

WHAT SHOULD YOU DO?

Awkward or dangerous situations happen. Here are some useful ways to be safe.

What do you do when you're not feeling safe?

- **Have a "Distress" Code Word or Phrase** with a friend or family member!
- **It's Okay to Lie!** – "I'm not feeling well."
- **Get to a Safe Place!** – "I have to go to the bathroom." Then call family or friends to come get you or call an Uber to get to safety.
- **Use a Bystander for Help!** – Call over the waitress to ask where the bathroom is and sneak out through the kitchen. Then call your friend or family member to come and get you!

What if you're at a party and suspect someone's in trouble?

C - A - R - E for another human being that's in trouble!

C – **Create a distraction...** Spill a drink. Let's go get pizza!

A – **Ask** directly if they are OK or need help?

R – **Refer to an authority...** Are the parents there? Call the police?

E – **Enlist others...** Hey, let's help Suzy get up and get her a ride home safely.

What should someone DO if they ARE sexually assaulted?

- Get to a Friend's or somewhere safe and call 911
- Go to a hospital or your doctor
- Don't shower or change clothes. Preserve evidence – DNA is there!
- Report the sexual assault as soon as possible. Don't allow it to happen to anyone else.
- Seek counseling

National Sexual Assault Hotline

1-800-656-HOPE (RAINN Hotline - 24/7)

National Domestic Violence Hotline

1-800-799-SAFE (7233) or 1-800-787-3224 (TTY)

LoveIsRespect (Dating Abuse Helpline)

1-866-331-9474 or text loveis to 22522*

National Helpline for Male Survivors of Sexual Abuse or Assault – 1in6.org