

## Being Safe - Preventing Sexual Abuse

**Making new friends** - Get to know people before putting your trust in them. Avoid being alone with people who are new to you. Trust your instincts about people - "ditch the creeps".



**Making yourself clear** - Make sure your words and actions communicate strongly that you dislike the language or behaviour of people who act in ways that upset you.



**Keeping a clear head** - Alcohol and drugs cloud your judgements and thoughts. Make sure you can trust yourself!



**Travelling safe** - Move around with a group of friends, never alone. Always have money to call home or get a cab. Have a back up plan in case your ride home doesn't work out.



**Buddying** - Make a pact with a friend to watch out for each other.



*Good ideas from:  
Women's Sexual Assault Centre, Victoria, British Columbia*



Think.  
Be Aware and  
Be Assertive.

*Learn about Consent*

No means No!

Practice by asking before touching others

Practice saying "no" when you do not  
want to be touched

