

Rape Awareness

Awareness and education are the most effective and meaningful ways to prevent rape. The number of forcible rapes will decrease only when women realize that rape can happen to them and when men understand what constitutes rape. The assailant may view the lack of awareness on the part of the victim as inviting, coercive behavior. (Only two out of ten rapes are reported).

We want to establish a complete and meaningful rape awareness program by utilizing female officers; caring for rape victims; providing counseling services for victims; providing additional training for investigators; emphasizing community involvement through the Campus Watch, providing escorts; and offering guidelines for self-protection.

Remember - in the following safety guidelines, the main emphasis is focused on the concept of "divert and flee," and stressing the importance of common sense.

Acquaintance Rape

Acquaintance rape is forced sexual intercourse by someone the victim knows. The perpetrator gains the victim's trust, then violates the victim's personal space (i.e. a hand on thigh, a hug, a kiss). If the victim does not react negatively and does not sense potential danger, the victim may be viewed as an "easy" target. The couple end up in a secluded place, usually with loud music and alcohol then the perpetrator rapes the victim.

Warning Signals

- ✓ Be aware of men who force you to use intoxicating substances.
- ✓ Be aware of men who ignore your requests, and don't listen to you when you talk.
- ✓ Don't trust acquaintances too quickly.
- ✓ As soon as you sense an uncomfortable or dangerous situation, get to a safe place.

Preventive Measures

- ✓ Establish good communication in relationships.
- ✓ Use alcohol responsibly. Do not leave your drinks unattended.
- ✓ Be assertive. Say NO when you mean NO.
- ✓ Be aware of your non-verbal signals.
- ✓ Respect others' rights. If yours are violated, state your objection.
- ✓ Trust your instincts and look for the warning signals.

- ✓ Understand that someone you admire may force you to have sex with him.
- ✓ Be prepared to defend yourself.

Ways to Avoid Rape in Social Situations

- ✓ Do not accept a ride from someone you have just met, no matter how nice he may seem.
- ✓ Sex-role stereotypes of passivity, submissiveness and coyness are dangerous and can create a climate for sexual aggression.
- ✓ Believe in your right to express your feelings and learn to do so assertively.
- ✓ Introduce the person you are leaving with to a friend.
- ✓ Double date or "Dutch" date.
- ✓ Take an active part in controlling and making decisions during the date.

Stranger Rape

- ✓ Use good security devices on doors and windows.
- ✓ Do not open doors to strangers.
- ✓ Keep windows covered at night and open during the day.
- ✓ If you hear or see something suspicious, call the police immediately. (911)
- ✓ Never disclose personal information about yourself to unknown callers.
- ✓ Don't walk alone; call university police for an escort.
- ✓ Never hitchhike.
- ✓ Always lock vehicle doors
- ✓ Park in well-lighted areas; check inside/under your car when returning.
- ✓ Check ID of any repairmen or salesmen; call their company to verify.

Defense Methods

No defense method is guaranteed. Taking action quickly increases your chances of survival. Common sense is valuable. Practice the defensive techniques you choose to use. Anticipate as many scenarios as you can think of. Your action should be decisive and instinctive.

If confronted, make as much noise as possible; scream, shout "fire," etc. Run away, preferably toward people. If you must fight, aim for the face, eyes, throat, or groin. These areas are usually unprotected and will cause immediate disability. Strike with maximum force. Remember your well being depends on your determination. Report all assaults or rapes to the university police. (437-8888 or 911)

If You Have Been Raped...

- ✓ Get to a safe place.
- ✓ Call the police, a friend, or relative for transportation to a hospital.
- ✓ Call a rape crisis hotline for support and information.
- ✓ Go to a hospital for treatment of external and/or internal injuries, tests for pregnancy, VD and AIDS; evidence collection, and support services.

Remember...

- ✓ Don't shower, bathe, douche, change clothes, or straighten up the area. You may destroy evidence.
- ✓ Reporting to the police is your choice, and we recommend doing so. Ask about victims rights.
- ✓ Consider seeing a counselor with special expertise in working with rape survivors.

What Men Can do About Rape

- ✓ Respect the rights of women.
- ✓ Offer your acquaintance the opportunity to take control of part of the relationship.
- ✓ Stop when a woman says NO. Do not persist and try to talk her into it.
- ✓ Communicate with others and let them know your expectations and intentions.
- ✓ Do not believe that women "owe" you sex for taking them out.
- ✓ Do not condone men who might be talking derogatorily about women and sex.
- ✓ Don't make rape jokes. Confront those who do. Rape is a violent crime, and should not be tolerated.
- ✓ Help to eliminate the stereotypical attitude that women are sex objects and men have the right to take whatever they please, especially in a dating situation.
- ✓ If someone you care for has been raped, be supportive and understanding. If you are confused or upset, seek counseling.
- ✓ Let Women Know That You Are Not a Rapist
- ✓ When approaching women on the streets keep your hands visible.
- ✓ Walk so women have a clear path.
- ✓ Confront potential rape scenes. When you see a man verbally hassling a women on the street, stand by to see if she needs help. If a man is hitting or holding a women against her will, act immediately. If you feel confident enough, offer direct aid by speaking out, yelling, or physical intervention. AT LEAST CALL THE POLICE.