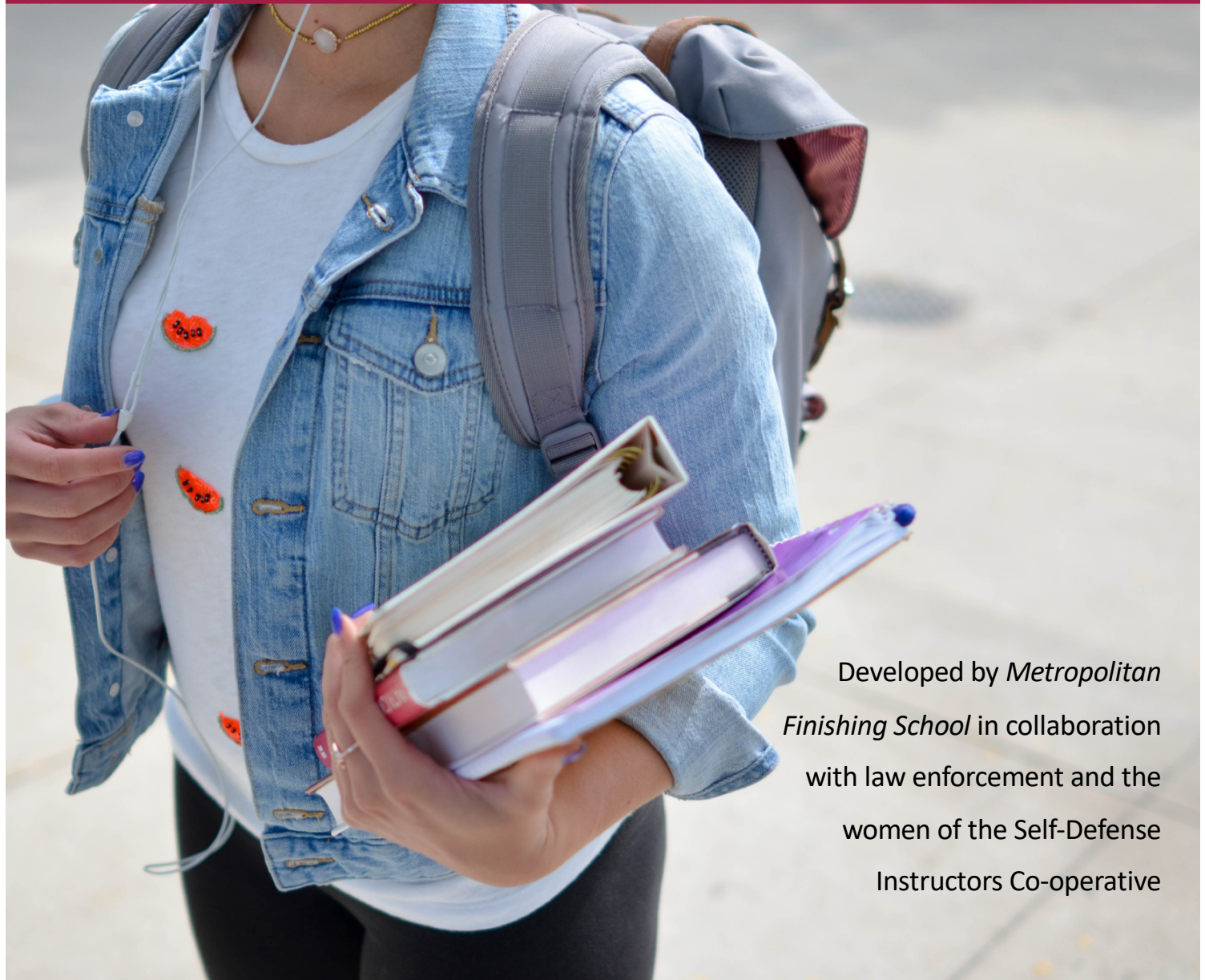


# Campus Safety

*Twelve Things You Should Know  
Before Heading to Campus*



Developed by *Metropolitan  
Finishing School* in collaboration  
with law enforcement and the  
women of the Self-Defense  
Instructors Co-operative

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## Part One: Not Everyone Thinks Like You Do

*One of the most valuable aspects of college is learning from people who are different from you. You will experience this in class but you will see it in your social life as well. Here are some tips for staying ahead of any trouble that might come your way.*



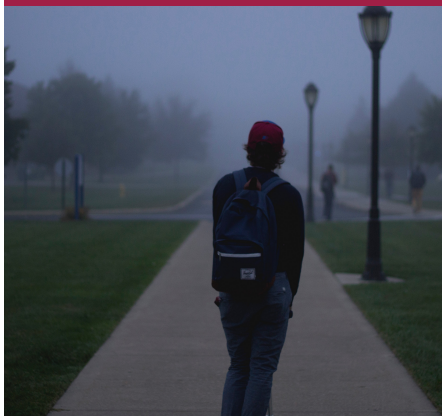
**Most people are kind and don't want to hurt anyone.** The problem is there are those who DO enjoy hurting others and they act like nice people too. That's how they get you to drop your guard so they can manipulate you.

**Charm is not a characteristic or something we ARE, charm is a tactic.** When someone you've just met is charming, consider why they might be trying to charm you. The odds are they want something from you and are trying to influence you. Being able to separate someone's behavior from a personality characteristic will help you decipher between good and bad intentions.

