DO YOU KNOW
HOW TO BE SAFE?

INFORMATION ON:
- Personal Safety
- Vehicle Safety
- Residence Hall Safety
- Stalking
- Hate Crimes
- Sexual Assault
- Predatory Drugs
- Intimate Partner Violence
- Computer Safety

SACRAMENTO STATE
Personal safety applies to everyone—women, men, students, staff, and faculty. Anyone can become a victim.

This information is not intended to scare you; our goal is to educate you and reduce your risk of becoming a victim. Although directed toward the campus community, this information can be applied anywhere.

At this time, the highest percentage of criminal activity occurring at Sacramento State is property crimes. But all types of crime can and do occur on college campuses, no matter the location.

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PERSONAL SAFETY

Do not ever give out personal information (i.e., phone number, name, residence, etc.) to solicitors. All people who are soliciting on campus (i.e., voter registration, credit card companies, etc.) are registered with Student Activities on campus. These solicitors will usually be in the library quad or near Lassen Hall. If you are in doubt, call Student Activities to make sure the solicitor is legitimate.

SAFETY TIPS

- When walking or jogging, go with someone you know and trust. There's safety in numbers.
- Walk confidently and at a steady pace.
- Stay on populated, well-lit paths.
- Don't wear headphones or talk on the cell phone while walking to your destination – make it tough for someone to take you by surprise!
- Let someone know when you're leaving, when you should arrive at your destination, and when you will return.
- If you're being followed, change directions, cross the street, and head toward crowds, lights and buildings. Keep looking back so the person knows you are aware of them and can possibly identify them later.
- If you are in trouble, attract help any way you can. Scream, blow a whistle or yell for help.

If reporting a crime or a suspicious person to the police, take note of his or her physical description as much as possible: for example, their clothing, their hair color, tattoos, scars, demeanor, or voice, etc.

In case of emergencies, there are Blue Light Emergency Phones located throughout campus, and red telephones mounted inside the classrooms. These phones can offer direct connections with the Sac State Police Department Dispatch. Dialing 911 on any campus phone will connect you with Sac State Police Dispatch.

Take a course in self defense. There are several local classes—the Sac State Women's Resource Center, Sacramento YWCA and a full semester course through the Sac State Department of Kinesiology.

RESOURCES:
- Sac State Women's Resource Center (916) 278-7388
- Sac State Student Activities (916) 278-6595
- YWCA (916) 264-8080
VEHICLE SAFETY

SAFETY TIPS

- Park as close as possible to your destination.
- Park in a well-lit area at night.
- Have your car key in hand before leaving the building. Fumbling for keys after you've reached your destination provides criminals with an opportunity to sneak up on you.
- Look around your car before entering. If you are concerned for any reason, simply walk past your car instead of getting into it.
- Always pay attention to where you parked so you don't have to wonder the parking lot looking for your car.
- Check underneath your car before getting too close.
- Look in the backseat before entering.
- Always keep your car locked, regardless of whether you're in the car or not.
- Have a plan rehearsed in your head of what to do in case of an attack.
- During darkness, walk to your car with someone you know and trust. Don't hesitate to call for the Sac State night shuttle escort or the Sac State Police Department for a ride to your vehicle.

Keep your car in good working order and your gas tank at least half full. Never let the tank get so low that you are forced to stop for fuel, particularly at night in an area with which you are unfamiliar.

ALWAYS BE AWARE OF YOUR SURROUNDINGS!

RESOURCES:  Sac State Night Shuttle
            Sac State Police Dept.
(916) 278-7860
(916) 278-6851
RESIDENCE HALL SAFETY

The Sac State Residence Halls are equipped with card key access locks at the main entrances of each hall. All residents should have an access key. If the person is a guest of a resident, it is that resident’s responsibility to let them into the building—not yours. You may offer to get the resident, but DO NOT open the door for them yourself. If someone “sneaks” in with another person who is entering the building, you can call a Resident Advisor or the Sac State Police Department to investigate if you are uncomfortable confronting them yourself. Always keep your room’s door closed and locked. There have been many reports of residents leaving their room, even for a short time (i.e., to take a shower or visit with someone in another room), and coming back to find someone they don’t know inside their room or personal items stolen.

If you see someone you don’t know acting in a suspicious manner in the Residence Halls, report it. Contact the Sac State Police Department or Residence Hall staff immediately.

Don’t post notes on your door memo board saying where you are, what your schedule is, etc. Leave these messages for your roommate inside the room.

DO NOT open the door for people who do not live in the building under any circumstances!

RESOURCES: Sac State Police Dept. (916) 278-6851
STALKING

Stalking is a series of acts by another person that harasses you (i.e., the person may keep calling, following you or leaving unwanted notes or gifts on your car) making you fear for your safety. Stalking can also be done online with offensive or threatening emails.

FACTS

- A stalker often tries to control a person by keeping him or her in a state of constant fear. Most victims are women; however, men and children can also be victims of stalking.

