

PROTECT YOURSELF FROM SEXUAL VIOLENCE

14 TIPS TO HELP STAY SAFE

1

Never feel obligated to do more with someone if you don't feel **right** or **comfortable**.

Draw the line. Set your

2

boundaries clearly and respect the boundaries of others.

3

Stand up for **yourself**, trust your **instincts**, and **get help** when things don't feel right.



4

Get consent. Only a **SOBER** yes, means yes.

Plan a **safe** ride or way home. Make a **plan** before you go out and **share your plans** with someone you trust.



6

Be **respectful** towards others.

Stick to **one** substance at a time. Using different substances together, like mixing alcohol and other drugs, can increase impairment and put you at risk.

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If you **see** someone that may be at risk for sexual assault, **intervene** if you can do so safely, or **get help**. **((SOS))**

9

Don't use force, threats, or violence in relationships.

10

Pace yourself when consuming substances. For ex., drink water between alcoholic drinks.

11

Only consume substances that come from **safe** and **registered** sources.



5

Plan a **safe** ride or way home. Make a **plan** before you go out and **share your plans** with someone you trust.

12

Stay with friends you **trust** and **look out** for each other. If you have a bad feeling, **get help**.

13

Never leave your drink unattended!



14

If you feel uncomfortable, **exit** the scene as **quickly** as possible.

