

Safety and Awareness

Information from



THE
CENTER
FOR
WOMEN
AND
FAMILIES

There is no absolute protection from rape, but there are precautions that can be taken to lower the chances of assault.

Rape can happen to any one at any time in any place regardless of precautions taken. Rape is the sole responsibility of the rapist.

THE VICTIM IS NEVER AT FAULT.

The risk of being raped by an acquaintance is greater than the risk of being raped by a stranger.

78% of rapes are perpetrated by someone known to the victim (*National Victim Center, 1992*)

The rapist may be a date, spouse, neighbor, friend, supervisor, co-worker, or stranger.

Women age 15-24 are the primary victims of acquaintance rape (*National Victim Center, 1992*); however, our clients range from 5 1/2 months to 95 years of age.

Be Aware

- Accept the fact that you are a potential rape victim.
- Think ahead and consider your alternatives if confronted by a rapist.
- Follow your instincts if they tell you something is not right in a situation.

With Someone You Know

- Express yourself and expect to be honored.
- “No” does not mean “yes”. Only Yes means YES.
- Trust your instincts about possible danger.
- Be willing to inconvenience others to ensure your own well-being.
- Know about your date — name, address, workplace.
- Meet new people in public places.
- Date a new person as part of a group.
- Have your own money and transportation.
- Remember that it is difficult to *KNOW* someone on the Internet. Do not give out personal identifying information. If you agree to meet someone, remember the safety instructions given in this pamphlet.
- Rohypnol and GHB are two sedating drugs currently being used to perpetrate sexual assaults. These drugs, like others, are slipped into a drink and cause sudden drowsiness, memory loss, dizziness, and even death. Do not leave drinks unattended.
- Look out for others as well as yourself.



In Your Car or Using Other Transportation

- Don't overload yourself with packages, bulky purse, or books. Keep one hand free.
- **Always lock your car** when leaving it, if only for a few minutes.
- Check the back seat and floor of the car before getting in to see if someone is hiding (even if the door was locked).
- Have keys in hand so you don't delay entering the car.
- Make sure all doors are locked when you are in the car.
- Raise the hood, lock yourself inside, and wait for the police if you have car trouble. If someone stops, do not lower the car window, but ask the person to go to the nearest phone and call the police.
- Always keep a car's length between you and the car in front at stop signs so you can't be hemmed in.
- If you see a motorist needing help, stop at the next phone and call the police.
- Avoid isolated bus stops; stand away from the curb until the bus arrives.
- On a bus or train, sit close to the front. If someone bothers you, tell the driver.
- Ask the taxi driver or a friend to wait and see that you get into your building safely.

On the Street

- Walk at a steady, confident pace. Stay alert.
- Know where you are going.
- Avoid shortcuts, dark alleys, empty buildings, and vacant lots.
- Vary your routine.
- If you are being followed, make your follower aware that you know of his/her presence. Walk or run to a well lit or well populated area. Draw attention to yourself. If your follower is in a car, run in the opposite direction that the car is moving.
- Walk in the middle of the sidewalk, not too close to the bushes, alley entrances, or other hiding places.



Locations

For more information about services offered at The Center, please call any of our locations or visit our website.

KENTUCKY

Kentucky Campus
Open 24 Hours
P.O. Box 2048
Louisville, KY
(502) 581-7222 Rape Crisis Line
(502) 581-7242 TDD

West Louisville Campus
(502) 775-6408

Mt. Washington Office
(502) 538-0212

Shelbyville Office
(502) 633-7800

INDIANA

Southern Indiana Campus
Open 24 Hours
New Albany, IN
(812) 944-6743 Crisis Line

Corydon Office
(812) 734-0280

Marengo Office
(812) 365-2338

Scottsburg Office
(812) 752-7996



(877) 803-7577

Toll Free Crisis Line · 24 Hours
www.thecenteronline.org

The Center for Women and Families is committed to creating an environment in which diversity is valued and assures no person shall be excluded from participation in, denied the benefits of, subjected to discrimination under, or denied employment on the basis of race, religion, sex, national origin, sexual orientation, gender identity, age, handicap, disability, veteran status, familial status, or political opinion.

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In Your Home

- Install a peephole, deadbolt lock, and chain lock with long screws for the outside doors. Keep your doors and windows locked, even if you go out for only a few minutes.
- Windows need to have secure locks and frames. Have curtains or shades on all windows and close them all the way at night.
- Entrances, walkways, and garages should be well lit, as well as parking lots, stairwells, and hallways.
- Trim the bushes and shrubbery around your home to prevent someone from hiding in them.
- Give an extra key to a neighbor rather than hiding it near your house. If your keys are stolen, replace the lock on the same day.
- If you live alone, consider using an initial or an extra name on your mailbox or phone listing.
- If you expect to come home after dark, leave a light on so you won't have to walk into a dark room.
- Have your keys ready when you return inside. Go directly to a neighbor and call the police.
- Get to know your neighbors and develop a plan to alert them if you are in trouble.
- Never admit strangers to your home, even if they are in uniform. Ask for a badge or other identification and read it through the window, if necessary. Teach children not to open doors without checking with you first.
- If someone wants to make an emergency call, ask for the phone number and offer to make the call; don't let the person inside.
- Be alert to suspicious calls. Don't answer personal questions about your family or a neighbor. Report obscene phone calls to police or your phone company.



Risk Reduction

- Every situation is different. You do not have to physically resist the assault in order for it to be rape. However, if you choose to attempt to resist the assault you have options:
- Distract: Rapists often follow the same pattern and disruption may give you time to escape.
- Dissuade: Some survivors have been able to talk the potential rapists out of actually assaulting.
- Resist: Only you can make the decision to resist. If the rapist is armed, resistance will be almost impossible. Fighting may help you escape, but it may escalate the situation.

Community Education

Each year, The Center for Women and Families provides hundreds of community education sessions on topics ranging from safety and awareness to healthy relationships for any interested groups.

Call The Center at
(502) 581-7200 or
(812) 944-6743
to schedule a session.



If You Are Raped

- Notice everything you can about the assailant and the scene. Try to determine the assailant's height by comparing it to your own.
- **Do not douche, shower or change your clothes after the rape.**
- Do not disturb the crime scene.
- Call the police and The Center for Women and Families Rape Crisis Program immediately.
- Seek medical attention at an emergency room as soon as possible for treatment of any possible internal and external injuries, sexually transmitted diseases, pregnancy prevention, and collection of evidence. The Rape Crisis Program can provide and advocate to be with you during the exam for support and to answer any questions.