus sexual assault often occur in the context of partying, so make healthy and legal choices while socializing. Always be respectful of self and others.

SAFETY TIPS:
- Respect personal boundaries and expect respect in return.
- Most sexual assault is committed by someone known to the victim, someone the victim thinks respects them and would never hurt them (friend, colleague, etc).
- Obtain verbal & sober consent before and during any intimate/sexual activity.
- The risk of sexual assault increases when under the influence of drugs and alcohol. Always put personal safety first.
- If safe, step in to help when witness to problematic conversations or behaviors. Enlist others, or ask an authority (RA, security/neutral party (bartender) for help if needed.
- Being under the influence of drugs or alcohol increases the risk of using sexual offending behaviors and/or committing rape - and will not excuse the behavior.
- Do NOT commit or aid in sexual assault; It is a crime.
- If having thoughts of harming someone, ask for help before acting on such thoughts.

CONSENT: Got it?

Consent means*: At the time of any kind of intimate or sexual activity, there are words & physical actions indicating that everyone freely agrees and really wants to do the same thing.

Checking for consent is a process that each person needs to keep doing.

Consent Is Needed Every Time
Consenting to one intimate behavior does not mean you have consent to any other intimate behaviors.

Consenting on one occasion does not mean you have consent on any other occasion(s).

Consent Must Be Given Sober
Consent can not be given if someone is under the influence of alcohol/drugs, is passed out, unconscious, asleep or coming in and out of consciousness.

Consent Can Be Withdrawn at Any Time
Consent can be withdrawn at any time; whether it’s a first-time date or a long-term relationship.

Consent Can Be Given & Withdrawn Without Verbal Communication
Consent can be given and withdrawn without verbal communication. The person being invaded must know, in some way, that the other person does not want to be invaded.

Consent Must Be Given Free of Coercion
Consent must be given free of coercion or manipulation. If you feel coerced or manipulated, you are not giving consent.

SAFETY TIPS:
- Most young adults DO NOT drink alcohol, use drugs, vape or smoke.
- Open your own beverage (non-alcoholic and alcoholic), and don’t leave it unattended while socializing, dancing, texting or using the restroom.
- If drinking, know your limits and stay well within them. Do not allow a party atmosphere or peer pressure to alter your self control or behavior toward others.
- Do not mix alcohol and drugs, or accept them from people you don’t know.
- Leave parties in pairs or groups and try not to be the last ones to leave. Never leave a friend behind. If leaving a party with others, tell a friend where you’re going and with whom.
- Always carry a charged cell phone and some cash or a card.
- Utilize campus security resources: i.e safety and notification apps, escort services, emergency phone stations, safety maps with suggested secure routes.
- If needed, have a designated driver/walker or rideshare app lined up. If you are the designated driver or walker, be responsible and stay sober. Make sure everyone gets home safely.
- If using a ride app: let the driver identify you first, then verify driver’s name/photo/license plate/model BEFORE getting in the vehicle. Use the notify friends feature to send an ETA.

Keeping Contact Safe and Legal

- Clearly define and communicate personal boundaries.
- Respect personal boundaries of dating partners, friends and others.
- Make certain there is mutual consent before and during every intimate and sexual encounter.
- Model and encourage respectful attitudes about gender, identity and dating.
- Socialize with people who are respectful of others.
- Use caution around alcohol and other drugs, as well as with people who use or abuse them.
- Watch out for one another. If safe to do so, say or do something if you see or hear something wrong.
- If unsure about consent, ask again.
HUMAN (SEX) TRAFFICKING

Sex trafficking can and does happen to young adults, especially when they live in a different state than family, struggle to pay bills, are stressed, anxious, sleep deprived, newly exposed to drugs and alcohol and/or seeking affection. Victims are recruited from social media, campuses, large concert venues, music festivals, sporting events, dating apps, arrangement apps or by romantic partners, then tricked, coerced or forced into exploitation. Many victims are "boyfriended" into sex trafficking, often unknowingly at first. Young people who are trafficked are not at fault; they are victims of manipulation and abuse. Help is available to any person who is trafficked, no matter how it happened or if drugs are involved.

Helplines & Reporting

National Dating Abuse Helpline, (For anonymous advice):
If you think you may be in an abusive relationship, you can call to talk with someone about it.
Text: LOVEIS TO 22522
Chat Online 24/7/365: loveisrespect.org
Call: 1-866-331-9474

RAINN National Sexual Assault Hotline, 1-800-656-4673 (HOPE)
RAINN has over 1100 trained volunteers on duty to help victims at crisis centers across the U.S. hotline.rainn.org - Live help for Sexual Assault Victims & their families.

National Domestic Violence Hotline, 1-800-799-7233 (SAFE)
Available 24 hours a day, 365 days a year. There are no fees, no names, no judgment. Just help. www.thehotline.org

National Human Trafficking Resource Center, 1-888-373-7888, 24 hours a day/7 days a week. Text “HELP” or “INFO” to 233733 (BeFree), Hours of Operation: 3:00pm - 11:00pm EST

National Suicide Prevention Lifeline, 1-800-273-TALK (8255) Available 24 hrs a day, 7 days a week. If you, or someone you know, is having thoughts of suicide, call to be connected to an available local certified crisis center.

The Trevor Project; Saving Young LGBTQ Lives. www.thetrevorproject.org
Leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer and questioning youth. Call Trevor Lifeline at 1-866-488-7386, available 24/7/365. Text “START” to 678678 (Standard text rates apply)

Consent* - At the time of any kind of intimate or sexual activity, there are words and physical actions indicating that everyone freely agrees and really wants to do the same thing. Checking for consent is a process that each person needs to keep doing. Consent cannot be given if someone is under the influence of alcohol/drugs, is passed out, unconscious, asleep or coming in and out of consciousness.

*Source: Vermont Network Against Domestic and Sexual Violence

SAFETY TIPS:
- Recognize that traffickers target young adults from all races, ethnicities, sexual orientations, gender identities and income levels.
- Be wary of new followers on social media & dating sites who are overly friendly and generous. Human traffickers pretend to be charming potential partners, but are actually grooming new victims to work in the sex industry.
- Be careful when a new friend/dating partner offers clothing, jewelry and/or a place to stay.
- If a partner asks you to escort a friend of theirs to an event, refuse.
- When in doubt about a person's intentions, ask for a friend's or trusted adult's opinion.
- Recognize that tattoos can be a sign of branding by a trafficker.
- If someone has multiple cell phones, injuries, makes excuses for missing work/classes and/or excessively travels, they may be a victim of trafficking.
- Text HELP or INFO to 233733 (BeFree) or call 1-888-373-7888; National Human Trafficking Resource Center.