



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-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.



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 9-1-1.
- 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 naïve, 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

