



# Dear John:

*Dear John: I love to go dancing and to clubs. I know that I need to protect myself against being slipped something. How can I keep myself safe and still have a good time?*

**Answer:** You can go out and have a good time but you should always be aware of your surroundings at all times. Here are some tips that will help minimize your risk of becoming a victim.

- Don't accept drinks from other people.
- Open containers yourself.
- Keep your drink with you at all times, even when you go to the bathroom.
- Don't share drinks.
- Don't drink from punch bowls or other large, common open containers. They may already have drugs in them.
- Don't drink anything that tastes or smells strange. Sometimes, GHB tastes salty.
- Have a non-drinking friend with you to make sure nothing happens.
- If you think that you have been drugged and raped:
  1. Go to the police station or hospital right away.
  2. Get a urine test as soon as possible. The drugs leave your system quickly.
  3. Do not change or bath before getting help!

## Wellness Tip # 9 Choosing the Right Walking Route

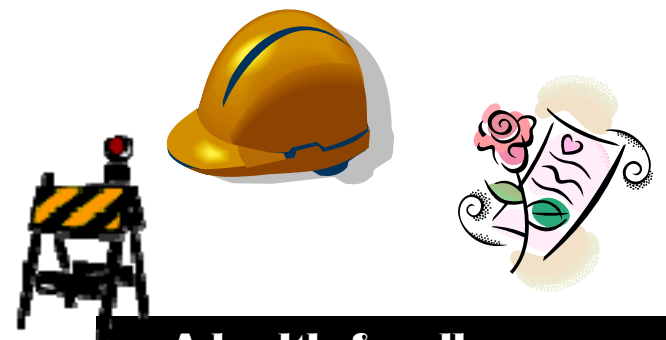
Being smart about your walking route can help reduce your chance of being attacked while walking. Here are some ways to minimize your risk. However, please remember there is no guaranteed way to prevent being chosen as a target

<http://walking.about.com/cs/med/a/strangerdanger.htm>

1. Walk indoors: Treadmills are an option for those who do not have a place to walk they consider to be safe.
2. Walk in high pedestrian traffic areas: Bad guys don't want witnesses. Being in view of a well-traveled vehicular street is good, but having people on the path with you is better.
3. Avoid paths lined with bushes and trees. They are pleasant for walking, but afford many hiding places for the bad guys and places they can take you to finish their crimes out of view.
4. Strangers aren't out to attack YOU! It is nothing personal, they are just looking for a target of opportunity. Your goal, therefore, is to look like somebody who will be too much trouble to mess with. They also want to make you their victim without attracting attention from others.
5. Attitude; keep your head up and striding purposefully. Look aware of your surroundings and be aware of them. Headphones may give the impression that you are less aware.
6. Walking with a friend or group reduces your chance of attack.
7. Walking with a dog, even a little ankle-biter, will greatly reduce the chance of attack. Obey all licensing, leash, and doo-doo ordinances in the jurisdiction you are walking through.
8. Carry a stick! Why mess with somebody with a walking/hiking stick when there are lots of people without one?
9. A brightly colored personal body alarm can be a deterrent when visibly worn. Bad guys don't want to attract attention. A whistle is also a good signal device.
10. Where legal, carrying pepper spray in your hand or visibly displayed may be a deterrent.

## Upcoming September Events:

- May 3: Capstone Festival @ 12:30 pm Hunt Dining Hall & Nuthouse
- May 4: TOTTS @ 5pm Tyson's Terrace
- May 5: Class of '09 Tour of Monticello Gardens leaves @ 1pm SAC lot
- May 5: Cinco De Mayo Mixer @ 10pm SAC
- May 6: King's Dominion Amusement Park Trip leaves @ 8:30am SAC lot
- May 10-13: Theatre *The Luck Eater* @ 8pm Deming; May 14 @ 2pm Deming
- May 11: TOTTS @ 5pm Tyson's Terrace
- May 15: Outdoor Trip to Sherando Lake; leave SAC @ 2 p.m.
- May 20: Commencement Ball @ 9pm SAC & Pub



A health & wellness news-

**Did you know: 20-25% of college women experience completed or attempted rape during their college years (National College Women Sexual Victimization Survey, 2000).**

## 5 Ways to prevent your purse from being snatched.....

- 1) Don't carry a purse.
- 2) Carry your purse under your jacket or in a way that makes it hard to snatch.
- 3) Avoid wearing your purse diagonally from your shoulder to opposite hip. A purse-snatcher can quickly pull the strap around your neck.
- 4) Place your arm around your purse, holding it close to your body.
- 5) Look around and be aware of who is near you.

<http://www.4collegewomen.org/fact-sheets/selfdefense.html>

**The Rape Aggression Defense (R.A.D) System is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. R.A.D. is not a Martial Arts program. Student classes and programs are offered at many locations across the state. For more information visit:**

<http://www.rad-systems.com/programs.html>

## What are date rape drugs?

These are drugs that are sometimes used to assist a sexual assault. Sexual assault is any type of sexual activity that a person does not agree to. It can include inappropriate touching, vaginal penetration, sexual intercourse, rape, and attempted rape. Because of the effects of these drugs, victims may be physically helpless, unable to refuse sex, and can't remember what happened. The drugs often have no color, smell, or taste and are easily added to flavored drinks without the victim's knowledge. There are at least three date rape drugs:

1. GHB has a few forms: a liquid with no odor or color, white powder, and pill.
2. Rohypnol is a pill and dissolves in liquids. New pills turn blue when added to liquids. However, the old pills, with no color, are still available.
3. Ketamine is a white powder.

**13.1% of college women surveyed reported being stalked over a seven-month period (National College Women Sexual Victimization Survey, 2000).**

**Net "Addiction": This is a relatively new term used to describe when a person becomes "addicted" to the time they spend online. People can neglect schoolwork, jobs, everyday activities in order to spend as much time on the internet as possible. Those closest to them may complain that they are spending way too much time online. A great place to go and see information, get help, or find out if YOU are suffering from net addiction is:**

<http://www.netaddiction.com>

## September Outdoor Trip—Sherando Lake!

The Office of Student Engagement is sponsoring a trip to for all students that are interested in enjoying an afternoon of outdoors. The car pool will leave the SAC parking lot at 2pm on Monday, September 15th. We will return to campus around 6pm. For more info and to RSVP, email [vbryant@mbc.edu](mailto:vbryant@mbc.edu).

