

# Sexual Assault Safety Plan

## How to get away if there is an emergency

- Be conscious of exits or other escape routes
- Think about options for transportation (car, bus, train, etc.)

## Who can help

- Family Crisis Center of the Rio Grande Valley, Harlingen (956-423-9305, 956-423-9306)
- South Texas College Counseling Center (956-872-2173)
- Health Services, McAllen (956-630-9441), Rio Grande City (956-487-2537)
- Dean of Students Office (956-872-2180)
- Title IX Coordinator (956-872-3558)
- South Texas College Department of Public Safety (956-872-2589)
- National Sexual Assault Hotline at 1-800-656-HOPE(4673), the **National Sexual Assault Online Hotline**, or if you are in a dating or domestic violence, situation the National Domestic Violence
- Hotline 1.800.799.SAFE(7233)
- Friends, family
- Your Chaplain or Priest

## Where to go

- If the dangerous situation involves a partner go to the police or a shelter first. The police or campus safety (even if campus safety knows both you and the perpetrator they are still responsible for doing their jobs)
- A domestic violence or homeless shelter (if there are not any domestic violence shelters in your area, and you are contemplating leaving the town, you may want to consider going to a homeless shelter)
- Friend's dorm room or apartment
- Relative's house

## What to bring

- Important papers and documents: birth certificate, social security card, license, passport, medical records, bills, etc.
- House or dorm room keys, car keys, cash, credit cards, medicine, important numbers, cell phone
- Keep all of these things in an emergency bag
- Hide the bag, best if not in house or car
- If the bag is discovered, can call it a "hurricane", "tornado" or "fire" bag

## **At parties**

- Be aware of rape drugs
  - Try not to leave your drink unattended
  - Only drink from un-opened containers or from drinks you have watched being made and poured
  - Avoid group drinks like punch bowls
  - Cover your drink. It is easy to slip in a small pill even while you are holding your drink.
  - Hold a cup with your hand over the top, or choose drinks that are contained in a bottle and keep your thumb over the nozzle
  - If you feel extremely tired or drunk for no apparent reason, you may have been drugged.
  - Find your friends and ask them to leave with you as soon as possible
  - If you suspect you have been drugged, go to a hospital and ask to be tested
- Keep track of how many drinks you have had
- Try to come and leave with a group of people you trust
- Avoid giving out your personal information (phone number, where you live, etc.). If someone asks for your number, take his/her number instead of giving out yours

## **Traveling around campus**

### **Walking**

- Make sure your cell phone is easily accessible and fully charged
- Be familiar with where emergency phones are installed on the campus
- Be aware of open buildings where you can use a phone
- Keep some change accessible just in case you need to use a pay phone
- Take major, public paths rather than less populated shortcuts
- Avoid dimly lit places and talk to campus services if lights need to be installed in an area
- Avoid putting music headphones in both ears so that you can be more aware of your surroundings, especially if you are walking alone.
- Walking back from the library very late at night is sometimes unavoidable, so try to walk with a friend
- Carry a noisemaker (like a whistle) on your keychain
- Carry a small flashlight on your keychain
- If walking feels unsafe, try calling campus security. Many campuses offer safe ride programs

## **Driving**

- Keep your doors locked
- Have extra car necessities (oil, jumper cables, etc.)
- Try not to wait until the last minute to fill your gas tank; always keep it at least half full if you can
- Have your keys ready when you go to unlock your car

## **Taking the bus**

- Be alert at bus stops when waiting for the bus to arrive
- Use the bus schedule to avoid waiting for a long time at a stop
- Plan your route to use the busiest, best-lighted stop possible
- If someone is bothering you on the bus, tell the driver
- If you feel uneasy about getting off at your usual stop, stay on the bus until the next stop or wait until the bus goes around to your usual stop the second time

**If you have been sexually assaulted there are some additional steps you can take to help feel safer:**

## **How to anticipate and respond to perpetrator's actions**

- Be conscious of places the perpetrator frequents (work schedule, class schedule, where s/he likes to eat, what club meetings s/he has, what sports practices s/he has, etc.)
- Know which people the perpetrator usually hangs out with and what social events s/he likes to attend
- Plan what you would say and do if you came into contact with him or her

## **General tips**

- Use the resources that your campus offers (sexual assault services, psychological services, health services, campus police force, escort service, etc.)
- If you are concerned about anonymity, use any resources that the neighboring community provides
- Trust your instincts. If you feel uncomfortable or threatened, leave the situation and go to a safe place

**Finally and MOST IMPORTANT! Remember: it is not your fault.**

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