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# rape

ideas for self protection

# RAPE IS NOT A SELECTIVE CRIME

It happens on streets; in cars; in schools; in parks; in alleys. The rapist has no regard for age, race, or social status.

A few years ago, law enforcement officials estimated rape to be one of the least reported crimes of violence. Today, rape is the fastest rising violent crime in our country.

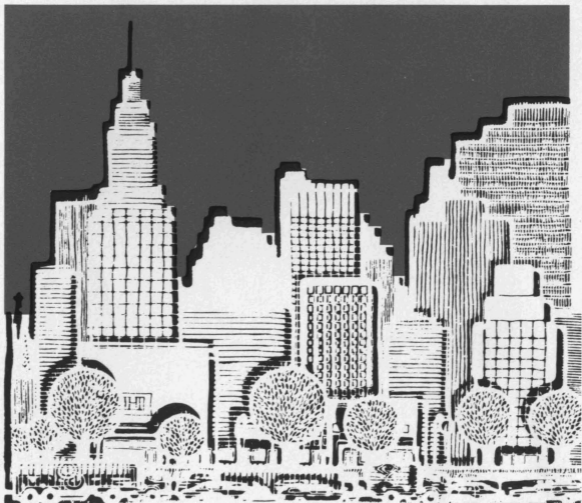
## What is being done?

Across the state, police departments, hospitals and prosecutors' offices have revised and updated their policies and procedures. Legislators have amended laws to provide protection and encouragement for the victims of rape. Citizen groups have organized rape crisis centers to provide support and counseling to victims and their families.

Personal safety, however, must begin with the individual. This booklet was prepared to help you, the citizen, take steps to protect yourself from sexual assaults.

## SAFETY TIPS FOR RAPE PREVENTION

Be aware of the possibility of being raped. . . . it could happen to **YOU!**



## **Safety At Home**

Replace or rekey locks when you move into a new home or apartment. Install a door viewer and a 1" deadbolt lock and use them. Look before opening your door to anyone.

Keep doors locked at all times and instruct children to never open the door to strangers.

Require all strangers to show identification. If you haven't called for a repairman, don't let one inside. Leave him waiting outside and call his place of business to verify his reason for being in your area.

Don't let a stranger inside your home to use the phone; make the call for him.

Never admit that you or a neighbor are home alone.

Women living alone should use only initials on mailboxes and in telephone listings.

Leave outside lights on at night, and keep lights on in more than one room.

If you receive an obscene phone call—hang up—don't react.

## **Safety Tips While Driving**

Never pick up hitchhikers.

Keep car doors locked at all times.

Before entering your car, look into the back seat.

Always have your keys ready to unlock the car door and enter without delay. Never walk across the parking lot digging in your purse for your keys; have them in your hand before leaving the building.

Make certain you have enough gas to get where you are going and always keep your vehicle in good running condition.

If possible, travel on well lighted, busy streets and avoid isolated back roads and short cuts.

If you are being followed, drive to the nearest open business for help, or drive to the Police or Fire Station.

Park in areas that will be well lighted when you return.

Never leave your house keys with your car keys at a service station or parking lot.

Women driving alone should never stop to aid a stranger in a stalled vehicle. Proceed to an open business, and report the stalled vehicle to the police.

If you have trouble, raise the hood, and stay in your vehicle. When someone offers assistance, roll the window down just enough to talk to them. Ask them to stop at the first phone to call a relative, friend, garage or the police for you. Never get into a stranger's car.

## **Safety Tips While Walking**

When possible, avoid walking alone. Walk with someone, or walk in areas where other people are near.

Stay in well lighted areas, away from alleys, bushes and entry ways.

Avoid shortcuts through parks, vacant lots and other deserted places.

Don't hitchhike or accept rides from strangers.

If a driver stops to ask you directions, avoid getting near the car.

If you are being followed, go to the nearest business or residence for help.

If you are harrassed by the occupants of a car, simply turn and walk the other direction. The driver will have to turn around to follow you.

Hold your purse close, not dangling, and avoid carrying extra money or valuables on your person.

When you return home, have your door key ready so that you can enter without delay.

**ABOVE ALL, BE AWARE OF THE PEOPLE AROUND YOU. BE AWARE OF YOUR SURROUNDINGS AND THE TOTAL ENVIRONMENT.**

## **Safety Tips for Youth**

Children should be made aware of the dangers of accepting rides from or talking to strangers.

Children should be encouraged to talk with their parents if they ever have a problem, not only with a stranger, but also with a friend or relative.

Children should know a safe, well-traveled route to take to and from school. Isolated areas should be avoided.

Teenage babysitters should not accept jobs with people they do not know, or who have not been referred by people they know.

Babysitters should call the police immediately if anything suspicious happens at the house. They should never open the door to strangers.

The sitter's parents should be called at the end of the evening to inform them that the sitter will be home shortly.

You may follow all the advice and safety tips recommended and still find yourself confronted by an attacker. If it happens, you will have only seconds to decide your method of defense, so you must prepare mentally for the possibility of rape happening to you.

## SELF PROTECTION METHODS

Because all women and all situations are different, there is no **ONE** way for a woman to protect herself. Women have different capabilities, and you must decide for yourself the best defense method for you. Basically, there are three alternative techniques:

**1. Karate**—Karate is the best martial art for self protection. It is designed to maim and/or kill your attacker. Your goal is to incapacitate and then escape. Because karate is an art, it requires much practice and effort to become proficient. Although an excellent means of self defense, karate will not work in all situations, i.e., an attacker has a gun to your head. Training is available in most cities through specialized schools.

