

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

On-Campus

R e s o u r c e s	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

r c e s	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.

