

SEXUAL ASSAULT

Anyone can be a victim of rape or sexual assault, regardless of age, sex, race, status, or type of dress. There is no stereotypical racist, either. Many rapes are, in fact, committed by acquaintances of the victim. Be aware of the different possibilities and be prepared to decide what action is required in a potential sexual assault situation.

In attempted rapes, the following strategies have been found to help avert the attack:

- Perceiving danger early/observing surrounding areas.
- Using awareness and common sense to avoid potentially dangerous situations.
- Yelling (e.g. "Fire!!" "Police!!" "Help!!")
- Fleeing
- Talking
- Using physical resistance (e.g. biting, kicking, punching)
- Using passive resistance (telling the attacker you are diseased, menstruating, vomiting, or urinating).
- Displaying outrage rather than fear.
- Taking advantage of environmental distractions (passerby, furniture, exits, etc.)
- Most importantly, persisting in using combinations of these strategies.

More strategies for avoiding "date rape" or "acquaintance rape":

- Knowing your own sexual values, expectations, and intentions.
- Communicating them clearly and openly ("NO" means No).
- Insisting on being treated with respect at all times.
- Being aware of the effect of alcohol and drugs on your judgement, mental and physical states.
- Leaving potentially dangerous situations immediately.
- Using direct, immediate actions to resist an attack.

Remember, no one has the right to force or pressure another to have sex, regardless of past consent, sexual history, dress, or circumstances. Rape is a violation of another's body and spirit.