

Let Your Voice Be Heard!

Take action against rape and sexual violence. If someone tells you they have been raped, believe them and encourage them to report it to the police.

If you have been raped, get away from your attacker to a safe place as fast as you can and call the police.

Do not change clothes, wash, comb or clean any part of your body because you could be destroying valuable DNA belonging to your attacker.

Go to your nearest hospital or emergency room for treatment and a sexual assault exam.

Ask the hospital staff about possible support groups you can attend right away.

Do not blame yourself! It is not your fault. Get help, speak out and live because you are a survivor.

Help is Just a Phone Call Away!

Report incidents to:

Student Life at (254) 526-1259

Student and Employee Assistance Programs at (254) 526-1366

On-Campus Housing Residential Manager at (254) 526-1167

Campus Police at (254) 526-1427

FOR EMERGENCIES CALL 911

FOR STUDENTS OF THE REAL WORLD[®]

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Central Texas College is a not-for-profit Texas public higher education institution accredited by the Southern Association of Colleges and Schools Commission on Colleges to award associate degrees and certificates of completion. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call 404-679-4500 for questions about the accreditation of Central Texas College.

Central Texas College District is an Affirmative Action/Equal Opportunity Educational Institution. Minorities and females are encouraged to apply.

PROTECTING YOURSELF FROM SEXUAL ASSAULT

CAMPUS POLICE



FOR STUDENTS OF THE REAL WORLD[™]

2017-2018

Campus Police Department

P.O. Box 1800 • Killeen, Texas 76540-1800

Building 137 (behind Student Services Bldg. 119)

(254) 526-1200/1427

PROTECTING YOURSELF FROM SEXUAL ASSAULT

‘A Will to Live Guide’

A campus public service announcement by the Central Texas College Police Department.

Sexual assault is not necessarily a crime of passion, it is a crime of power and control.

Sexual assault or sexual misconduct can be verbal, visual or anything that forces a person into unwanted sexual contact or attention.

It can happen in many different situations - by a stranger, a friend or a member of your own family.

Rape is a common form of sexual assault. It is committed in many situations - on a date, by a friend or acquaintance or when you think you are alone. Educate yourself on date rape.

Here are some tips for possibly preventing rape during a date.

- Know it could happen to you.
- Be assertive! Even casual contact can be misconstrued. Let your date know his/her contact is unwarranted.
- Define your limits; know how much touch is acceptable on your date.
- Defend your limits; let your date know what you do and don't accept.
- Be aware of situations when you do not feel relaxed and in charge.
- Communicate and clearly say “no”

when you mean “no”!

- Watch for someone who becomes hostile when you say no.
- Be aware of someone who makes you feel guilty for saying no to sex or sexual contact.
- Be aware of possessiveness or jealousy from your date.
- Do what you have to do to survive an attack; it is ok to fight back.
- Believe and act as if you come first.
- Treat yourself and others with respect.

Above All - Survive!

29 THINGS YOU CAN DO TO PREVENT SEXUAL ASSAULT

1. Respect a person's right to say “NO.”
2. Educate yourself and others on the issues of rape and sexual violence.
3. Believe you can survive an attack.
4. Know the statistics.
5. Speak out against all forms of violence.
6. Trust your gut feeling.
7. Avoid blaming the victim.
8. Be aware of how violence is portrayed in the media.
9. Advocate for more rape prevention education programs.
10. Admit rape does happen in your community.
11. Understand sexual violence affects us all.
12. Stop yourself from putting a date rape drug in someone's drink.
13. Know sexual abuse is about power and control.
14. Teach kids how to stay safe.

15. Know the laws.
16. Be alert and aware of your surroundings.
17. Never walk alone in unfamiliar surroundings.
18. Avoid engaging in, supporting or encouraging sexual harassment.
19. Know that sex offenders aren't always strangers.
20. Respect your partner or significant other.
21. Be strong, fight against your attacker.
22. Advocate for violence prevention programs.
23. Get others to speak out against sexual assault.
24. Stop your sexual advances if the other person says “no.”
25. Encourage others to stop their sexual advances if the other person says no.
26. Stop yourself or others from taking advantage of someone who has passed out or is incoherent.
27. Respect the choices victims and survivors make to survive.
28. Know that men can be raped.
29. Know sexual violence is a form of domestic violence.

National Domestic Violence Hotline:
1-800-799-SAFE

National Sexual Assault Hotline:
1-800-656-HOPE

Central Texas College Police
Department: 526-1427