

FIDM Director of Security

Todd Anderson
213-624-1200 x2022
tanderson@fidm.edu

FIDM Co-Director of Security

Todd Stokes
213-624-1200 x2022
tstokes@fidm.edu
FIDM
LA Campus, Main Building Rotunda

FIDM Personal Counseling

Los Angeles Campus

Jessica Cattani, M.A.
Personal Counselor
Ext. 4556 Room A203B
jcattani@fidm.edu

Shannon DiLauro, M.Ed
Personal Counselor
Ext. 4574 Room 208C
sdilauro@fidm.edu

Orange County Campus

Jim Swaniger, LMFT
Personal Counselor
Ext. 1799 Room 149
jswaniger@fidm.edu

San Diego Campus

Kacey Wehr M.S., LMFT
Personal Counselor
Ext. 1831 Room 3145
kwehr@fidm.edu

San Francisco Campus

Shannel Busuioc, M.A., LMFT
Personal Counselor
Ext. 1529 Room 507
sbusuioc@fidm.edu

Where To Find Help

If it is an emergency, call 911 immediately

1-800-656-4673 (RAINN) – use this number to find services
for rape and domestic violence in your area
Website: rainn.org

National Domestic Violence Hotline - 1-800-799-7233

TTY: 1-800-787-3224

Rape Treatment Center Santa Monica

(UCLA Medical Center)

1250 Sixteenth Street
Santa Monica, CA 90404
(310)319-4000
911rape.org

Peace over Violence

1015 Wilshire Boulevard, Suite 200
Los Angeles, CA 90015
(213)955-9090
www.peaceoverviolence.org
24 hour rape crisis hotline (213)626-3393

24 HR. Crisis Prevention

(714) 639-4673
Orange County, CA

Access and Crisis Line

(888) 724-7240
optumhealthsandiego.com/accesscrisisline
San Diego, CA

Haight-Ashbury Free Clinic

hafci.org
San Francisco, CA

** FIDM does not endorse any particular health service provider or its products. Students are strongly encouraged to evaluate their needs and compare products.*

Sexual Assault

Risk Reduction Tips



The Fashion Institute of
Design & Merchandising

If you or someone you know has been affected by sexual violence, it's not your fault. You are not alone. Help is available 24/7 through the National Sexual Assault Hotline:

800-656-HOPE and online.rainn.org

Sexual Assault RISK REDUCTION TIPS

- If you have limits, make them known as early as possible. Tell a sexual aggressor “**NO**” clearly and firmly.
- Try to remove yourself from the physical presence of a sexual aggressor.
- Take affirmative responsibility for your alcohol intake/drug use.
- Take care of your friends and ask that they take care of you.

What Can I Do In Order To Help Reduce My Risk Of Being An Initiator Of Sexual Violence?

- Clearly communicate your intentions to your sexual partner and give them a chance to clearly relate their intentions to you.
- Understand and respect personal boundaries.
- **DON'T MAKE ASSUMPTIONS** about consent; about someone's sexual availability; about whether they are attracted to you; about how far you can go or about whether they are **PHYSICALLY AND/OR MENTALLY ABLE TO CONSENT**.

Reduce My Risk Continued...

- If there are any questions or ambiguity then you **DO NOT** have consent.
- Mixed messages from your partner are a clear indication that you should stop, defuse any sexual tension and communicate better. You may be misreading them. You must respect the timeline for sexual behaviors with which they are comfortable.
- **DON'T** take advantage of someone's drunkenness or drugged state, even if they did it to themselves.
- Realize that your potential partner could be intimidated by you, or fearful. You may have a power advantage simply because of your gender or size. **Don't abuse that power.**
- Silence and passivity cannot be interpreted as an indication of consent.

10 Ways To Build And Set Boundaries

Boundaries are essential to healthy relationships and a healthy lifestyle

- Name your limits
- Tune into your feelings
- Be direct and communicate clearly what your boundaries are
- Give yourself permission to set boundaries with someone you care about
- Practice self-awareness
- Consider your past and present
- Make self-care a priority
- Seek support
- Be assertive; learn to say 'no' in a non-aggressive way
- Start small

Tips provided by:

coda.org
psychcentral.net

4 Ways To Help Friends Stay Safe

If you find yourself in a situation where someone looks uncomfortable or something doesn't seem right, consider one of the following ways to step in:

- **Create a distraction.** Do what you can to interrupt the situation. A distraction can give the person at risk a chance to get to a safe place.
- **Ask directly.** If you see someone who looks uncomfortable or is at risk, intervene and talk to the person who might be in trouble. If you feel safe, find a way to de-escalate the situation and separate all parties involved.
- **Refer to an authority.** Keeping your friends safe doesn't have to fall entirely on you alone. Sometimes the safest way to intervene is to refer to a neutral party with the authority to change the situation, like a college resident advisor or security guard.
- **Enlist others.** It can be intimidating to approach a situation alone. Enlist another person to support you. There is safety in numbers.

Student Quotes Regarding Sexual Assault

“Sexual assault can happen anywhere. Not just at a party.”

“Sexual assault can occur with someone you love.”

“All people are affected by sexual assault. Not just women.”

Tips provided by:
RAINN (Rape, Abuse, Incest
National Network)