

## Handling a Rape Attempt

Each rape attempt involves a unique configuration of the victim's physical and emotional state, the situation, and the rapist's personality. Knowing the options and choosing the correct ones will increase the likelihood of survival.

- ◆ Fight back, by kicking, biting, scratching and punching. Target the eyes or groin and do it quickly and effectively. Use these techniques to throw your attacker off guard. Do not try to overpower him...Run!
- ◆ Make noise to draw attention. Scream, and yell. Use a personal alarm device. Get away!
- ◆ Talk, stall for a time, assess your options.
- ◆ If the rapist has a weapon, you may have no choice but to submit. Do whatever it takes to survive.

## Surviving a Rape

Be prepared for a long struggle with traumatic emotional consequences. Feelings and behaviors alter, sometimes radically, and must go through a course of gradual change. Some things you do immediately after the rape may result in the arrest and conviction of your assailant. This also helps in eventual healing. Keep in mind the following suggestions:

- ◆ Tell the first person you meet and point out the rapist if he is still around. Get the witnesses name and information

- ◆ Call a close friend or family member for support and ask them to accompany you to the police station or hospital.
- ◆ Call the Sheriff's Office and a local rape crisis center for information on what to do and where to go.
- ◆ Do not douche, bathe, or change clothes until you have talked to a deputy. You may destroy valuable DNA evidence.
- ◆ Request medical help for the possibility of venereal disease, pregnancy or internal injuries.
- ◆ Seek psychological counseling to overcome the possible after-effects of fear, shame, anger, denial, disconnection and isolation.
- ◆ Find someone to talk to who will listen and understand. Remember, blame your assailant for the crime, not yourself.

## Rape Prevention

"Lady Beware," a personal safety and rape protection presentation offered by the Salt Lake County Sheriff's Office Crime Prevention Unit, expands on the concepts developed in this brochure. Participant's learn the importance of avoidance, security awareness, and preparedness. If you would like to schedule this presentation, please call the Crime Prevention Unit at 468-3901.

Salt Lake County Sheriff's Office



Cottonwood Heights Precinct

## Lady Beware: Personal Protection for Women

LADY

BEWARE!



SALT LAKE COUNTY SHERIFF'S OFFICE  
Sheriff James M. Winder

[www.slsheriff.org](http://www.slsheriff.org)

743-7000

## It Could Be You!

Rapists attack children, students, wives, mothers, working women, grandmothers, boys and even men! Motivated by anger, desire to control, or a need to degrade-a rapist can play many roles: He wears the face of a classmate, a co-worker, a neighbor, a delivery person, a friend, or even a family member. They are often age 25 and under and three of out of five rapists appear “normal.” But as violent criminals, rapists often repeat their actions again and again, until apprehended-a compelling reason for any victim to report a rape. Yet, only one in ten victim’s report the crime.

Half of all rapes occur in the victim’s home. In 70% of all rape cases, the rapist plans his attack. What precautions will help protect you against victimization?



### Precautions at Home

- ◆ Lock all doors and windows, including sliding glass doors. Make sure doors have deadbolt locks and use them. Keep all entrances well lighted.

- ◆ List only your first initial and last name on your mailbox and in the phonebook. If single, have a male voice on the voicemail.
- ◆ Put curtains or blinds on every window and keep them drawn at night.
- ◆ Vary your routine a little each day to foil any observers.
- ◆ Get to know your neighbors as they may be a source of help in an emergency.
- ◆ Never give personal information to strangers at the door or on the phone.
- ◆ Install a peep-hole in the front door. Do not open the door to strangers. Tell them to stand outside while you make an emergency call for them.
- ◆ Beware of sales and service people. Invite them in only if you have previously arranged for their presence.
- ◆ Exercise caution in isolated spots such as garages, laundry rooms and parking lots.
- ◆ If you come home and see a door or window open or broken-do not go inside. Call the Sheriff’s Office from a cell or neighbor’s phone.

### Precautions on the Street

- ◆ Don’t walk or jog alone, especially at night. Stay in well traveled and well lighted areas.
- ◆ Don’t walk when depressed, exhausted, high or drunk. Your countenance and posture give clues about your vulnerability.

- ◆ Wear clothes and shoes that give you freedom of movement in case you need to run.
- ◆ Use caution if anyone in a car asks you for directions. If you answer, keep a safe distance from the car.
- ◆ Have your key ready before you reach the door of your home, car or office.
- ◆ If you think someone is following you, change direction and head for open stores or someplace where there are a lot of people.
- ◆ Plan your route in advance to avoid alleys, dark doorways and unlit parking lots.
- ◆ Carry a whistle or personal protection alarm.
- ◆ Start screaming if you feel threatened.
- ◆ If you have to damage property in order to get attention...Do it!!!

### Precautions for Driving

- ◆ Always lock your car. Keep windows rolled all the way up.
- ◆ Check the backseat every time you enter the vehicle.
- ◆ If your car breaks down, lift the hood, get back inside, lock the doors and turn on the flashers. Use your cell phone to call for help.
- ◆ Don’t hitchhike ever and don’t pick up hitchhikers.
- ◆ Park in well traveled and well lighted areas.
- ◆ Arrange to ride with some when leaving a party. Go in groups if possible.