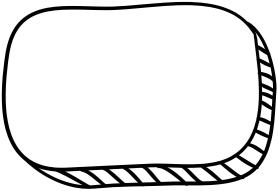
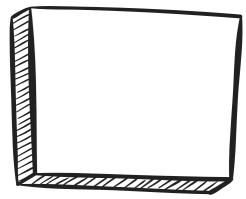


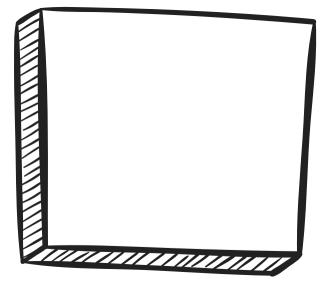
#### How do I protect myself?



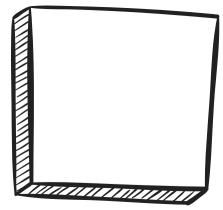


## Travel in groups





### Pour your own drinks



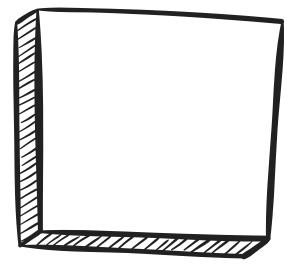
lf someone makes you feel unsafe, talk to your school about a "No Contact Directive" or Restraining Order

\*This is not an exhaustive list









#### Designate a friend who won't drink at a party to make sure you and your friends are safe

# Most Importantly, Remember...

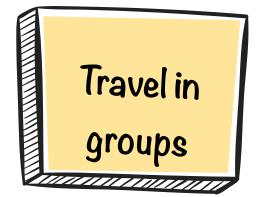


Anyone can be a survivor

Sexual abuse does not discriminate based on gender, sexuality, race, religion



How do I protect myself?



If someone makes you feel unsafe, talk to your school about a "No Contact Directive" or Restraining Order

Pour your own drinks

Designate a friend who won't drink at a party to make sure you and your friends are safe

Next