

# SEXUAL ASSAULT

## CAN I DO ANYTHING TO PROTECT MYSELF?

**YES YOU CAN!** There is no way to guarantee that sexual assault will never happen, but there are ways you can reduce risks by giving yourself more options.



**MEETING PEOPLE:** Be careful about people you don't know very well. Someone might seem safe, but give your friendship a chance before you put your trust in that person. Many sexual assaults are carried out by an acquaintance.

**ALCOHOL AND DRUGS:** Alcohol and drugs are a part of life these days. Aside from the fact that some are unhealthy and illegal, they can also cause you to lose control over your body and mind. If you are going to use them, or be with people who do, **Think:** "Am I in control?" "Can I take care of myself?" Your best defense is your mind. You can't take care of yourself if you are drugged.

**POCKET MONEY:** Whether you are out on a date, with friends, or by yourself, make sure you have enough pocket money to get home.



**REMEMBER:** Don't worry about being polite. If your date will not stop when you ask him, don't worry about hurting his feelings. Scream or yell "fire." Do anything that might scare him long enough for you to get away. **IT'S YOU THAT'S IMPORTANT.**

# WEN-DO

## WOMEN'S

# SELF DEFENCE

Beginner class:

November 14 and 15

9:00-5:00pm

Location: Robertson Library  
UPEI, Room 109

Instructor: Nancy Campbell

Registration Deadline: November 1

**Payment must accompany registration.**

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overrides these common grounds.

Consequently, both societies compare their ideals to the actual practices in the other society. Both Muslims and Westerners point their finger at the other's faults without realizing that a similar finger is pointed at them. ■