

# PREVENTION TIPS

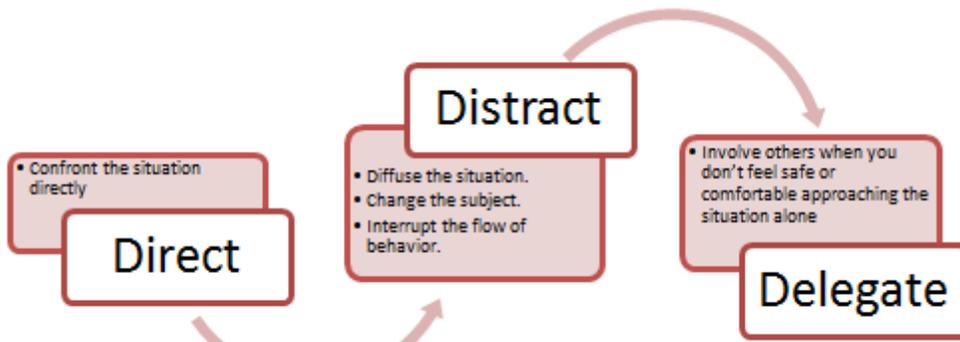
Risk reduction methods seek to interrupt or stop an assault in progress and - despite the fact that most sexual assault survivors know their assailant - focus on strategies to use during a stranger assault.

The Aurora Center focuses on primary prevention methods, which emphasize preventing assaults in the first place.

Risk reduction often results in survivors being questioned about what they were wearing, saying or doing when sexual violence occurred. No one asks or deserves to be victimized by sexual violence, and this line of questioning puts the responsibility on the victim of a crime rather than the perpetrator.

## HOW DO I PREVENT VIOLENCE?

**Be a good bystander.** If you recognize that there is an emergency or non-emergency situation happening, use the “3 Ds” to determine how to act.



**DO:** Ensure your safety • Try to dissipate emotion • Consider the other person's perspective  
**DON'T:** Get caught up in the moment • “One-up” the person • Patronize

**Get consent in sexual relationships.** Alcohol and other drugs are connected with sexual violence. It's unhealthy and harmful to use alcohol as a way to “get sex.” If someone is physically or mentally incapacitated or impaired (due to alcohol or drugs or because they were asleep or unconscious) there is no consent. If physical force, manipulation, intimidation and/or threats are used, there is no consent.

### RESOURCES

#### The Aurora Center

117 Appleby Hall

Office:

612-626-2929

24-Hour Helpline:

612-626-9111

Text:

Text the word “TALK”

to 612-615-8911

(M-F, 8-4:30)

[aurora@umn.edu](mailto:aurora@umn.edu)

[umn.edu/aurora](http://umn.edu/aurora)

#### University Safety & Security

[umn.edu/prepared](http://umn.edu/prepared)

#### University Police

911

612-624-9255

[umn.edu/police](http://umn.edu/police)

#### Gopher Chauffeur

612-388-6911 (Th-Sa)

[bhs.umn.edu/peer-health-promotion/gopher-chauffeur](http://bhs.umn.edu/peer-health-promotion/gopher-chauffeur)

#### The Security

Monitor Program

612-624-WALK



#### RED: Signs you should stop

- You or your partner are too intoxicated (slurred speech, walking tipsy, slow motor skills) to gauge or give consent.
- Your partner is asleep or passed out.
- You hope your partner will say nothing and go with the flow.
- You intend to have sex by any means possible.

#### YELLOW: You should pause & ask

- You're not sure what your partner wants.
- You're getting mixed signals.
- You haven't talked about how far to go.
- You assume that you'll do the same thing as last time.
- Your partner stops, hesitates, or is not responsive.

#### GREEN: Keep communicating

- Everyone's come to a mutual decision about how far to go.
- Everyone clearly expresses their comfort with the situation.
- You both feel comfortable & safe stopping at any time.

**CONSENT: KNOW THE SIGNS!**

# IF YOU'VE EXPERIENCED SEXUAL VIOLENCE

## SEEK HELP

- **If you're in immediate danger, call 911.**
- **If you've been sexually assaulted, go someplace safe.** Tell someone who will support you.
- **If you're experiencing abuse or are in an unhealthy relationship, create a safety plan.** A safety plan helps you plan the best way to react when you're in danger.
- **If you're experiencing any unwanted/unwelcome actions that feel threatening or cause fear, go someplace safe.** Document incidents and/or send a "Do not contact" email or letter (if it's safe to do so).

*The Aurora Center can assist you with options about how to act in different scenarios. We will listen and can help walk you through different options.*

## ONLINE SAFETY

- **Tell your partner to respect your relationship boundaries.** You have the right to be alone, turn off your phone and spend time with others without your partner getting angry.
- **Review & enable your privacy and security settings.** Social networks allow the user to control how their information is shared and who has access to it.
- **Ask your friends if it's ok for you to check them in on Facebook or four-square.** You never know if someone is trying to keep their location secret. Letting an abusive partner know where someone is could be dangerous.
- **Use a safe computer.** If other people can access your computer, your browsing history may not be safe, and abusers sometimes monitor computer use.

SOURCES: [acha.org/sexualviolence/](http://acha.org/sexualviolence/); [loveisrespect.org/is-this-abuse/digital-abuse/](http://loveisrespect.org/is-this-abuse/digital-abuse/); [wgac.colostate.edu/primary-prevention-vs-risk-reduction/](http://wgac.colostate.edu/primary-prevention-vs-risk-reduction/); [stepup.umn.edu/](http://stepup.umn.edu/); [rainn.org/get-information/sexual-assault-prevention/safe-computers/](http://rainn.org/get-information/sexual-assault-prevention/safe-computers/); [nedv.org/pages/3868-facebook-privacy-safety.html](http://nedv.org/pages/3868-facebook-privacy-safety.html) and [support.twitter.com/groups/57](https://support.twitter.com/groups/57). University of Minnesota Sexual Assault/Relationship Violence Policy (Academic/Administrative Policy 2.3.6)



### Basic Campus & Home Safety

Risk reduction practices are not sexual assault prevention practices. Prevention is the key to stopping violence.

**The victim is never to blame for a crime committed against them.**

- Report any suspicious persons or activities to the University Police.
- Do not prop open entrances to buildings.
- Use the Security Monitor Program (624-WALK) to escort you places.
- Be mindful of your surroundings.
- Report lost access cards immediately.
- Lock your door. It only takes seconds for someone to grab your stuff.
- Laptops are quickly and easily stolen - lock it up!
- Register serial numbers for laptops, ipods, etc. at [portfolio.umn.edu](http://portfolio.umn.edu).
- Do not open your door without checking to see who is there first.
- Do not let people you don't know follow you into your building. This is known as tailgating.
- Know your surroundings - keep your eyes and ears open when walking.
- Don't constantly chat/text on your phone or listen to your ipod while walking.

SOURCES: [umn.edu/police/prevention.html](http://umn.edu/police/prevention.html) & [housing.umn.edu/safety/tips](http://housing.umn.edu/safety/tips)

**Taking sexual violence seriously, supporting survivors, holding perpetrators accountable, refusing to minimize violence, knowing the facts about non-stranger sexual violence & challenging attitudes & behaviors are all ways to prevent sexual violence.**