While OU is a very safe and friendly campus, it is important that all students who attend OU are aware of any and all safety concerns they may encounter while studying here. This includes personal safety against physical and sexual assault. Therefore, this newsletter includes information on how to avoid potentially dangerous situations, learn to identify what types of encounters may be dangerous, and provides a list of resources to help you stay safe.

**Week 8: Personal Safety**

**Week 8**
- Personal Safety
- Resources

**General Safety Tips**
- Make clear copies of EVERYTHING in your wallet
- Don’t carry your original passport
- Get an Oklahoma State ID
- Provide your roommate a copy of your class schedule
- Stay in touch with each other – advise each other where you’re going, and with whom
The Step In Speak Out Program is sponsored by the University of Oklahoma Women’s Outreach Center. Step In Speak Out has 3 intended goals:

1. To define the problem of rape on college campuses,
2. Look at ways that a bystander could effect a sexual assault, and
3. Outline specific ways someone can Step In and help fellow students who may be at risk.

This portion of the newsletter will touch on each of these goals and direct you to additional resources that are available to answer any questions you may have regarding rape, sexual assault, and personal safety on campus. OU is a safe and friendly place, but we want all students to be aware of any and all safety resources and concerns while studying.

**Goal 1: Definitions**

**Rape:** when someone has sex with someone else without his or her consent (forcing them, telling them they should or have to, using physical violence or threats)

**Sexual assault:** when someone touches someone else sexually when it’s unwanted

**Consent:** is when two people agree to have sex or other sexual acts before they happen

**Importance of Consent**

+ It shows respect for the person you are with.
+ You could get in trouble with police if you don’t get consent.
Facts about rape and sexual assault

+ Only 2% of reported rapes are made up or false.

+ On college campuses, it is estimated that 85% of sexual assaults include a rapist who knows his victim personally.

+ 71% of all sexual assaults are planned in advance, which means wearing a short skirt or dancing in a certain way doesn’t cause rape.

+ Alcohol is the #1 Date Rape Drug.

Reducing the Risk

1. Safety in Numbers – go to parties with friends and leave together.

2. Trust your instincts – listen to yourself.

3. Practice Safe Drinking – don’t leave your beverage sitting somewhere, pay attention to your drink while it is being made, and don’t accept drinks from someone you don’t know well.

4. Alcohol is often involved in sexual assaults where the rapist knows the victim. Of course if a person is drunk/high, they can’t say yes to sex according to the law.

5. Be aware – make sure your cell phone is charged and with you. Use Saferide and Safewalk at night.
Bystander Effect: A bystander is someone who watches something bad happening and doesn’t do anything about it.

Why don’t people step in?

- Is this really what I think is going on?
- Will I be safe if I try to do something?
- No one else seems to think it’s a problem.
- I’m really shy, I don’t like to talk to other people.

The 3 “D’s” to Stepping In

Direct
Your response can be direct. Approach the person and let them know you are concerned.
“Hey, don’t take her upstairs, she is really drunk, I’m going to take her home.”

Distract
Don’t directly confront the person, but distract them from what’s going on.
“Hey, let’s go take a picture!”

Delegate
Find someone else to step in with you or for you.
“I’m going to go find that girl’s friends and get them to take her home.”
How else can I Step In and Find Resources to Help?

• Attend a program or event designed to raise awareness about sexual violence.
• Look out for friends at parties where alcohol is involved.
• Bring this presentation to another class or student group.
• If you are going out drinking, make sure one friend volunteers not to drink and make sure everyone stays safe.
• Have a conversation about Step in, Speak out with a friend not here today/tonight.
• If you think someone has been a victim, gently ask if you can help.
• Become a fan of our Facebook group, OU Steps In.
• Put your Steps In pin on your backpack.

Emergency Services – 911
Rape Crisis Center - Norman – 701-5660
OU Sexual Assault Response Team – 615-0013
OU Women’s Outreach Center - 325-4929
Sexual Assault Hotline - OKC 943-RAPE (7273)
Number Nyne Crisis Line - 325-NYNE (6963)