



Prevention Tips for College Students

RAINN

1

Employ the buddy system.

Take someone with you if you are going somewhere at night or unfamiliar. You can also use campus safety escorts if your college provides this service.

2

Share your location with trusted friends or family.

This can be done via tracking apps that will help them locate you if you are in trouble.

3

Keep social media accounts private.

Make sure your geolocation is not shared so that predators cannot find you. Consider not posting photos live that show your location – you can post after you leave a location to optimize your safety.

4

Watch your drinks when you are out.

Don't leave your drink unattended because someone could slip a drug into it. If you do leave it unattended, then throw it out.

5

Practice Active Bystander Intervention.

If you see a situation that doesn't look right, step in. By helping de-escalate it and redirecting attention from the person at risk, you may help prevent an assault.

6

Trust your gut.

If a situation doesn't feel right or feels risky, avoid it if you can. Trust your instincts and be assertive.

7

Have a back-up plan.

This is a back-up plan in case something happens. If your phone dies, do you have phone numbers memorized to get help? Do you have emergency cash in case you cannot use a credit card?

8

Employ personal safety measures.

Lock your door and windows when you're asleep and when you leave the room. If people constantly prop open the main door to the dorm or apartment, tell security. Stay in well-lit areas when possible.

9

Learn about campus resources and local law enforcement.

If you are a college student living on campus, you can call campus police and some campuses have built-in alert systems, but you also have local police available for help.

If you have any questions about protecting yourself or what to do in case of sexual assault, you can contact RAINN at rainn.org or **800.656.HOPE**.