

R.A.D. Self Defense Program

Muhlenberg College

Department of Campus Safety



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- [Step 1](#): Become **INFORMED** and learn the facts
 - [Step 2](#): Become **AWARE** of your **SURROUNDINGS**
 - [Step 3](#): Become **SAFE** and make smart **DECISIONS**
 - [Step 4](#): Become familiar with **RESOURCES** at Albright
 - [Step 5](#): Become **PROACTIVE** and develop useful **TOOLS**

Step 1: Important Information (LEARN THE FACTS!)

Sexual assault remains a significant problem on college campuses and is frequently under reported according to the U.S. Department of Justice. At least half of all sexual assault cases involve alcohol and the majority of them occur between people who know each other most often in a dating situation. Please review the information provided below to help you and your peers from becoming a victim of sexual assault.

Stanford University Study; Elizabeth M. Ozer and Albert Bandura

A study of hundreds of women who attended one particular self-defense class.

Of the women in this study, 40 reported having been sexually assaulted, but 38 had escaped; 30 by stunning or disabling their assailants and eight by frightening the men off.

The two women who were raped chose not to fight back because their attackers were armed.

Step 2: Personal Safety Awareness (RISK REDUCTION!)

Strategy

- plan of action designed to achieve a particular goal

Personal safety is about using good common sense, trusting your instincts and developing risk reduction strategies.

Protect Yourself at Home and in your Residence Hall

- Lock your door, even when you intend to return home shortly or even if you are just going down the hall. It takes a thief 10 seconds or less to enter an open room and steal your property.
- Lock or secure doors and windows when you are alone or asleep.
- Keep emergency numbers by your phone.
- Do not leave messages on your door indicating that you are away and when you will return.
- Do not let strangers enter a residence hall or its premises.
- Do not prop open outer doors. If someone asks to use your phone for an emergency call, offer to make the call instead of allowing him/her access to your telephone.
- Do not put your address on your key ring.
- **Personal Safety Video-** <http://www.youtube.com/watch?v=38AINTReSmQ>
- Know your neighbors.
- Do not leave keys in hiding places. Thieves will find them. Carry your keys or make sure that anyone who truly needs them has his/her own copy.
- Call 911 to report suspicious persons or activities in or around your neighborhood.
- Open a savings or checking account instead of keeping money in your room.
- Keep automatic teller machine cards in a safe place and keep your PIN number secret. When possible, only use ATM machines during the day.
- Instead of carrying large sums of cash, use a charge card. Some charge cards insure property purchased with those cards against loss, theft or damage.
- If you find yourself in immediate danger, call 911; try to stay calm and get away at the

first opportunity.

Protect Yourself When Walking

- Avoid walking alone at night unless absolutely necessary.
- Make use of **Muhlenberg's Campus Safety Escort Service** when walking on campus after dark.
- Call **Campus Safety at 484-664-3110** or 911 to report suspicious persons or activity in or around your neighborhood and campus.
- Avoid shortcuts and dark, isolated areas.
- Walk purposefully, know where you are going and project a no-nonsense image.
- Avoid potentially dangerous situations.
- If you feel threatened, cross the street, locate an emergency phone or enter a store or place of business even if you have just left it.
- Have your door keys ready; carry them in your pockets, not buried in a purse.
- If you carry pepper spray, be familiar with how it works and have it readily available in case you need it

Protect Yourself When Using Public Transportation

- Have your fare or pass ready in hand when boarding the bus.
- During off hours, select a seat as near to the driver as possible.
- If someone on the bus bothers you, change seats and tell the driver.
- Look around when getting off the bus or trolley, and be aware of those around you.
- If you are going to be out late, be sure you have cab fare.
- At night, avoid dark and isolated intersections or stops.

