

APPENDIX



Today we are launching our campaign for the  
**Elimination of Violence  
Against Women and Girls**

VAWG STATEMENT OF INTENT  
GRAPHIC – AFTER CONSULTATION

**KNOW LIMITS  
DRINK ENOUGH TO  
FEEL GOOD, NOT BAD**

Too much alcohol can make you and others aggressive. Take care.  
Eating before you go out can help stop you getting too drunk.  
Drink water between alcoholic drinks.  
If you get drunk, you're more likely to do things you wouldn't normally.

**NO MEANS NO  
NO EXCUSES!**

Sex without consent is rape. Rape is always a crime.  
**NO MEANS NO!**  
If you have been a victim of sexual violence -  
We have specially trained staff ready to help you.

In an emergency call 999  
If you have any information about an incident call 101  
If you are deaf or hard of hearing use mobile text phone  
07786 200 200  
If you just need to talk to someone call -  
STAR  
(Surviving Trauma After Rape)  
01924 298954

**NIGHT OUT SAFETY BOOKLET –  
PRIOR TO INTERNS INPUT**

**NO CHANCE  
DON'T LEAVE YOUR  
SAFETY TO CHANCE**

Never leave your drink unattended - even soft drinks get 'spiked'.  
Look after yourself and your friends.  
Avoid putting yourself in situations you might regret.  
Not everyone is who they say they are.

**HOME RUN  
HOW ARE YOU  
GETTING HOME?**

Always pre-book your taxi and make sure you get in the right one.  
Avoid waiting and bad weather and get home safe.



[www.westyorkshire.police.uk](http://www.westyorkshire.police.uk)



## RECOGNISE THE SIGNS AND SYMPTOMS OF DRINK SPIKING:

### Symptoms of spiking:

- Feeling more drunk than usual
- Blurred vision
- Confusion, especially after waking up
- Difficulty breathing
- Dizziness
- Hallucinations
- Loss of balance
- Loss of memory
- Muscle spasms or seizures
- Nausea and vomiting
- Paranoia
- Difficulty speaking and walking
- Tiredness
- Unconsciousness

### Signs of drink spiking:

- Foggy appearance
- Excessive bubbles
- Sinking ice
- Change in colour

### Signs of spiking by injection:

A small red bump, pinprick, drawing blood from a small hole, scratching or pinching sensation and the symptoms of spiking.

## SEXUAL ASSAULT SUPPORT SERVICES:

### For anyone:

The Survivors Trust  
www.thesurvivorstrust.org

### For women:

**Rape Crisis**  
0808 802 9999  
www.rapecrisis.org.uk

### Use this link to find your nearest

**Rape Crisis centre:**  
rapecrisis.org.uk/get-help/find-a-rape-crisis-centre/

### For men:

**West Yorkshire Survivors UK**  
02035983898  
www.survivorsuk.org.uk

### For the LGBTQ+ community:

**Galop**  
0800 999 5428  
www.galop.org.uk



## NIGHT OUT SAFETY BOOKLET – AFTER INTERNS INPUT

## NIGHT TIME SAFETY STEPS:

- Tell someone where you are going, who you are going with and how you plan on getting home. Keep them updated.
- Try and plan a reliable way and trustworthy way of getting home.
- If you are/witness someone else in an uncomfortable situation, tell a member of staff/a friend. Some venues offer a 'ask for Angela' scheme, and they will help you out of / solve the situation.
- Keep your valuables in a zipped pocket or bag.
- Look out for your friends.

## DID YOU KNOW?

West Yorkshire Police have an online 101 chat service which can be used to report non-emergencies.  
In an emergency, always ring 999.

## Sexual assault and harassment is never your fault.

**Sexual Assault** (includes but is not exclusive to: rape, groping, flashing and up-skirting) and **Sexual Harassment** (any form of unwanted behaviour of a sexual nature) are **serious crimes**.

### Consent is a legal requirement.

Consent is **specific** and can be **withdrawn** at any time. When consent is not given people, can make you act against your free will through acts such as sexual coercion and stealthing.

**Sexual Coercion:** When you are pressured, tricked, threatened, or forced in a nonphysical way to have sex. Coercion can make you think you owe sex to someone. No person is ever required to have sex with someone else.

**Stealthing:** When someone removes a condom during sex without you knowing, changing the activity to one you haven't consented to. Stealthing is rape.

### To preserve evidence if you have been sexually assaulted, you should avoid:

- Bathing or showering
- Cleaning the area
- Eating and drinking
- Washing hands
- Brushing teeth
- Smoking
- Using the toilet
- Brushing hair
- Destroying and cleaning clothes

If you have been a victim of sexual assault, call **999**. Or, if you are not ready to report the crime but think you may want to in the future, you can arrange to have your forensic evidence stored at West Yorkshire SARC (Sexual Assault Referral Centre) for 2 years by calling **0330 223 0099**.

Sexual assault and harassment is an awful and traumatic experience. It is common to feel shocked, numb, disoriented, overwhelmed, angry and upset. There is specialised support available to you. **You do not have to go through this alone.**

## VALENTINES DAY POST - GASLIGHTING