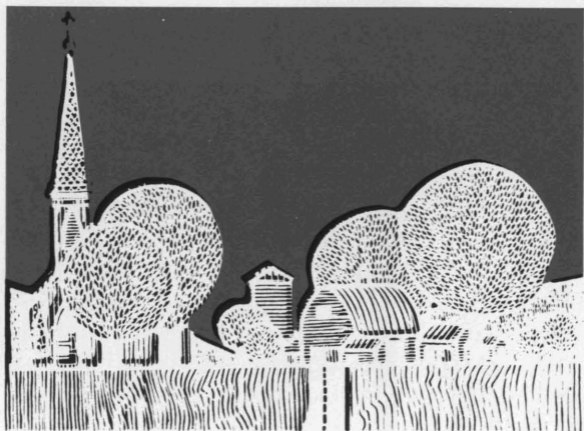
**2. Active Resistance**—Active resistance is not an art form and can be learned relatively quickly. It is designed to distract or temporarily injure your attacker, not to incapacitate him. Your purpose is to react immediately to startle or surprise your attacker. Active resistance involves the use of any weapon which you have available (hairspray, nailfile, pins, keys), as well as the use of your body (screaming, kicking, running). A self-defense course would outline

vulnerable parts of the body and how to kick, hit, jab or use a weapon to injure your attacker. Active resistance necessitates that your forceful reaction be immediate. Seldom will such resistance incapacitate your attacker, therefore you will have only moments to escape. Most law enforcement agencies have the capability of teaching a basic self defense course, but if yours does not, there should be some books available on the subject from your public library.

**3. Passive Resistance**—The philosophy and design of passive resistance is to give you a method of self defense which, if it fails, will not cause physical harm. Its philosophy is that the rapist is a violent, dangerous person who will meet your resistance with violence and injury to you. The goal of passive resistance is to think and talk your way out of the situation.

Advocates of passive resistance believe that under no circumstances should you do anything that might endanger your personal safety unless you believe your attacker is going to kill you. The method teaches you to remain calm and use your head. Passive resistance, like the other methods of self protection, will not work all of the time.

**THESE ARE SIMPLY BRIEF OUTLINES OF THREE ALTERNATIVES AVAILABLE TO YOU. ADDITIONAL INSTRUCTION WILL BE NECESSARY TO TAKE FULL ADVANTAGE OF ANY OF THESE METHODS. FOR MORE DETAILED INFORMATION ABOUT SELF PROTECTION CONTACT YOUR LOCAL LAW ENFORCEMENT AGENCY AND RAPE CRISIS CENTER.**



# REPORTING A RAPE

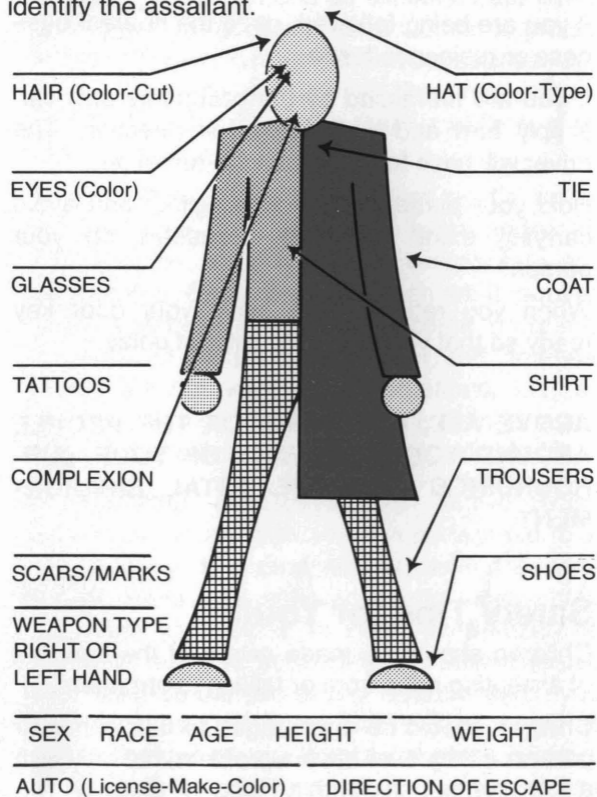
The police can only arrest a criminal if they are made aware of the offense. If you are raped, call the police **IMMEDIATELY**, and if available, call your local rape crisis center.

**DON'T CHANGE CLOTHES OR TAKE A BATH OR SHOWER.** All physical evidence, including seminal fluids, hair, blood types, and scrapings of flesh from the victim's nails are used in court.

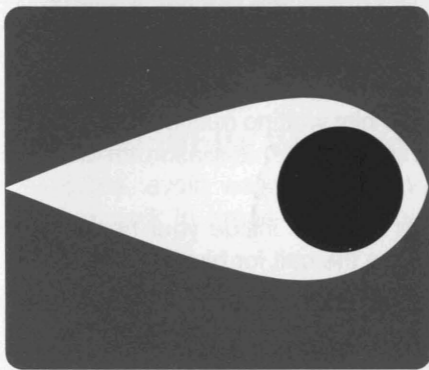
## Information Most Needed By Police:

1. Car license, make or model, color
2. Race of assailant
3. Approximate age, weight and height
4. Hair color and length of hair
5. Color of eyes
6. Clothing
7. Any unusual marks, scars, tattoos, rings, etc.

Practice being observant so that, if you are raped or attacked, you will be able to remember and identify the assailant.



TEXAS  
**CRIME  
WATCH**



**THIS CRIME PREVENTION  
INFORMATION IS FROM  
YOUR LOCAL LAW  
ENFORCEMENT AGENCY**

**IN COOPERATION WITH  
THE TEXAS CRIME  
PREVENTION INSTITUTE  
SOUTHWEST TEXAS  
STATE UNIVERSITY  
AND  
THE TEXAS RAPE PREVENTION  
AND CONTROL PROJECT**