



# PREVENTING SEXUAL ASSAULT

## *How can I play a role in preventing sexual assault?*

*The key to keeping your friends safe is learning how to intervene in a way that fits the situation and your comfort level. Having this knowledge on hand can give you the confidence to step in when something isn't right. Stepping in can make all the difference, but it should never put your own safety at risk.*

- *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*

*Talk directly to the person who might be in trouble.*

- *Refer to an authority*

*Sometimes the safest way to intervene is to refer to a neutral party with the authority to change the situation, like an RA or police officer.*

- *Enlist others*

*It can be intimidating to approach a situation alone. Enlist another person to support you.*

## GET IN TOUCH



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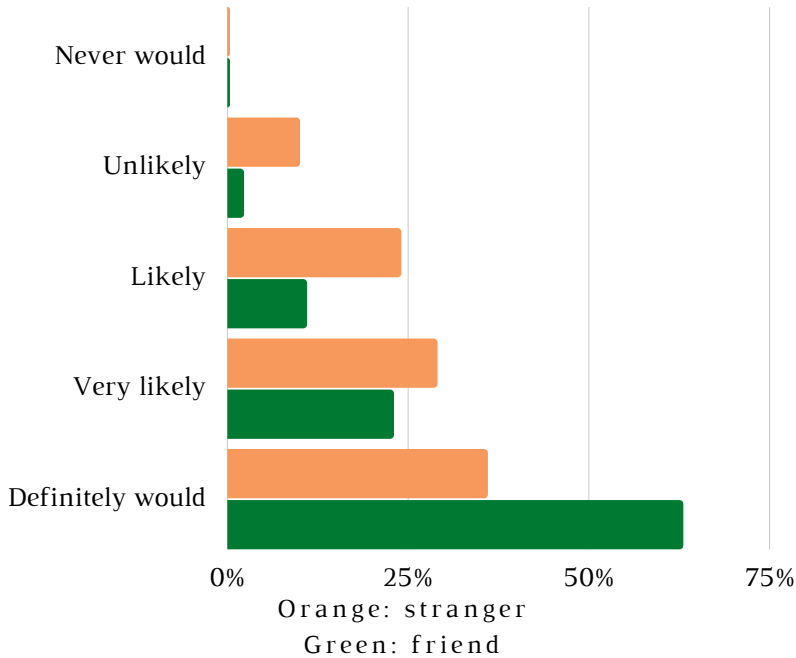


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# Interpersonal Violence by the Numbers

**Likely to: Speak up and express concern if I heard a stranger vs a friend talking about coercing someone to have sex.**

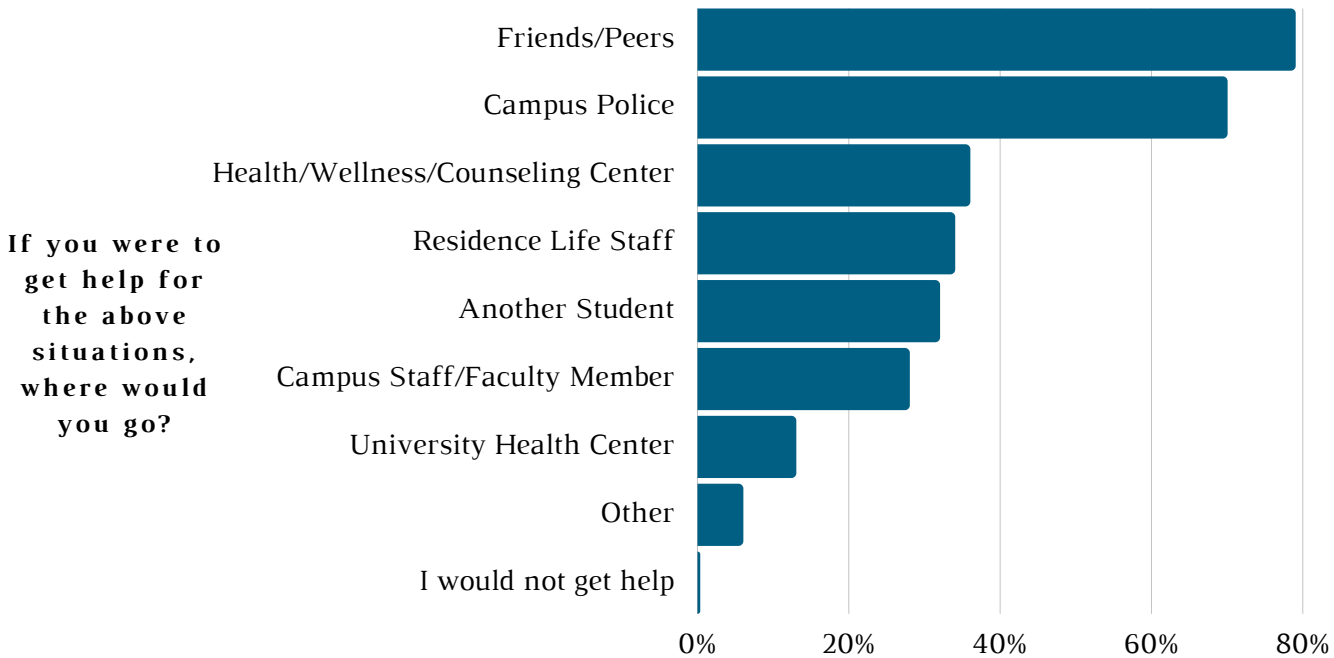


We are all responsible for recognizing, identifying, reporting, and preventing interpersonal violence, whether it occurs to us, a friend or loved one, or a stranger.

Whether a lack of knowledge or awareness of identifying interpersonal violence, or fear of making a false accusation, we need to be willing to report a concern.

Remember there are several resources available to report, and it is not your responsibility to investigate further.

\*2020 Missouri Assessment of College Health Behaviors



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# Earth Day Activities

Earth Day is on April 22nd this year, and we wanted to give you some activity ideas that can help you make a positive impact on the environment.

- **Start a garden.** Tips on gardening without a yard can be found in the March edition!
- **Cleanup litter.** Take a garbage bag and walk through your community picking up any litter you find.
- **Donate old clothes.** Go through your closet and take anything that doesn't fit or you don't wear anymore to your local Goodwill.
- **Change your lightbulbs.** Switching to LED lighting can greatly increase energy efficiency.
- **Start recycling.** Research recycling centers around you or simply start composting!



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## THIS MONTH'S HEALTH AND WELL-BEING FEATURED RESOURCES



### MISSOURI S&T RESOURCES:

**University Police:** University Police: Duties of the university police include, but are not limited to, preventative patrols, the investigation of crimes, crime prevention through active campus involvement, service to students and others in emergencies, special event coverage, overseeing parking lot operations, and the enforcement of state laws, city ordinances, and university rules and regulations.

Get in touch with University Police:  
police.mst.edu / police@mst.edu  
573.341.4300  
G10 Campus Support Facility  
In the event of an emergency, call 911.

### OTHER RESOURCES:

#### **mypronouns.org:**

#### WHAT ARE PERSONAL PRONOUNS AND WHY DO THEY MATTER?

Using someone's correct personal pronouns is a way to respect them and create an inclusive environment, just as using a person's name can be a way to respect them. It can be offensive or even harassing to make up a nickname for someone and call them that nickname against their will, and it can be offensive or harassing to guess at someone's pronouns and refer to them using those pronouns if that is not how that person wants to be known. Or, worse, actively choosing to ignore the pronouns someone has stated that they go by could imply the oppressive notion that intersex, transgender, nonbinary, and gender nonconforming people do not or should not exist.

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