

Rape Tips

Written by JIS

Monday, 10 January 2011 14:35

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.

Safety Tips For Rape Prevention

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

Safety at Home

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

Keep doors locked at all times and instruct children to never open your door to anyone.

Require all strangers to show identification.

Secure you car and home. Keep a large flashlight and some cash in your car. The flashlight can be used as a light or weapon.

Always keep your doors and windows locked and evaluate the effectiveness of the locks.

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Never open your door to a stranger and never tell them you are alone.

Avoid unsafe situations and strangers. If you are being followed, go to the nearest police or any place where several people will be (stores, gas station, etc.) Walk in groups at night.

Flee if you are in a potentially dangerous situation. Yell or scream to attract attention. Carry a whistle that will make a loud noise.

Think! Keep using your mind to think of alternative actions for escape.

You are responsible for your own safety. Call your local police department and set up a schedule for a Police Officer to speak to your employees or community members.

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

Never admit that you or a neighbour 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 Walking

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

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

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

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Don't hitchhike or accept rides from strangers.

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

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

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

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

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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 While Driving

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Never pick up hitchhikers.

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Keep car doors locked at all times. While walking to your car, look under car.

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Before entering your car, look into the back seat and on floor board.

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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.

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

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

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

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Never leave your house keys with your car keys at a service station or any other public place.

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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.

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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 For Young People

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

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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.

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

Reporting A Rape

If you are raped, call 119 or the nearest Police Station.

DON'T CHANGE CLOTHES OR TAKE A BATH OR SHOWER and do NOT EAT or SMOKE or CHEW GUM.

All physical evidence, including seminal fluids, hair, blood types, and scrapings of flesh from the victim's nails are used in court. Avoid using the bathroom prior to the exam if possible.

Information Most Needed By Police:

1. Car licence, make or model and colour
2. Approximate age, weight and height
3. Hair colour and length of hair

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4. Colour of eyes
5. Clothing
6. Any unusual marks, scars, tattoos, rings, etc.
7. Any facial hair or odours

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