

Risk Reduction Tips

Sacramento State is committed to maintaining a safe campus for all members of the University community. Risk reduction tips can often take a victim-blaming tone, even unintentionally. With no intention to victim-blame and with recognition that only those who commit Sexual Misconduct are responsible for those actions, these suggestions may nevertheless help you to reduce your risk of experiencing a non-consensual sexual act. With this in mind, Sacramento State suggests the following tips in campus programming and messaging to help keep our community safe and reduce personal risk.¹

- **Obtain Affirmative Consent from your partner for all sexual activity.**
 - Engaging in any sexual activity without first obtaining Affirmative Consent to the specific activity is Sexual Misconduct, whether or not the conduct violates any civil or criminal law.
 - Affirmative Consent means an informed, affirmative, conscious, voluntary, and mutual agreement to engage in sexual activity.
 - Affirmative Consent can be withdrawn or revoked at any time.
 - Affirmative Consent to sexual activity in the past does not mean consent in future – there must be voluntary consent for all sexual activity.
 - Lack of protest, resistance, or mere silence does not equal Affirmative Consent.
 - Sexual activity with a minor (under 18 years old) is never consensual because a minor is considered incapable of giving legal consent due to age.

- **Do not engage in sexual activity if your partner is incapacitated.**
 - A person who is incapacitated by alcohol or drugs cannot give Affirmative Consent.
 - A person who is unconscious or asleep cannot give Affirmative Consent.
 - A person's own intoxication or incapacitation does not diminish their responsibility to obtain Affirmative Consent from their partner.

- **Be an active bystander.**
 - Notice the Event
 - Interpret the Event as a Problem
 - Assume Personal Responsibility
 - Learn How to Help
 - And Step Up by utilizing the "3 Ds" – Direct, Distract, and Delegate

¹ These tips appear in the Timely Warning Messages to the campus in response to crime reports that meet the standard required by the Clery Act. These tips also appear in "Sacsend" informational messages to the campus from the Office for Equal Opportunity. For more information on the campus's adherence to Clery, please visit https://www.csus.edu/campus-safety/internal/documents/clery/clery_report.pdf

- Direct - Directly addressing the situation.
- Distract - Making a simple (or elaborate) distraction to diffuse the situation.
- Delegate - Finding someone else to address the concern.

- **Familiarize yourself with campus and local resources.**
 - You can use these for personal reference or to help someone else understand their rights and options if an incident occurs.

- **Create a safety plan for yourself while on campus, which may include some or all of the following:**
 - Walk in groups or pairs when you are out at night. Consider carrying a flashlight, whistle, pepper spray, and/or cell phone when you go out.
 - Program the Sacramento State Police Department's dispatch number, (916) 278-6000, into your phone.
 - Learn the location of the nearest emergency "blue" phones on your walking routes through the campus.
 - Utilize the Hornet Night Shuttle, (916) 278-7260, or contact the Sacramento State Police Department for an escort when on campus at night.
 - Always be aware of your surroundings, and always know where you are.
 - Watch for suspicious people or vehicles, and go to a place of safety if approached by a suspicious person or vehicle.
 - Never be afraid to make noise if you are attacked; yell, scream, and try to attract attention. The last thing an attacker wants is to have someone take notice.
 - If you have safety concerns about a particular individual or individuals, utilize campus resources including the Office for Equal Opportunity, the Confidential Advocate, and/or Sacramento State Police in order to better understand your options.

[Annual Security Report](#)

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