



Risk Reduction Strategies

Risk reduction consists of options designed to decrease perpetration and bystander inaction, and to increase empowerment in an effort to promote safety and help individuals and communities address conditions that facilitate violence. Risk reduction strategies include, but are not limited to, the following.

1. Trust your intuition. It's right most of the time. If a situation feels uncomfortable or you are uncertain about something, trust your instincts, remove yourself from the situation, and ask for help.
2. If someone is behaving disrespectfully or making you feel uncomfortable, take steps to remove yourself from the situation early, especially if you are concerned it may become violent.
3. If you feel afraid or threatened, look for a Blue Light emergency phone, call the Collin College Police Department at **972.578.5555**, or local emergency services at **911**.
4. If you feel as though someone may be stalking you, talk to someone who understands these issues (e.g., Collin College Police Department, local law enforcement, Dean of Students Office, Counseling Services Office or other licensed mental health professional) to help you clarify what's happening and develop a safety plan.
5. If you are being stalked, tell everyone you know. Ask your friends to keep an eye out for your stalker and report any suspicious or unusual activity to the Collin College Police Department at **972.578.5555** or local law enforcement at **911**.
6. Do not second-guess yourself or the intentions of the person attempting to harm you.
7. Know that you have the right to set limits concerning your sexual activity. Make your limits known as early as possible and communicate them clearly and consistently.
8. If you change your mind during sexual activity, speak up and communicate your decision to no longer proceed clearly and firmly. Say something like, "No" or "I want you to stop."
9. If you have indicated you do not want to engage in a particular sexual activity and your partner ignores you, take this as a sign they have no intention of taking your feelings into consideration. This will help you decide what to do next.
10. There is no shame in being a victim. Talk to someone who has knowledge of Collin College and community resources. There are many people on campus and in the community who can help you identify resources and options, and who may be able to reduce the impact on your well-being and help you end the abuse.
11. You have the right to defend your body, personal integrity, and yourself.
12. Your voice and your body are your best weapons. Learn effective ways to use them by taking a self-defense class.

13. Have a plan. Tell someone you trust where you are going and when you expect to return. If you go together, leave together. Do not leave a friend behind.
14. In social situations, do not accept food or open beverages, as it can be easy for someone to slip a drug into them without your knowledge. Warn your friends if you see someone tampering with their food or drinks.
15. Take responsibility for your alcohol intake and/or drug use. Using these substances lowers inhibitions and may make you a target.
16. If you feel you have been victimized, find a safe place away from the aggressor and call the police or a community agency, such as a rape crisis center, domestic violence hotline, or hospital.
17. Do not assume, "It can't happen to me."
18. If you see something of concern, say something.