



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 cash 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

UWS Campus Safety
2-1-1 from any campus phone
503-206-3206 from off-campus phones

Portland Women's Crisis Line
Free, confidential 24-hour crisis line for men and women
503-235-5333 or 888-235-5333
www.pwcl.org

RAINN (Rape, Abuse and Incest National Network)
Free, confidential 24-hour sexual assault hotline for men and women, referrals to local resources, information about sexual assault
800-656-HOPE (4673)
www.rainn.org

Bradley-Angle House
Services for survivors of domestic violence including a 24-hour crisis line, an emergency shelter, support groups and LGBTQ services
24-hour crisis line: 503-281-2442
www.bradleyangle.org

Men's Resource Center
Services for men and women, domestic violence counseling, anger management, therapy for individuals who were sexually abused as children
503-235-3433
www.portlandmrc.com

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



UNIVERSITY OF WESTERN STATES

Integrating Health and Science

Sexual Assault and Violence Prevention Resources

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.

