

## Safety & You at ISU

### Sexual Assault Awareness Month

*April 2011*

### SPEAK OUT Decide to End Sexual Violence

***The Annual Take Back The Night Rally will be held April 29. It will start at 6:00pm with a march from the south side of the Bannock Co. Courthouse to the ISU Quad. Free T-Shirts and food will be offered. There will be speakers and a free raffle with great prizes. So please come out and show your support.***

**Every 7 hours an Idahoan is sexually abused**

**9 of every 10 rape victims were female.**

**3% of American men—or 1 in 33—have experienced an attempted or completed rape in their lifetime.**

### Avoiding Dangerous Situations

While you can never completely protect yourself from sexual assault, there are some things you can do to help reduce your risk of being assaulted.



- **Be aware** of your surroundings. Knowing where you are and who is around you may help you to find a way to get out of a bad situation.
- Try to **avoid isolated areas**. It is more difficult to get help if no one is around.
- **Walk with purpose**. Even if you don't know where you are going, act like you do.
- **Trust your instincts**. If a situation or location feels unsafe or uncomfortable, it probably isn't the best place to be.
- **Try not to load yourself down** with packages or bags as this can make you appear more vulnerable.
- **Make sure your cell phone is with you** and charged and that you have cash money.
- **Don't allow yourself to be isolated** with someone you don't trust or someone you don't know.
- **Avoid putting music headphones in both ears** so that you can be more aware of your surroundings, especially if you are walking alone.

*(information courtesy of RAINN (Rape, Abuse & Incest National Network)).*

### Important Safety Reminders—Pedestrians

- ⇒ Drivers are required to yield the right-of-way to pedestrians crossing streets in marked or unmarked crosswalks in most situations. They need to be especially careful at intersections where the failure to yield right-of-way often occurs when drivers are turning onto another street and a pedestrian is in their path.
- ⇒ Whenever possible, cross the street at a designated crosswalk. Always stop and look left, right, and left again before crossing. If a parked vehicle is blocking the view of the street, stop at the edge line of the vehicle and look around it before entering the street.
- ⇒ Increase visibility at night by carrying a flashlight when walking and by wearing retro-reflective clothing that helps to highlight body movements.
- ⇒ It is much safer to walk on a sidewalk, but if you must walk in the street, walk facing traffic.

# What Can Men Do?

While individuals of both genders are perpetrators of sexual assault, the majority of those who commit sexual assaults are men.

**Even so, it is important to remember that the vast majority of men are not rapists.**

There are many things men (and women) can do to help prevent sexual violence.

## **If you see someone in danger of being assaulted:**

Step in and offer assistance. Ask if the person needs help. NOTE: Before stepping in, make sure to evaluate the risk. If it means putting yourself in danger, call 911 instead.

- Don't leave. If you remain at the scene and are a witness, the perpetrator is less likely to do anything.

If you know the perpetrator, tell him or her that you do not approve of what s/he is doing. Ask him or her to leave the potential victim alone.

## **Be an ally:**

- When you go to a party, go with a group of friends. Arrive together, check in with each other frequently and leave together.

- Have a buddy system. Don't be afraid to let a friend know if you are worried about her/his safety.

If you see someone who is intoxicated, offer to call him or her a cab.

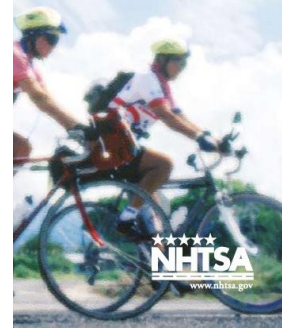
## **If someone you know has been assaulted:**

- Listen. Be there. Don't be judgmental.
- Be patient. Remember, it will take your friend some time to deal with the crime.
- Help to empower your friend or family member. Sexual assault is a crime that takes away an individual's power, it is important not to compound this experience by putting pressure on your friend or family member to do things that he or she is not ready to do yet.
- Encourage your friend to report the rape to law enforcement (call 911 in most areas). If your friend has questions about the criminal justice process, talking with someone on the National Sexual Assault Hotline, 1-800-656-HOPE can help.
- Let your friend know that professional help is available through the National Sexual Assault Hotline, 1-800-656-HOPE.
- If your friend is willing to seek medical attention or report the assault, offer to accompany them wherever they need to go (hospital, police station, campus security, etc.) Encourage him or her to contact one of the hotlines, but realize that only your friend can make the decision to get help.

## **Changing the culture:**

There are certain things in our culture that make sexual assault more possible. By speaking out and educating ourselves and others, we can help to decrease the number of sexual assaults.

- Become knowledgeable about the issue and share your knowledge with others.
- Volunteer for RAINN or your local rape crisis center and help educate your community about preventing sexual violence.



**Protect Your Head. Wear a Helmet.**

**Assure Bicycle Readiness. Ensure Proper Size and Function of Bicycle.**

**Ride Wisely. Learn and Follow the Rules of the Road.**

**Be Predictable. Act Like a Driver of a Vehicle.**

**Be Visible. See and Be Seen at All Times.**

**"Drive" with Care. Share the Road.**

**Stay Focused. Stay Alert.**

## **Sexual Violence and Harassment Reporting Choices At ISU**

You may use any or all options available for reporting an incident.

### **OPTION ONE:**

Call the Janet C. Anderson Gender Resource Center at 282-2805 and ask to speak with an advocate.

### **OPTION TWO:**

Call the Pocatello Police at 234-6100. This can be an information report only or the prosecutor will review the case and charges could be filed or prosecution denied. If charges are filed there will be a preliminary hearing and a trial (Civil litigation through your own attorney is always an option).

### **OPTION THREE:**

Report to the Dean of Student Affairs, Hypostyle Room 384, 282-2315. The Dean's Office will take university disciplinary action where appropriate. The victim and accused may be referred to University Counseling (private counseling is your choice).

### **OPTION FOUR:**

Report to the Office of Affirmative Action - Admin Bldg. Rm 318D, 282-3973. May be solved informally or with a formal investigation with sanctions, if appropriate.

### **OTHER IMPORTANT NUMBERS**

Public Safety	282-2515
Pocatello Free Clinic	233-6245
Portneuf Medical Center	239-1000
Bannock County Sheriff	236-7114
Bannock County Court Services	236-7083
Bannock Co. Victim/Witness Coordinator	236-7824
ISU Student Health	282-2330
ISU Counseling & Testing	282-2130

*"Do not go where the path may lead,  
go instead where there is no path and  
leave a trail. "*

[Ralph Waldo Emerson](#)