

Tips for Staying Safe

Title IX Training

Risk reduction tips can often take a victim-blaming tone, even unintentionally. Only those who commit sexual violence are responsible for those actions. We offer the tips below with no intention to victim-blame, and with recognition that these suggestions may nevertheless help you to reduce your risk of experiencing a non-consensual sexual act:

- If you have limits, make them known as early as possible.
- Tell a sexual aggressor “NO” clearly and firmly.
- Try to remove yourself from the physical presence of a sexual aggressor.
- Find someone nearby and ask for help.
- Take affirmative responsibility for your alcohol intake/drug use and acknowledge that alcohol/drugs lower your sexual inhibitions and may make you vulnerable to someone who views an intoxicated person as a sexual opportunity.
- Give thought about sharing your intimate content, pictures, images and videos with others, even those you may trust. If you do choose to share, clarify your expectations as to how or if those images may be used, shared or disseminated.
- Take care of your friends and ask that they take care of you. A real friend will challenge you if you are about to make a mistake. Respect him/her when they do.
- Be aware of your surroundings — who’s out there and what’s going on.
- Walk with confidence. The more confident you look, the stronger you appear.
- Be assertive — don’t let anyone violate your space.
- Trust your instincts. If you feel uncomfortable in your surroundings, leave.
- Don’t prop open self-locking doors.
- Lock your door and your windows, even if you leave for just a few minutes.
- Watch your keys. Don’t lend them. Don’t leave them. Don’t lose them. And don’t put your name and address on the key ring.
- Watch out for unwanted visitors. Know who is on the other side of the door before you open it.
- Be wary of isolated spots, like underground garages, offices after business hours, and apartment laundry rooms.
- Avoid walking or jogging alone, especially at night. Vary your route. Stay in well-traveled, well-lit areas.
- Have your key ready to use before you reach the door — home, car, or work.
- Park in well-lit areas and lock the car, even if you’ll only be gone a few minutes.
- Drive on well-traveled streets, with doors and windows locked.