

Anyone can be a victim of rape or assault. Be aware of the different possibilities and be prepared to take whatever defensive action is necessary.

When walking or driving:

- Keep all your senses available. Do not use “walkman” type earphones while jogging or walking after dark.
- Walk with confidence. Display outrage if threatened, not fear.
- If you feel endangered, Yell! Scream “HELP” or “POLICE” and run away.
- If you must walk on campus after dark, you should not do so alone. Contact a friend or Security (828.5033).

When at a social function or on a date:

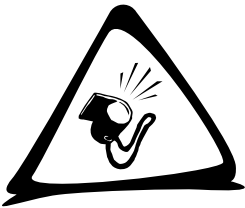
- Know yourself and your own capabilities. Set limits early and communicate those limits.
- Try to find an easy way out of potential assault situations.
- Stand up for yourself.

If you are the victim of any type of assault:

Report the incident to the police and Campus Security;

Obtain Counseling through TRU or the Sexual Assault Centre.

YOU WILL RECEIVE THE HELP AND SUPPORT YOU NEED!



Rape / Assault Prevention