

April 2009

Courtesy of ISU Public Safety
and the ISU Safety Committee



Sexual Assault Awareness Month April 2009

**SPEAK OUT
Decide to End
Sexual Violence**



Sexual Assault Awareness

There is no perfect way to protect yourself, but there are simple things you can do to minimize your risk.

- ◆ Do not let alcohol or other drugs fog your judgment.
- ◆ Be alert. Show that you are in control. Walk with confidence.
- ◆ Be aware of your surroundings.
- ◆ Be assertive. Do not let anyone violate your space.
- ◆ Avoid walking or jogging alone.
- ◆ Use well-traveled and well-lit areas.
- ◆ Use the campus escort service (282-2515).

Relationship Violence

One out of every four women in this country will suffer some kind of violence at the hands of her husband or boyfriend. Men, straight and gay, and lesbians can also be victims of violence. Few of these victims will tell anyone about the violence. Relationship violence victims come from all walks of life. They share the same feelings of helplessness, isolation, guilt, fear, and shame. They all hope it will not happen again, but often it does.

Here is what you can do if you are the victim of relationship violence, dating violence, domestic violence, harassment, or stalking—Talk to someone.

Part of the abuser's power comes from secrecy. We urge you to talk to someone about the violence.

The following is a list of resources for both sexual assault and relationship violence situations:

- ◆ Department of Public Safety - (208) 282-2515. We can assist you in getting medical attention, counseling, referrals to support groups, emergency housing, and assistance in reporting the violence to the police.
- ◆ Police Department - 911
- ◆ Project Hope Crisis Line - 282-4673. Provides supportive assistance to students, faculty, staff, and their friends and family who suffer the effects of domestic violence, sexual violence, stalking, and other crimes.
- ◆ Student Counseling Services - 282-2130. Can assist you with individual counseling and referrals to support groups.
- ◆ Student Health Center - 282-2330. Can assist you with any medical needs and referrals.

The 10th annual Take Back the Night March and Rally will begin at 6:30 p.m. Friday, April 24, on the south steps of the Bannock County Courthouse, located at 624 E. Center, Pocatello.

Take Back the Night is sponsored by the ISU Project Hope Advocacy Program, which is sponsoring several events during April, Sexual Assault Awareness Month.

The event will begin with presentations from local agencies and local law enforcement officials. All participants will then walk together from the Bannock County Court House to the Idaho State University Hutchinson Quadrangle where local agencies will be on hand to educate participants on how to end sexual violence in our community.

Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you.- Carl Sandburg

Spring Safety Tips

Living, Studying and Working Safely at ISU

Idaho State University is an urban college campus, situated in historic Pocatello, Idaho ranked one of the top ten small places to move and raise a family and offering students, faculty and staff access to some of the best recreational, cultural, arts, entertainment and dining options the West has to offer.

Your safety and security at Idaho State is our highest priority. Students, faculty and staff are encouraged to partner with the university and utilize the services, initiatives and training provided by the Department of Public Safety. The office is here to give you the tools and support you need to navigate safely through working, living and studying successfully at Idaho State University. Here are recommendations on how to keep yourself and your friends safe:

- Familiarize yourself with the locations of our emergency blue light phones around the campus routes you normally visit and walk.
- Walk on well-lit paths and streets and walk with others, especially at night.
- Use the campus escort service. It is available 6:00 p.m. to 2:00 a.m. daily by calling 282-2515. Public Safety officers are available to escort you after-hours.
- Keep doors locked, including the doors to your dorm room, off-campus residence and car. Do not prop open any doors to the residence halls.
- Do not invite strangers into your dorm room or off-campus house. While that person you just met at a party may seem really nice, he or she could have bad intentions.
- Limit your drinking. Too much alcohol impairs your judgment and makes you less aware of your surroundings.
- Do not leave your bicycle, laptop, iPod or other valuables unsecured and do not leave valuables in view in your vehicle.

Report suspicious activity and situations to Public Safety. If you are a victim of crime, report it immediately to Public Safety at 282-2515.

Riding Right

Riding a bike can be fun, if you know how to stay safe. But if you don't follow the rules, it can be dangerous. To be safe on your bike, follow these tips:

- ◆ Always wear a helmet and fasten it. Helmets protect your head, and in many states it's illegal not to wear one!
- Wear bright clothing so drivers and other bikers can see you.
- If you ride after dark, remember to put reflectors on your clothes, helmet, and bike.
- Obey the rules of the road. Bikers must stop at all stop signs and traffic lights and use turning signals, just like cars.
- Ride on the right hand side of the road, in the same direction as traffic.
- Look both ways. Most crashes happen at intersections or driveways so be on the lookout for people who may not see you.

- Ride on bike trails, roads with little traffic or in parks. If you do come to a busy road, walk your bike across intersections at a crosswalk.
- Keep your bike tuned up. You don't want to get a flat tire far away from your house!
- Protect your bike. Lock it up or keep it in a safe place when you're not using it.
- Ride with friends. It's more fun and you have someone to help you if you need it.

Yard Work Safety

- ◆ Always wear protective clothing when you handle pesticides and fertilizers.
- ◆ Rake your yard before you mow to prevent any stones and loose debris from launching into the air.
- ◆ Never operate a mower in your bare feet and avoid wearing loose clothing.
- ◆ Never start a mower indoors.
- ◆ When refueling your mower, make sure the engine is off and cool. Don't spill gasoline on a hot engine, and don't smoke while pouring gasoline.
- ◆ Never leave your mower operational while unattended.
- ◆ Don't use electrical mowers on wet grass.
- ◆ Wear proper eye protection when operating trimmers, lawn edgers, pruners and power saws.
- ◆ When pruning trees, be careful not to let metal ladders or trimmers come into contact with overhead wires.

Sun Safety

We all need some sun exposure; it's our primary source of vitamin D, which helps us absorb calcium for stronger, healthier bones. But it doesn't take much time in the sun for most people to get the vitamin D they need, and unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression, and even cancer. Even people in their twenties can develop skin cancer.

Be sure to apply protective sunscreen — even if you're just playing in the backyard. Most sun damage occurs as a result of incidental exposure during day-to-day activities, not at the beach.

Even on cloudy, cool, or overcast days, UV rays travel through the clouds and reflect off sand, water, and even concrete. Clouds and pollution don't filter out UV rays, and they can give a false sense of protection. This "invisible sun" can cause unexpected sunburn and skin damage. Often, most individuals are unaware that they're developing a sunburn on cool or windy days because the temperature or breeze keeps skin feeling cool on the surface.

One of the best ways to protect your family from the sun is to cover up and shield skin from UV rays. Ensure that clothes will screen out harmful UV rays by placing your hand inside the garments and making sure you can't see it through them.

Common sense is the knack of seeing things as they are, and doing things as they ought to be done. - Harriet Beecher Stowe