



## Designated Driver

It is a good idea to have a sober companion when going out. A sober friend would be more alert and clear headed. A designated driver can also make sure that their friends get home safely and stay out of danger. The sober companion is still at risk to predators and being drugged.



## DRINK TIPS

- Always watch your drink being made (even by a bartender-- some bartenders could be bribed to drug beverages)
- Don't accept drinks from strangers
- Do not share drinks (even with friends)
- Never leave your drink unsupervised
- Keep your drink covered
  - With your hand
  - With a coaster
  - With a lid or top
- Do not drink from an already open container
- Be cautious when accepting drinks from friends and acquaintances

## The Buddy System



The buddy system consists of 3 or more people in a group. Your buddies will be able to notice when something might be wrong and intervene. Buddies can also provide support and get you somewhere safe if a situation becomes dangerous.

Unfortunately, students who go out alone become an easier target than students in a group because there is less of a chance of intervention.

## Causing a Scene

- Bystander intervention
  - can be increased by causing a scene
- Is there a way out of the situation?
  - can you calmly walk away from the aggressor?
- Is the perpetrator not listening?
  - are they ignoring your wishes?
- What is their mental state?
  - are they manic and threatening?
  - are they calm and understanding?
- Are there people nearby or are you alone?
  - strangers are less likely to intervene than friends
- Can you get your friends' attention without causing a scene?
  - can you wave them over or subtly text them?
- In any situation, the priority is your safety. Always assess your safety first before making a decision.

## Club Promoters

Club promoters have become an issue around AUP. Students can jump at the opportunity for free drinks in an expensive club, but it can turn dangerous quickly. Not only is it damaging to a student's confidence and dignity, it can also leave students in a bad situation at a place they don't know. Club promoters treat girls like "prostitutes" and require them to dress very revealing to attract more men to clubs. Some girls who have started out with club promoters have ended up being trafficked. Remember, the potential danger is not worth free drinks.



## Social Safety



## Disclaimer

This informational pamphlet aims to provide educational tools for student safety. However, we do not condone victim blaming. Assaults are never the fault of the victim, even if these tools aren't used.

# Harassment

## Being Followed

If you are being followed, don't panic. Don't make quick turns or go down alleys, especially if you are unfamiliar with the area. If you feel that you are in immediate danger, call emergency services. Never go home. You don't want the follower to know where you live. Go somewhere public such as a cafe, restaurant or store. See if someone can meet you where you are and take you home safely.

It is a good idea to take different routes every day between school, home, and other places that you frequently go.

## Grabbing

Avoid engaging the person grabbing at you unless you believe it is necessary. Get somewhere safe or public. Contact emergency services if the situation is severe and unsafe

## Cat Calling

First, assess your safety. Walk by quickly if you can. Faking a phone call can help. If you choose to engage, make eye contact and use a firm voice. It can throw the cat caller off. As a bystander, you can intervene cat calling and create a distraction

## Fellow Students

If the person harassing you is a student at AUP, you can bring the issue privately to the head of counseling, the dean of student development, or an AUP for Consent member.



Alcohol can lead to lowered inhibition, impaired judgement, lack of control, trouble concentrating, and lack of alertness. Alcohol is involved in 50% of sexual assaults

## Had too much?

### Tips

- Know your limit
- Don't overdo it
- Pay attention to your intake and alertness (one drink shouldn't feel like five)
- Stay hydrated
- Eat (bread helps)
- Caffeine can help
- Tell your friends
- Exit the situation and get somewhere safe
- Don't let people you don't trust try to help you or get you alone
  - "We should go outside, fresh air helps"
  - "Maybe you should lay down in a bed, I'll take you"

## Strangers and Friends

- 2/3 of sexual assaults are committed by someone the survivor knows
- If you feel unsafe, try to make sure you aren't left alone with a person who makes you uncomfortable
- Stay close to your friends and buddy system
- Do not be afraid to reject someone or hurt their feelings
- If a stranger or friend offers you a drink that you are uncertain of, it is your right to refuse it
- You are not obligated to flirt back
- Some people may see buying you a drink as an investment with a physical pay out later in the night



Date rape drugs such as Rohypnol, GHB, and ketamine are incredibly dangerous. They are usually tasteless, colorless, and odorless. They can take effect as soon as 20 minutes after ingestion and can last up to 8 hours.

## Signs:

- Feeling more intoxicated than you should
- Loss of muscle control
- Confusion
- Sudden intense drowsiness
- Forgetfulness/amnesia

## What to do

If you believe that you have been drugged, here's what you can do:

- Inform your friends, bartender, or bouncer
- Stay close to your buddy system
- Do not leave by yourself, as you may lose consciousness
- Get to a safe place as soon as possible
- Call emergency services and try to get to a hospital

Remember that no matter what happens, it is not your fault.

If you see someone else's drink being drugged, INTERVENE.