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FIDM Personal Counselors

Los Angeles Campus
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Additional Resource

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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

Los Angeles

Rape Treatment Center Santa Monica
UCLA Medical Center
1250 Sixteenth Street
Santa Monica, CA 90404
www.911rape.org 310.319.4000

Peace over Violence
1015 Wilshire Boulevard, Suite 200
Los Angeles, CA 90015
(213)955-9090
www.peaceoverviolence.org
24 Hour Rape Crisis Line 213.626.3393

San Francisco

San Francisco Women Against Rape SFWAR
3543 18th St #7, San Francisco, CA 94110
www.sfwar.org

24 Hour Rape Crisis Line
415.647.7273

Orange County

Human Options
www.humanoptions.org 877.854.3594

Laura's House

12453 Lewis St Ste 201, Garden Grove, CA 92840
www.laurashouse.org 714.450.6131

San Diego

Center for Community Solutions Rape Crisis Center
4508 Mission Bay Dr San Diego, CA 92109
www.ccssd.org 858.272.5777

Sexual Assault

Risk Reduction Tips



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

** 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

- 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 or fearful of you. 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.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)