**Know that there are people out there, Instigators, who enjoy taunting others just to get a reaction.** The Instigator may even slap or hit the other person. This is about the time onlookers start to turn to look and when cameras come out. If the second person pushes or hits back, the Instigator plays the victim while the one who's been provoked can be the one who gets in trouble. The Instigator is a person who enjoys playing power games and hurting others.

**No one notices when you're being provoked, just when you retaliate.**  
Do not fall for it!

Stay  
Smarter  
Than the  
Bad Guy!



We are often shocked by horrible, brutal crimes committed against other human beings. And that's because we assume that since we would never do something so terrible, other people wouldn't do it either.

**But everyone has their own set of standards, and a criminal's standard will look nothing like yours.** You are a means to an end for them, and the lengths they are willing to go to to achieve those ends may be unimaginable to ordinary people.

Remember, someone who "seems so nice or so normal" may have completely different morals and ethics than you.

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## Part Two: Boundaries are the first step in personal safety

**The easiest and best time to stop an attack is before it happens.**

Don't be afraid to set expectations and clear boundaries about how you expect to be treated. Sometimes people are hesitant to enforce boundaries because they're afraid it will set the other person off and trigger an attack. But if you politely and firmly set a boundary and someone gets angry because of it, they already had an agenda that was not going to be good for you.

Healthy people don't attack others for politely but firmly setting boundaries.

It's easier to  
get *into*  
trouble than  
to get out of  
trouble



**When you set a boundary, be polite and firm.** If someone crosses your boundary after you've made it clear what it is, you **MUST** enforce it and apply the consequence you said you would apply. That might mean leaving or getting loud or even fighting to get to safety.

**Do not intentionally humiliate someone**—this **CAN** trigger an attack. Getting loud does **NOT** mean getting in the other person's face and yelling horrible insults—that is how weak and arrogant people act when they are trying to intimidate someone, and is a great way to get assaulted by the person you're taunting.

**Consider when others set boundaries with you.** Are you able to pick up the cues when someone is setting a boundary? Many people are afraid of being clear and direct, which can make it hard for you to hear their indirect "no." You can learn from them how hard it is to hear "subtle" boundary setting **and don't be like them.**

At the same time—be sure to honor someone else's boundaries. If someone sets a boundary with you, that must be the end of it. They don't owe you anything, so move on.

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## Part Three: Calling the Shots

**When class is over it's time to relax and have fun.** If this involves drugs or alcohol know your limits.

Altered states and exceeding limits mean you are no longer in control of what happens to you.

Make a deal with your trusted friends when you go out: No one gets so hammered they aren't in control of what happens to them and nobody leaves alone or gets left alone.

If someone does overindulge, agree that you won't let each other leave with strangers. In short, have a buddy or two.



**Be aware of your surroundings.** Whether you are at the student center, walking through the heart of campus or at a party, you can practice being aware.

Start by not being mesmerized by your phone. Keep your chin up. This raises your eyes and allows you to look around. If someone enters your space and something seems off, that's a red flag. Practice observation skills by making a description of them in your head: height/weight, hair color, eye color, scars or tattoos? What are they wearing? Style? Logos on their clothes? What in particular set off your Spidey-senses?



**Trust your intuition.** That voice in your head, that tingle up your spine, that knot in your stomach or even that dark humored remark—trust it all.

Our instincts are a gift. They come from our basic need to survive. They notice the small signals that something's not quite right and sends us a warning message.

When you receive a message your intuition is sending you, listen. Intuition is always in response to something and it always has your best interest at heart.

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## Part Four: If the Worst Happens

**Most assaults are committed by someone we already know.** Because of this, victims will often not report an attack to police because they “don’t want to get him/her in trouble.” This allows the attacker(s) to believe their behavior is acceptable and leaves them open to do it again. Sometimes attackers, especially if they know the victims well, will tell them to “stop telling lies,” and even threaten them. This is why it’s important to keep records of any communication. A quick Google search will show you several options for archiving your text messages without having to save them locally on your phone.

Someone’s  
criminal  
behavior is  
**NEVER** your  
fault!

**If you or a friend are sexually assaulted, DO NOT change clothes, bathe, wash your hands, brush your hair, eat or drink. All these actions can destroy vital evidence.**

If a friend is assaulted and tells you about it after they’ve already changed clothes, have them put the clothes and underwear they were wearing into in a PAPER, NOT plastic, bag. Plastic retains moisture, which quickly destroys evidence. Paper allows any DNA evidence to dry and be preserved.

Call the police ASAP. Even if you’re drunk and underage, call the police.

Even if you did a drug you weren’t supposed to do, call the police.

They want to help victims of violence and can put you in touch with Victim’s Services, which will help the victim navigate what happens next.



**If someone insists on giving you unwanted attention, clearly state that you want the behavior to stop.** If it continues it becomes stalking which is a crime. Document and note every instance of contact including face to face contact, messages, voicemails, etc. Take pictures of anything that gets damaged. This will create a trail of evidence in case the behavior continues and you have to get the police involved.

Different kinds of people can be stalkers, including strangers, acquaintances and former and present intimate partners.

Every state is different so check your state's laws to know how stalking is defined where you live.

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