

September, 2007



IDAHO STATE UNIVERSITY

# Safety and You at ISU

(Courtesy of ISU Public Safety & the ISU Safety Committee)

## Strategies for Improving Your Alertness

Work, School, Homework, campus events, meeting new people, then off to that second job. All these things add up to stress and fatigue. When fatigue sets in your life can change in a big way. Here are some suggestions to help you better manage your fatigue.

### Everyday

- ⇒ Eat healthy foods.
- ⇒ Exercise no later than 3 hours before bedtime.
- ⇒ Communicate your sleep schedule with family, roommates, friends, etc.

### Caffeine

- ⇒ Use only when needed to increase alertness.
- ⇒ Caffeine can take 15-30 minutes to take effect.
- ⇒ Do not use 4 hours before bedtime.

### When at Work

- ⇒ Talk to co-workers.
- ⇒ Stay in well-lighted areas or use artificial light.
- ⇒ Expose yourself to distractions such as music, noise, cool air, etc.
- ⇒ Use caffeine during vulnerable periods.

### Personal Plan

- ⇒ Schedule daily activities and sleep time whenever possible.
- ⇒ Be well-rested before a work or class period.
- ⇒ Obtain at least 8 hours of sleep (can include nap time).

### Taking a Nap

- ⇒ Napping will increase alertness and performance.
- ⇒ A short nap should last no longer than 45 minutes.
- ⇒ A long nap can last up to 2 hours.
- ⇒ Be sure to set aside up to 15 minutes to “wake up” after a nap period.
- ⇒ Insomnia sufferers should use caution when considering napping.

### Understand the Basics

- ⇒ Fatigue is created by time awake and the internal clock.
  - ⇒ Fatigue cannot be eliminated.
  - ⇒ Fatigue can reduce alertness, mood, performance and productivity.
  - ⇒ A healthy lifestyle can help you manage your fatigue.
  - ⇒ Develop a personal action plan to meet changing sleep requirements everyday.
- (Courtesy The Well Workplace)

## Did You Know?

One in every four women will experience domestic violence in her lifetime.

3.2 million men are physically assaulted annually in the United States and 26% of those assaults were attributed to intimate partner violence.

Women ages 16 to 24 experience the highest per capita rates of intimate violence—20 per 1,000 women.

Twenty-one percent of college students report they have experienced dating violence by a current partner and 32% report dating violence by a previous partner.

Idaho statistics show that in 2003, for 27.6% of victims of domestic violence, the offender was a family relation.

Eighty percent of children who live in homes where domestic violence occurs witness the abuse.



**Fact:** Battering is not about anger or losing control; it is an intentional choice focused on maintaining power and control in the relationship. Batterers manage not to beat their bosses or terrorize their friends when they are angry.

**Fact:** Battering crosses all economic, educational, ethnic, sexual orientation, age, and racial lines in equal proportions. There is no "typical" victim.

**Fact:** The batterer is responsible for the violence – not the victim. People are beaten for breaking an egg yolk while fixing breakfast, for wearing their hair a certain way, for dressing too nicely or not nicely enough, for cooking the wrong meal, or any other number of excuses. These incidents do not warrant or provoke violence. Even when you disagree, you do not deserve to be beaten. People who are battered do not want to be beaten.

**Fact:** Violence does occur in same sex relationships, and the issues of power and control are similar to those found in heterosexual relationships. Homophobia allows us to trivialize the violence in same sex relationships and compounds the effects of the violence for the victim.

People stay with abusive partners for many different reasons. By understanding these reasons, you can explore your options for living a violence-free life and avoid feelings of guilt and isolation.

- You fear you will be beaten more severely. Your batterer has threatened to find and kill or harm you, your children, and your family.
- You have no one to talk to who understands and believes you.
- You want to stand by your partner and be loyal to the relationship.
- Your partner has threatened to commit suicide if you leave.
- You feel ashamed, embarrassed, and humiliated and don't want anyone to know what is happening.
- You believe that things will get better.

**It is a myth that people don't leave violent relationships.** Many leave an average of five to seven times before they are able to leave permanently. You are in greater danger from your partner's abuse when you leave. Only you can decide what is best for you and your children. Whether you decide to remain with your abusive partner or leave, it is important for you to plan for your safety.

## ***Safety Before and During an Assault...***

- When an attack has begun, escape if you can. Whenever you believe that you are in danger, leave your home and take your children, no matter the time of day or night. Go to a friend or relative's house or a domestic violence shelter.
- Defend and protect yourself. Later, take photos of your injuries.
- Call for help. Scream loudly and continuously. You have nothing to be ashamed of – the batterer does.
- During an argument, stay close to an exit and avoid the bathroom, kitchen, or anywhere near weapons.
- Practice getting out of your home safely. Identify which doors, windows, elevator, or stairwell would be best.
- Have a packed bag ready, and keep it in a secret but accessible place so you can leave quickly.
- Identify neighbors you can tell about the violence and ask them to call the police if they hear a disturbance coming from your home.
- Devise a code word to use with your children, family, friends, and neighbors when you need the police.
- Plan where you will go if you have to leave home, even if you don't think you will.
- Trust your own instincts and judgment. Whatever you need to do to survive is the right choice. You have the right to protect yourself.

## ***How can I help a friend or family member who is being abused?***

**Don't be afraid to let him or her know that you are concerned for their safety.** Help your friend or family member recognize the abuse. Tell him or her you see what is going on and that you want to help. Help them recognize that what is happening is not "normal" and that they deserve a healthy, non-violent relationship.

**Acknowledge that he or she is in a very difficult and scary situation.** Let your friend or family member know that the abuse is not their fault. Reassure him or her that they are not alone and that there is help and support out there.

**Be supportive.** Listen to your friend or family member. Remember that it may be difficult for him or her to talk about the abuse. Let him or her know that you are available to help whenever they may need it. What they need most is someone who will believe and listen to them.

**Be non-judgmental.** Respect your friend or family member's decisions. There are many reasons why victims stay in abusive relationships. He or she may leave and return to the relationship many times. Do not criticize his or her decisions or try to guilt them. He or she will need your support even more during those times.

**If he or she ends the relationship, continue to be supportive of them.** Even though the relationship was abusive, your friend or family member may still feel sad and lonely once it is over. He or she will need time to mourn the loss of the relationship and will especially need your support at that time.

**Encourage him or her to talk to people who can provide help and guidance.** Find a local domestic violence agency that provides counseling or support groups. Offer to go with him or her to talk to family and friends. If he or she has to go to the police, court or a lawyer, offer to go along for moral support.

**Remember that you cannot "rescue" him or her.** Although it is difficult to see someone you care about get hurt, ultimately the person getting hurt has to be the one to decide that they want to do something about it. It's important for you to support him or her and help them find a way to safety and peace.

*(Courtesy www.growing.com. & NCADV)*



## ***Where to go for help***

ISU J.C. Anderson Center—282-4673

ISU Public Safety—282-2515

Family Services Alliance—251-4357

Pocatello Police Department—234-6100

Bannock County Sheriff—236-7114

Bannock County Court Services-236-7083

Bannock County Victim/Witness

Coordinator - 236-7284

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## ***Domestic Violence***

***Don't Make Excuses, Make it Stop.***