Safety Tips

Running, Jogging or Rollerblading
• make sure you know your route
• avoid wooded areas at night, and stay to well-lit areas
• try to run facing oncoming traffic and wear reflective clothing
• personal stereos and i-pods, make it hard to be fully aware of your surroundings
  so try not to use them, especially at night
• when cycling or rollerblading, wear a helmet and reflective clothing, especially when you use the roadways

At a Club or At a Party
• never let your drink out of your sight and if it does, get a new one
• don’t sample drinks from people, even friends or acquaintances
• most victims of sexual assault know their attacker
• while "date rape" drugs have been gaining in popularity, alcohol still accounts for the majority of sexual assaults where the victim is unconscious during the attack - if you are going to drink, do so responsibly or have friends you trust there to watch over you

Using Transit
• plan your route beforehand, and know the transit schedule
• choose busy and visible stops
• at night, use well-lit stops and sit near the driver