- The stalker may be someone you have had a relationship with. This may be a former boyfriend, girlfriend or spouse. The person may start stalking to keep you in a relationship that you have ended or are trying to end, or to “get even” with you for rejecting him or her.

- The stalker may also be someone who is a casual acquaintance (like a classmate) or a complete stranger who becomes obsessed and wants to be in a relationship with you. The attention may flatter you at first, until the person won’t take no for an answer.

REMEMBER

- DO NOT confront the stalker. You do not know how dangerous this person may or may not be. It is safer to report it to the police and let them handle it.

- If you are a victim of stalking, report it to the police immediately. The officer working on your case can advise you about gathering evidence of the stalking. The Sac State Women’s Resource Center can obtain restraining orders for you, as well as refer you for counseling and give you support during the investigation.

RESOURCES:
Sac State Women's Resource Center
Sac State Police Dept.
(916) 278-7388
(916) 278-6851
HATE CRIMES

In California, you can be a victim of a hate crime if you have been targeted because of your "real" or "perceived" race, ethnicity, national origin, religion, gender, sexual orientation, or physical or mental disability. These groups are referred to as "protected classes."

FACTS*

- 56% of hate crimes in 2009 were racially motivated.
- 22% of hate crimes were motivated by the victim's sexual orientation.
- 49% of these victims were specifically anti-male homosexual bias.
- Victims of hate crimes were most likely to be assaulted in the following places:
  - Home
  - Highway
  - School/College

*Statistics are consistent with data from the Attorney General’s Hate Crime Report (2009).

A HATE CRIME MAY HAVE BEEN COMMITTED IF:

- There is a perception of the victim that he/she was selected by the perpetrator because of his or her membership in a protected class.
- Written or oral comments of the perpetrator that indicate a bias.
- Date of incident coincides with a day that is of significance to the victim's protected class.
- There are differences between the race or religion, for example, of the victim and the perpetrator.
- There is organized hate group activity in the area.

56% OF HATE CRIMES IN 2009 WERE RACIALLY MOTIVATED*

RESOURCES: Sac State Women's Resource Center Sac State Police Dept.
(916) 278-7388
(916) 278-6851
SEXUAL ASSAULT

Sexual assault is any unwanted sexual act committed or attempted against a person’s will. It is a traumatic event with long-lasting effects, and sexual violence WILL NOT be tolerated at Sac State. Sexual assault is the most underreported crime in the country. A national study by the Bureau of Justice shows that at least 20% of female college students are victims of rape or attempted rape, and 84% knew their attacker.

Sexual Assault is motivated by the attacker’s need for power and control, not simply a desire for sex.

FACTS

- One of the most popular myths is that sexual assault is committed by strangers who lurk in the bushes. While this does occur, most sexual assaults are committed by acquaintances – intimate partners, friends, classmates, etc. The best way to protect yourself is to be aware of your surroundings and the people who you’re with.

- Almost half of all rapes occur in the victim’s home or room.

REMINDER

- Any date can turn into a “date rape” situation.

- If you feel uncomfortable, let the person know right away that they are violating your boundaries and to stop.

- Never feel that you have to give in to pressure for sex. It is your body and you have the right to set your own boundaries regarding sexuality.

- Use drugs and alcohol with caution – the majority of sexual assaults involve intoxication.

- Even if you are under the influence of alcohol or drugs at the time of the assault, it is still a crime if you are violated.

REMEMBER—

TImely Reporting of a Sexual Assault is Crucial to Prosecuting the Crime.

RESOURCES:

Sac State Women’s Resource Center (916) 278-7388
Sac State Police Dept. (916) 278-6851
WEAVE Rape Crisis Center (916) 920-2952
PREDATORY DRUGS

Drugs that are used to facilitate a sexual assault are called predatory drugs. These may be slipped into a drink without your knowledge. Drugs such as GHB (liquid ecstasy or liquid X), Rohypnol (roofies) and Ketamine (Special K) are odorless, tasteless, and can render you unconscious or extremely intoxicated in a short period of time.

**SOME SYMPTOMS:**
- Loss of inhibitions
- Drowsiness
- Slurred speech and inability to remember events (amnesia)
- Vomiting
- Sudden intoxication

If you think you may have been a victim of sexual assault, report it immediately to the police or the Sac State Women’s Resource Center. The Sac State Women’s Resource Center has a 24 hour-a-day sexual assault advocate on staff that can discuss your concerns in a confidential manner, accompany you when reporting the crime, and arrange for any other services (i.e., counseling, health care, etc.).

**SAFETY TIPS**
- Go out with a friend who will keep an eye on you and stay together the entire evening.
- Never leave your drink unattended.
- Don’t drink something that you didn’t open or pour yourself.
- Never accept drinks from strangers.

If you suspect you may have ingested a predatory drug, call the police and seek medical attention—even if you are unsure if an assault took place. These drugs disappear from your system in a matter of hours, so insist on a urine test when you get to the hospital. The first urine after ingestion is the best way to detect the drugs.

