

# Assaults

## Men and Women of U.P.E.I. - PROTECT YOUR BODY BY USING YOUR HEAD!

Statistics from Queen's University for Canada tell us:

1 out of 3 women will be sexually assaulted (age 18 and under)

1 out of 4 women will be sexually assaulted (age 18 and over)

1 out of 10 men will be sexually assaulted (age 18 and over)

90% of victims are women;

99% of attackers are men.

More than 50% of victims know their attackers.

A woman is assaulted every 6 minutes and raped every 17 minutes in Canada.

## General Guidelines for Avoiding Stranger Rape/Assault!

### While Walking

1. Be alert at all times! Attackers look for easy and unsuspecting victims. Look and act alert.
2. Carry a whistle on your keychain. Don't be afraid to "make a scene" if you feel threatened. (Try out your whistle to get used to it.)
3. Walk aggressively! Walk briskly; don't dawdle.
4. Walk with keys between your fingers, one pointed out. This is both for defense and for quick entry to car/home.
5. Keep one or both hands free while walking. Be prepared to drop everything and run. Nothing is more important than your safety.
6. Vary your routes. Most attacks are preplanned.
7. Walk facing traffic. Walk close to the curb, not near buildings/alleys.
8. If you feel that someone is following you walk directly to public or well-lighted area, i.e. a store or a classroom building.

### On Campus

1. Avoid working late at night or on weekends in buildings alone. Call Security and let them know that you are there if you must do so.

2. Walk only on well-lighted paths and areas where you can see. Avoid areas with many shrubs and trees, i.e. the lots by the Convents.

3. After evening classes, walk home or to car with someone that you know if at all possible.

4. Park under a light if possible and do keep your car doors locked.

5. Check the backseat of your car before you get into it.

6. Avoid walking alone at night - even if it is "just across campus", i.e. from the Barn to Blanchard, from the Library to Main.

### At Home or In Residence

1. Never prop open doors or let strangers into the residence hall that you don't know. This is to protect all residents - including you!

2. Don't open your door to strangers. Be suspicious of door to door solicitors.

3. Avoid letting people into your room/home that you do not know well. You are not required to be "nice" or polite to everyone at all times. Remember, most assaults are by acquaintances!

4. Keep your doors locked, especially if you are in another room or out.

5. Don't lend your keys to anyone - period!

6. Always have keys ready as you approach your door.

7. Keep shades closed at night.

### While Driving

1. Have your keys out and ready as you approach your car.

2. Always look inside your car before you get into it.

3. Keep purse/valuables out of sight when driving.

4. Keep your gas tank filled - don't drive on empty.

5. Keep your car in good working order.

6. Park in well-lighted areas.

7. Never pick up hitchhikers.

8. Know what to do if your car breaks down. Carry enough money to call for emergency help and/or to buy gas if you need it.

IT DOES HAPPEN HERE AND IT CAN HAPPEN TO YOU!

A reminder from The Office of the Ombudsperson.