If you or someone you know is in need of assistance....

**On-Campus**
- University Police (Non-Emergency) 962-2222 or (Emergency) 911
- CARE: Collaboration for Assault Response Education 962-CARE
- CARE Crisis On-Call 512-4821
- Rape Aggression Defense (RAD) Class 962-7768
- Office of the Dean of Students 962-3119
- Counseling Center 962-3746
- Student Health Center 962-3280
- Housing and Residence Life 962-3241
- Crossroads (Substance Abuse) 962-4136
- Women’s Resource Center www.uncw.edu/wrc

**Off-Campus**
- Wilmington City Police (Non-Emergency) 343-3645 (Emergency) 911
- Rape Crisis Center 392-7460
- Domestic Violence 343-0703
- Sheriff's Department 798-4161
- Wilmington Health Access for Teens (WHAT) 790-9949
- New Hanover Regional Medical Center 343-7000
- Cape Fear Hospital 452-8100

Your personal safety is of the utmost importance to the university and is a shared responsibility. If you, or someone you know, is in an abusive relationship, is being harassed, stalked or has been sexually assaulted, UNCW departments and Wilmington agencies want to assist you. The Safe-Relate Web Site has specific guidance for you www.uncw.edu/safe-relate

**Safety Tips**
- Trust internal warning signs or “gut” feelings
- Choose to exit situations when you feel uneasy or anxious
- Put your own needs before any concern for others’ reactions
- Be clear with yourself and others about your emotional and physical boundaries
- Avoid giving identifying information to people who you don’t know very well
- Ask for help when you need it!
- Keep home and car doors and windows locked.
- Stay in well lit and open areas
- Let others know of your whereabouts
- Tell friends & family about any of your concerns

**Proving my Innocence**

By: Bethany Sullivan

Please don’t blame me
When I tell you I was drunk and invited him over
Because after that, I said no.
Please don’t blame me
When I tell you it started when I was four and I
never told my mom
Because to me it was normal.
Please don’t blame me
When I tell you I went running last night alone
Because my independence is not compliance.
Please don’t blame me
When I tell you we dated in college
Our past is not a justification.
Please don’t blame me
When I tell you that I’m a man and was
overpowered
Because weakness is not consent.
Please don’t blame me
When I tell you I loved him despite every bruise
Because staying does not mean I deserve it.
Please don’t blame me.
I’m a victim.
I should not have to prove my innocence.