

SURVIVING RAPE

- ⇒ Report rape or any sexual assault to the Sheriff's Office and rape crisis center. The sooner you report, the greater the chance the rapist will be caught.
- ⇒ Preserve all physical evidence. Don't shower, bathe, change clothes, douche, or throw anything away until a deputy tells you it's okay.
- ⇒ Go to a hospital emergency room or your own doctor for medical care immediately.
- ⇒ Get counseling to help deal with feelings of anger, helplessness, fear, and shame caused by rape. It helps to talk with someone about the rape, whether it happened last night, last week, or years ago.
- ⇒ Remember, it's not your fault. Do not accept blame for being an innocent victim.



IF SOMEONE YOU KNOW HAS BEEN RAPED...

- ⇒ Believe him or her.
- ⇒ Don't blame the victim.
- ⇒ Offer support, patience, and compassion to help the rape victim work through the crisis, heal and emerge a survivor.

TAKE A STAND...

- ⇒ Ask a Neighborhood Watch group, school, employer, church, or civic group to organize a workshop on rape prevention and coping with the aftermath. Make sure it addresses both men and women.
- ⇒ Volunteer at a rape crisis center.
- ⇒ If you see a television program that reinforces sexual stereotypes and sends the message that women really ask to be raped-**protest!** Write to the station, studio, or the sponsors. On the other side, publicly commend the media when they do a great job in depicting the realities of rape.



Salt Lake County Sheriff's Office
Cottonwood Heights Precinct



RAPE



**RAPE IS ABOUT
POWER, CON-
TROL & ANGER**



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

www.slsheriff.org

743-7000

THE TRUTH IS...

RAPE is an act of violence. It is an attempt to control and degrade using sex as a weapon.

RAPE can happen to anyone—children, students, wives, mothers, grandmothers, the rich and poor, and boys and men.

RAPISTS can be anyone—classmates, co-workers, a neighbor, delivery person, ugly or attractive, outgoing or shy, and can often be a friend or family member.

RAPISTS rape again and again, until they are caught.

USE YOUR HEAD

- ⇒ Be alert! Walk with confidence and purpose. Don't look like a victim!
- ⇒ Be aware of your surroundings. Know who's out there and what's going on.
- ⇒ Don't let alcohol or drugs cloud your judgment.
- ⇒ Trust your instincts. If you are in place that makes you uncomfortable—leave!

COMMON SENSE INDOORS

- ⇒ Make sure all doors (including sliding glass doors) and windows have deadbolt locks. Install a peep-hole viewer in the door. Keep entrances well-lit.
- ⇒ Never open the door to strangers. Offer to make an emergency call while someone waits outside. Check the identification of any sales people before letting them in. Don't be embarrassed to phone for verification.
- ⇒ Be wary of isolated spots such as apartment laundry rooms, underground garages, parking lots, and offices after business hours. Walk in groups in these areas.
- ⇒ If you come home to find a broken or open door or window, call the Sheriff's Office for help.

COMMON SENSE OUTDOORS

- ⇒ Avoid walking or jogging alone, especially at night. Stay in well-traveled, well-lit areas

- ⇒ Wear clothes and shoes that give you freedom of movement in the event you have to run.
- ⇒ Be careful if anyone in a car asks you for directions. If you answer, keep your distance.
- ⇒ Have your key ready before you reach the door to your home, car or office.
- ⇒ If you think you are being followed, go to a place with lots of people.
- ⇒ Only park in areas that are well-traveled and well-lit.
- ⇒ Look around your car and in the backseat before you enter.
- ⇒ Don't hitchhike ever!

WHEN THE UN- THINKABLE HAPPENS...

- ⇒ Try to escape. Scream and make noise to discourage the attacker from continuing.
- ⇒ Talk and stall for time. Assess your options.
- ⇒ If the rapist has a weapon, you may have no choice but to submit. Do whatever it takes to survive.
- ⇒ If you decide to fight back you must be quick and effective. Target the eyes and the groin area.