

Assess yourself

Are You at Risk for Violence or Injury?

How often are you at risk for sustaining an intentional or unintentional injury? Answer the questions below to find out.



1 Relationship Risk

How often does your partner:

1. Criticize you for your appearance (weight, dress, hair, etc.)?
2. Embarrass you in front of others by putting you down?
3. Blame you or others for his or her mistakes?
4. Curse at you, shout at you, say mean things, insult, or mock you?
5. Demonstrate uncontrollable anger?
6. Criticize your friends, family, or others who are close to you?
7. Threaten to leave you if you don't behave in a certain way?
8. Manipulate you to prevent you from spending time with friends or family?
9. Express jealousy, distrust, and anger when you spend time with other people?
10. Make all the significant decisions in your relationship?
11. Intimidate or threaten you, making you fearful or anxious?
12. Make threats to harm others you care about, including pets?
13. Control your telephone calls, monitor your messages, or read your e-mail without permission?
14. Punch, hit, slap, or kick you?
15. Make you feel guilty about something?
16. Use money or possessions to control you?
17. Force you to perform sexual acts that make you uncomfortable or embarrassed?
18. Threaten to kill himself or herself if you leave?
19. Follow you, call to check on you, or demonstrate a constant obsession with what you are doing?

2 Risk for Assault or Rape

How often do you:

1. Drink more than one or two drinks while out with friends or at a party?
2. Leave your drink unattended while you get up to dance or go to the bathroom?
3. Accept drinks from strangers while out at a bar or party?
4. Leave parties with people you barely know or just met?
5. Walk alone in poorly lit or unfamiliar places?
6. Open the door to strangers?
7. Leave your car or home door unlocked?
8. Talk on your cell phone, oblivious to your surroundings?

3 Risk for Vehicular Injuries

How often do you:

1. Drive after you have had one or two drinks?
2. Drive after you have had three or more drinks?
3. Drive when you are tired?
4. Drive while you are extremely upset?
5. Drive while using your cell phone?
6. Drive or ride in a car while not wearing a seat belt?
7. Drive faster than the speed limit?
8. Accept rides from friends who have been drinking?



4 Online Safety

How often do you:

- | | Never | Sometimes | Often |
|---|-----------------------|-----------------------|-----------------------|
| 1. Give out your name or address on the Internet? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. Put personal identifying information on your blog, Facebook, or other websites? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. Post personal pictures, travel/vacation plans and other private material on social networking sites? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. Date people you meet online? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5. Use a shared or public computer to check e-mail without clearing the browser cache? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. Make financial transactions online without confirming security measures? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Analyzing Your Responses

Look at your responses to the list of questions in each of these sections. Part 1 focused on relationships—if you answered “sometimes” or “often” to several of these questions, you may need to evaluate your situation. In Parts 2 through 4, if you answered “often” to any question, you may need to take action to ensure that you stay safe.



YOUR PLAN FOR CHANGE

The **Assessyourself** yourself activity gave you a chance to consider symptoms of abuse in your relationships and signs of unsafe behavior in other realms of your life. Now that you are aware of these signs and symptoms, you can work on changing behaviors to reduce your risk.

Today, you can:

- Pay attention as you walk your normal route around campus, and think about whether you are taking the safest route. Is it well lit? Do you walk in areas that receive little foot traffic? Are there any emergency phone boxes along your route? Does campus security patrol the area? If part of your route seems unsafe, look around for alternate routes. Vary your route when possible.
- Look at your residence's safety features. Is there a secure lock, dead bolt, or keycard entry system on all outer doors? Can windows be shut



and locked? Is there a working smoke alarm in every room and hallway? Are the outside areas well lit? If you live in a dorm or apartment building, is there a security guard at the main entrance? If you notice any potential safety hazards, report them to your landlord or campus residential life administrator right away.

Within the next 2 weeks, you can:

- If you are worried about potentially abusive behavior in a partner or in a friend's partner, visit the campus counseling center and ask about resources on campus or in your community to help you deal with potential relationship abuse. Consider talking to a counselor about your concerns or sitting in on a support group.

- Next time you attend a party, set limits for yourself in order to remain in control of your behavior and to avoid putting yourself in a dangerous or compromising position. Decide ahead of time on the number of drinks you will have, arrange with a friend to monitor each other's behavior during the party, and be sure you have a reliable, safe way of getting home.

By the end of the semester, you can:

- Learn ways to protect yourself by signing up for a self-defense workshop or violence prevention class on campus or in the community.
- Get involved in an on-campus or community group dedicated to promoting safety. You might want to attend a meeting of an antiviolence group, join in a Take Back the Night rally, or volunteer at a local rape crisis center or battered women's shelter.