

NCAVP Safety Tips for Lesbian, Gay, Bisexual, Transgender, Queer, and HIV-Affected (LGBTQH) Communities

Staying Safe at Creating Change*

Going Out

- **Trust your gut.** If you feel threatened or unsafe, trust your instincts and remove yourself from the situation as quickly as possible.
- **Leave a trail.** Let someone you trust know your fabulous plans, including if you hook up with someone, where you're going and how long. If you decide to leave a note, make sure this trusted person knows where you've left it.
- **Take a buddy** when heading to and leaving your destination or waiting for transportation.
- **Look alert.** If you don't have a travel buddy, stay alert, look alert, and stick near other people when walking or waiting for transportation.
- **Watch your drink.** Or buy your own, just make sure the only person mixing something into it is the bartender.
- **Know your limits.** If you're gonna use substances, including alcohol, decide how much and try to stick to it.
- **Be aware of surroundings.** Locate 24 hour establishments to seek help if you feel unsafe. Move towards a "safer place," like a more public space if you feel unsafe.

Asserting Your Boundaries

- **Your boundaries are beautiful.** You don't have to do anything you don't want to do. "No" is a complete sentence!
- **Use words.** Alert bystanders and frighten (not anger) an assailant.
- **State, don't ask.** Your boundaries are your right; you don't have to ask for them.
- **Be direct** and assertive in your communication.
- **Use body language** to show that you are serious, including eye contact.

Get support. If you or someone you know experiences violence or harassment, reach out to Creating Change staff who can be contacted at the conference registration area on Level 2, adjacent to the Key Ballroom.

*These tips are suggestions for staying safer. If you experience violence it is not your fault, whether you follow these tips or not.

These tips were brought to you by members of the National Coalition of Anti-Violence Programs (NCAVP). To find an anti-violence program near you, visit www.ncavp.org or contact info@ncavp.org.



**YOU
DESERVE
TO BE SAFE**

No one deserves to experience violence, whether from a stranger, acquaintance, friend, or lover. You have the right to safety and support!