

PROTECTING YOUR POSSE FROM DRUG-FACILITATED ASSAULTS

Having sex with someone who cannot resist or say "no" because the person is drugged, drunk, passed out, unconscious, or asleep may be sexual assault. The fact that a person has been drinking does not imply consent. When there is any uncertainty about a person's ability to give consent, it is best to wait for another time. Simply put, when in doubt, don't.

In a perfect world violence would not exist and neither would drug facilitated sexual assaults but until that day comes we've got to look out for ourselves and each other.

Protect Yourself and Your Posse

- Be aware of your surroundings, particularly at parties, bars and clubs and trust your instincts.
- Don't accept opened drinks, including nonalcoholic ones, (no matter how hot they are).
- If someone offers you a drink from the bar at a club or party, accompany the person to the bar to order your drink, watch the drink being poured, then carry the drink yourself.
- Don't drink from bottles or containers being passed around or share or exchange drinks with anyone (even if it's a friend, you don't know if there drink has been altered).
- No matter how appealing it looks or delicious it may taste, don't drink home-made vats of mixed drinks from a bath tub, community cooler, etc.
- If possible, bring your own drinks to parties (alcoholic and non-alcoholic).
- Don't leave your drink unattended while talking, dancing, using the restroom, etc. Take it with you everywhere.
- If you realize your drink has been left unattended set it free.
- Don't drink anything that has an unusual taste or appearance (e.g., salty taste, excessive foam, unexplained residue).
- In advance of going out, make plans with your friends to check on each other (especially the designated sober person).
- If you start to feel strange or unusually intoxicated, seek help from a friend or someone you trust.
- Go home with the same group of people you went out with.
- Don't mix sex and alcohol. Alcohol impairs inhibitions, judgment and decision-making.

Signs You May Have Been Drugged

- Feeling much more intoxicated than your usual response to the amount of alcohol you consumed.
- Waking up very hung over, feeling "fuzzy."

- Experience memory lapse or "loss of time."
- Unable to recall what happened for a period of time after you consumed a drink.
- Feeling as though someone had sex with you, but unable to remember parts of or the entire incident.

Not everyone is affected by these drugs the same way. The effects may vary depending upon the drug, the dosage, and whether the drug is mixed with alcohol or other drugs. Other factors that influence how a particular drug will affect you are your weight, gender and metabolism

If you or a person you know might have been drugged and/or assaulted under the influence of any drug

- Go to a safe place and get help immediately, call 911 or the campus emergency number.
- Ask a trusted friend to stay with you and assist you in getting the services you need.
- Get medical care immediately. Go to a hospital emergency department as soon as possible for an examination and evidence collection.
- Try not to urinate prior to providing urine samples. If possible, find cups or glasses from which you drank and/or a sample of the suspect beverage, and submit these to the police for laboratory tests.
- If you think you may have been sexually assaulted, you should have a specialized sexual assault examination. Preserve all physical evidence of the assault. If possible, do not shower, bathe, douche, eat, drink, wash your hands, or brush your teeth before you have a medical evaluation. Save the clothing you were wearing at the time of the assault. Try not to disturb anything in the area where the assault may have occurred.
- Call a rape crisis center for support and information. You can contact RAINN at 1-800-656-HOPE and they will connect you to a rape crisis center in your area.



For more information or to report sexual misconduct, sexual assault or domestic violence, please contact the District Title IX Coordinator at 310-660-3813 or Campus Police at 310-660-3100.

The El Camino Community College District is committed to providing equal opportunity in which no person is subjected to discrimination on the basis of national origin, religion, age, sex (including sexual harassment), race, color, gender, physical or mental disability, or retaliation.

SPRING BREAK SAFETY

Personal Safety

- Provide someone with details about your trip including where you are staying, room numbers, local phone numbers, who's with you, your flight plans, arrival times and when you will return home. Set regular check-in times and follow through with them.
- Bring emergency contact information, medical cards listing any conditions and/or allergies as well as health insurance information and keep these items with you.
- Trust your intuition; it is your best defense. If something doesn't feel right or sound like a good idea, it probably isn't. Listening to your inner voice can save your life.
- Have at least three friends with you when you hit the town. If one of you has a problem, the second one can stay while the third seeks out help.
- Never leave with someone you just met, no matter how gorgeous they are. If your friends refuse to adhere to this, find out where they're going and when they will return and use your cell phone to program the person's number and to take a picture of the new couple.
- Always have a plan for how you will return to your hotel room. Never wander off alone.
- If you are robbed, don't resist. Call 911 or the countries emergency phone number as soon as you can.
- Always carry emergency cash and keep phone numbers for local cab companies programmed.

Alcohol

- Make sure that at all times someone in your group is the designated sober person.
- Decide in advance how much you plan to drink and make a pact with your posse. If you are concerned for your friend's safety or you or a member of the group drinks more than planned, intervene.
- Protect yourself from date rape drugs. Only accept drinks that you see a bartender pour and unopened beverages. Whether your beverage is alcoholic or not don't ever leave your drink unattended even in the restroom.
- If a friend feels sick, do not leave them alone. If you feel sick ask someone to look after you. If someone passes out, turn them on their side to prevent choking and call 911 or the countries emergency phone number immediately.

Communicate and Regulate

- If you're hitting on someone, respect them if they say "No." Even if they say it quietly, or while laughing.
- If they shy away from you, move away on the dance floor or don't make eye contact, this is not a signal for you to try harder. This is a signal for you to back off.
- If a person is drunk, they can't consent to sex or any sexual activity. So even if they're all over you, you have to stop.
- If you see someone being harassed step in and ask if they're okay.
- If you see someone in a potentially dangerous situation intervene or find someone who can.

Sex... Safety and Prevention

- Avoid being alone or isolated with someone you don't know or just met.
- If you choose to have sex, make sure it's safe sex, use protection. Regardless of gender, protecting yourself is your own responsibility. Keep protection with you.
- Before you go decide what your sexual boundaries are and discuss them with your friends so they can help you honor them. Someone you just met may not have your best interests at heart.
- Do not have sex while you or your partner(s) are under the influence. Having sex with someone who cannot resist or say "no" because the person is drugged, drunk, passed out, unconscious, or asleep may be sexual assault.

Hotel, Motel, Holiday Inn!

- Always keep your door locked and use the peep hole. Never open the door for a stranger.
- Don't leave valuables in your hotel room; it's best if you don't even bring them on vacation.
- Don't overcrowd elevators it can cause malfunction which will cause you to get stuck.
- Do not climb balconies or sit on balcony rails. Not only is this stupid it can be fatal.

Soaking up the Sun

- Avoid over exposure. Use sunscreen (SPF of at least 15), wear sunglasses, and/or a hat.
- You can get sunburned even if it is cloudy. Re-apply sunscreen often and after swimming and sweating.
- Stay hydrated! Drink plenty of water, non-carbonated, and non-alcoholic drinks



For more information or to report sexual misconduct, sexual assault or domestic violence, please contact the District Title IX Coordinator at 310-660-3813 or Campus Police at 310-660-3100.

The El Camino Community College District is committed to providing equal opportunity in which no person is subjected to discrimination on the basis of national origin, religion, age, sex (including sexual harassment), race, color, gender, physical or mental disability, or retaliation.