University of Western States wants you to be safe while on our campus.

Here are some tips to help you stay safe:

- Be aware of your surroundings. Knowing where you are and who is around you may help you find a way out of a bad situation.
- Try to avoid isolated areas. It is more difficult to get help if no one is around.
- Walk with purpose. Even if you don’t know where you are going, act like you do.
- Trust your instincts. If you feel uncomfortable about a person or situation, remove yourself from the situation immediately. Don’t be afraid to make a scene if you are confronted.
- Try not to load yourself down with packages or bags, as this can make you appear more vulnerable.
- Make sure your cell phone is with you and charged and that you have cab money.
- Don’t allow yourself to be isolated with someone you don’t trust or someone you don’t know.
- Avoid putting music headphones in both ears so that you can be more aware of your surroundings, especially if you are walking alone.

### Resources

**Sexual Assault Resources in the Salem Region**

**Canyon Crisis Center** 475 NE Santiam Boulevard, Mill City, OR 97360
24-hour hotline: 503.897.2327 Office: 503.897.2327
Monday, Wednesday, and Friday from 10 a.m. to 4 p.m. The center offers rape and suicide counseling, and services for domestic violence and abuse.

**NW Human Services** 151 Kingwood Avenue N.W., Salem, OR 97304
Office: 503.588.5816. Monday through Friday from 9 a.m. to 5 p.m. Counselors guide individuals, couples and families toward a sense of emotional health.

**Crisis and Information Hotline** NW Human Services, 1049 Oak Street SE, Salem, OR 97301
24-hour hotline: 503.581.5535 TDD: 503.588.5833 Toll-Free: 1.800.560.5535. This confidential crisis and information telephone service becomes an entry into the helping resources of the community.

**Marion County Health Department** 3180 Center Street N.E., Salem, OR 97301
503.588.5342 Woodburn: 503.981.5851 Monday through Friday from 8:45 a.m. and 1-5 p.m. Counseling is one of many services this agency offers.

**Mental Health Clinic - Polk County** 182 S.W. Academy Street, Suite 304, Dallas, OR 97338 503.623.9289
Open Monday through Friday from 8 a.m. to 5 p.m. The clinic offers personal and crisis counseling, alcohol and drug counseling, and developmental disability case management.

**Oregonians Against Human Trafficking**
Free, confidential 24-hoteline for information and help.
National Human Trafficking Hotline 1-888-3737-888
www.oregonoath.org

University of Western States is committed to creating and sustaining an environment in which students, faculty and staff can study and work in an atmosphere that is open, healthy, and safe. Consistent with this commitment, and in keeping with federal and state law requirements, it is the policy of the college that sexual assault, sexual exploitation, and domestic violence will not be tolerated. Nonconsensual sexual conduct and other forms of sexual violence can be traumatizing and detrimental to a person’s learning experience and overall health, and have no place in our community.

Student Services - 503-251-2802
There are many things that both men and women can do to help prevent sexual violence.

Here are some tips:

**Be an ally:**
- When you go to parties, go with a group of friends. Arrive together, check in with each other frequently, and leave together.
- Have a buddy system. Don’t be afraid to let a friend know if you are worried about her/his safety.
- If you see someone who is intoxicated, offer to call him or her a cab.

**If someone you know has been assaulted:**
- Listen. Be there. Don’t judge or tell your friend what they should have done differently.
- Be patient. Remember, it will take your friend some time to deal with the crime.
- Help to empower your friend. Sexual assault is a crime that takes away an individual’s power; it is important not to compound this experience by putting pressure on them to do things that they are not yet ready to do.
- Encourage your friend to report the rape to law enforcement and to seek medical attention. Offer to accompany them wherever they need to go (hospital, police station, campus security, etc.).

**What to do if you are sexually assaulted**
- If you are in immediate danger, call 911.
- Get to a safe place. Consider calling a friend or relative for support. This is not the time to be alone; 24 hour crisis lines have trained staff who can support you and explain your options.
- Go to an emergency room As soon as possible, to be examined and treated for any injuries. If you decide to report the assault to the police, physical specimens collected soon after the rape will be valuable evidence. Do not shower or clean yourself first, or wash the clothes you were wearing.
- Get medical attention even if you don’t intend to report the assault. Hospitals store evidence for 6 months, so you can change your mind later. If you choose not to have evidence collected, you can still receive Plan B, pregnancy screening, and screenings and treatments for infections. These services are free for survivors of sexual assault.
- Consider reporting the assault to police and university officials. When you make your report, take someone with you for support. The sooner you report the assault, the better. This does not change what happened to you, but taking action to seek justice can be empowering. It can also be difficult. Each person must decide for themselves whether this step makes sense.
- Make space for healing. You may experience many different emotions—fear, grief, guilt, shame, rage. There are many options for support: Talk with a counselor, join a survivors’ group, or talk with friends and family.
- Be compassionate with yourself. You are not to blame for the rape. Even if your body responded sexually or you believe you were naive, not cautious, or even foolish, it is not your fault. Your behavior did not cause the rape; the rapist caused the rape.

Local hospitals that can collect evidence after a sexual assault:

**Portland Adventist**
10123 SE Market St.
Portland, OR 97216
503-257-2500
www.adventisthealthnw.com

**Kaiser Sunnyside**
10180 SE Sunnyside Rd.
Clackamas, OR 97015
503-652-2880
www.kaiserpermanente.org

**OHSU**
3181 SW Sam Jackson Park Rd.
Portland, OR 97239
503-494-8311
www.ohsu.edu