**ALCOHOL IS THE #1 PREDATORY DRUG OUT THERE!**

RESOURCES:

Sac State Women’s Resource Center  (916) 278-7388
Sac State Police Dept.  (916) 278-6851
WEAVE Rape Crisis Center  (916) 920-2952
DOMESTIC PARTNER/INTIMATE PARTNER VIOLENCE

Nearly 1/3 of American women report being physically, psychologically or sexually abused by a boyfriend, husband or partner at some point in their lives. Domestic Violence/Intimate Partner Violence cuts across lines of race, nationality, language, culture, economics, sexual orientation and religion. This form of violence affects people from all walks of life, AND SHOULD NEVER BE TOLERATED. Remember - Domestic Violence / Intimate Partner Violence is a crime. Seek help from a local domestic violence shelter or the Sac State Women’s Resource Center to make plans for leaving the relationship. The Women’s Resource Center can assist in restraining orders, court accompaniments, academic issues, and safety planning in a confidential manner. If you believe you are a victim of intimate partner violence, contact the police immediately for assistance.

WARNING SIGNS

The following are warning signs of “red flags” for a potentially abusive partner:

- Jealousy of your time with co-workers, friends and family
- Controlling behavior (controls your comings and goings and/or your money, and insists on “helping” you make personal decisions)
- Isolation (cuts you off from all supportive resources such as friends, co-workers and close family members)
- Blames others for his/her problems (unemployment, quarrels – everything is “your fault” or someone else’s fault)
- Hypersensitivity (easily upset by annoyances that are a part of daily life, such as being asked to help with chores, child care, or taking criticism of any kind)
- Cruelty to animals or children (insensitive to their pain and suffering; may tease or hurt children or animals)

- Threats of violence (says “I'll slap you”, “I’ll kill you” or “I’ll break your neck”)
- “Playful” use of force in sex (may throw you down and hold you during sex. May start having sex with you when you are sleeping or demand sex when you are ill or tired)
- Verbal abuse (says cruel and hurtful things and degrades or humiliates you)
- Sudden mood swings and unpredictable behavior (loving one minute, angry and punitive the next)
- Past history of battering (has hit others but has a list of excuses for having been “pushed over the edge”)
- Breaking or striking objects when angry
- Uses force during arguments (holds you down or against a wall, pushes, shoves, slaps or kicks you. This type of behavior can easily escalate to choking, stabbing or shooting).

RESOURCES:  Sac State Women’s Resource Center  (916) 278-7388
                        Sac State Police Dept.  (916) 278-6851
                        Sac State Counseling Center  (916) 278-6416
                        Sac State Student Health Center  (916) 278-6461
                        WEAVE Domestic Violence Center  (916) 920-2952
BLOGGING, CHATROOMS—OH MY!

College students love social networking websites, and they are not alone. There are more than 70 million MySpace users, for example. But there are some very serious safety concerns regarding social networking, chatroom and blogging sites. Many students often post all kinds of information about themselves without realizing they are at risk for stalking. In a study conducted at the University of New Hampshire, 10–15 percent of students report that they experienced online harassment.

SAFETY TIPS

- Never give out any information that will allow someone to find you offline. Information such as the school you attend, the teams you are on, the place where you work, your address, your telephone number, or your name. Any detailed description when linked with other information can help someone find you if they are looking very hard.
- **DO NOT** post your class schedule.
- **DO NOT** add people to “friends list” unless you know the person’s true identity.
- Be careful where else you put information that is publicly accessible, such as school and personal websites, friends’ web sites, profiles, & ICQ registries.
- When choosing a screen name, you should consider not using your whole or part of your real name. Don’t choose one that is provocative (flirtatious, vulgar, etc.). You should choose a screen name that is easy to remember.
- If you allow comments on your profile or blog, check them often. Don’t respond to mean or embarrassing comments. Delete them and, if possible, block offensive people from commenting further.
- Just because someone gives you their personal information or sends you an e-mail, it doesn’t mean that you have to send one back, or give them your information. You are always in charge. If someone is bothering you, just sign off. You don’t have to tell anyone anything that you don’t want to.

REMEMBER

Posting is FOREVER. It’s important to realize that anything you post online, while editable, can still be saved while it’s live. Any user can save, keep or distribute photos or text from a Web page. You don’t know who is checking your site—employers, potential graduate schools, family members (i.e., your parents!), predators, etc. So THINK before you post.

If you run into problems with online harassment, report it to local law enforcement or your local FBI office.

RESOURCES: Sac State Women's Resource Center (916) 278-7388
Sac State Police Dept. (916) 278-6851
Sacramento FBI (916) 481-9110
PARTICIPATING AGENCIES

UNIVERSITY POLICE DEPT.
California State University, Sacramento
6000 J Street
Sacramento, CA 95819-6092
Ph: (916) 278-6851 (24 hour dispatch)
Fax: (916) 278-6889
police@csus.edu
www.csus.edu/police

WOMEN'S RESOURCE CENTER
California State University, Sacramento
Library 1010
6000 J Street
Sacramento, CA 95819-6060
Office: (916) 278-7388
Fax: (916) 278-4783
Email: wrc@csus.edu
www.csus.edu/wrc