Protect Yourself from Carjacking

Carjacking is the taking of a motor vehicle in the possession of another by means of force or fear. Security conscious drivers are less likely to be a victim of carjacking than those who are careless. Crimes can take place at any time, but more often take place at night, and are more often committed by young males. Top spots for carjacking include intersections and parking lots at malls, apartments, businesses and schools. The following precautions will reduce your chances of being victimized:

Getting In

- Reduce your chances of being carjacked by walking to your car purposefully, and stay alert.

- Approach your car with the key in hand. Look around and inside the car before getting in.

Getting Out

- Park in well-lighted areas, near sidewalks or walkways. Avoid parking near dumpsters, wooded areas, large vans or trucks, or anything else that limits your visibility.
- Never leave valuables in plain view even if the car is locked. Put them in the trunk or out of sight.
- Keep doors locked and windows rolled up, no matter how short the distance or how safe the area.
- Look around, especially at places where you slow down or stop such as garages and parking lots, intersections, self-serve gas stations and car washes, highway entry and exit ramps, and ATMs.
- When coming to a stop, leave enough room to maneuver around other cars, especially if you sense trouble and need to get away.
- Avoid driving alone, if possible. Travel with someone, especially at night.
- Don't stop to assist a stranger whose car has broken down. Help instead by using your cell phone or driving to the nearest phone and calling police to help.
- Always keep your car well maintained, and make sure you have plenty of gas.

Step 3: Be Safe (Make Smart DECISIONS!)

Watch Your Alcoholic Beverage Consumption

No one who experiences a sexual assault is ever to blame for the actions of the attacker, but alcoholic beverages make everyone more vulnerable to becoming a victim. Wine, beer, liquor and other alcoholic beverages impairs your judgment, reflexes and reaction time, so if you choose to drink, then limit your consumption consistent with your body size, food consumption, strength of beverage and metabolism, and know that generally women experience intoxication more rapidly than men due to their physical make up. Always have a trusted group of friends around when you drink. Always have a sober friend with you, so this friend can use his/her sober judgment to help keep you safe.

Do you really know the person you are with?

College is a wonderful place to develop and enhance leadership and social skills but even if you have a class with someone or know them through a friend, you probably don't have a complete sense of their character and background. Never let a relatively unknown person make you a drink, or spend time alone with you when you are incapacitated or depressed as this makes you vulnerable. You are less in control of yourself and safe as you increase your consumption of alcoholic beverages.

Keep your alcoholic beverage consumption in check – AVOID BINGE DRINKING.

Alcohol is a depressant but also can increase aggressive behavior. The vast majority of all violence on campus is alcohol-related and alcohol consumption remains a key killer of young people in traffic fatalities. Although alcohol itself doesn't cause violence, many people are more likely to act out their violent feelings when they drink. This increased aggression means that some people are more likely to be sexually violent when they drink.

Research has found that when men are under the influence of alcohol, they are likely to interpret a variety of verbal and nonverbal cues as evidence that women are interested in having sex with them. This inaccurate interpretation coupled with increased violence could have dangerous — and illegal — results, so you should always drink in moderation and pay attention to the way alcohol affects you. When in doubt, leave the location or situation; your safety is what is most important.

Step 4: Become Familiar (Utilize Campus Resources!)

- **Muhlenberg College Counseling Services**
<http://www.muhlenberg.edu/main/aboutus/counseling/>
- **Dean of Students Office** <http://www.muhlenberg.edu/main/aboutus/deanst/>
- **Muhlenberg College Department of Campus Safety / Police** <http://www.muhlenberg.edu/main/aboutus/campus-safety/>
- **Know your Local and State Police Departments**
 - Allentown Police Department <http://www.allentownpa.gov/Police>
 - Pennsylvania State Police <http://www.psp.state.pa.us/portal/server.pt/community/psp/4451>
 - Lehigh County District Attorney's Office <https://www.lehighcounty.org/Departments/District-Attorney>
- **View the R.A.D. Program brochure**
- **R.A.D. Systems: Resources-**<http://www.rad-systems.com/Resources/>

****If you or a friend are a victim...REPORT THE CRIME** 911****