

How To Safeguard Against Rape

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How To Safeguard Against Rape

If you are a female, chances are 1 in 10 that you will be a victim of sexual assault. The attacker makes no distinction between age, race, appearance or any other characteristics.

Common sense is your best defense against attack. Because every rape is different, there's no one solution for thwarting an attack.

If you are attacked, evaluate the situation and look for ways to escape. Some women have avoided rape by talking their way out of it, acting crazy or fighting back. A kick in the groin isn't usually successful because men instinctively protect this area, and you may lose your balance. If you decide to respond physically, remember that your first priority is to get away. Act quickly and decisively to throw the attacker off guard while you escape.

After an attack:

- A. Go to a safe place
- B. Call the police.
- C. Preserve evidence - don't shower or douche; blood and semen are important evidence. And don't change your clothes or disturb the scene of the crime.
- D. Get medical care.

Medical attention is vital! Many hospitals provide free care for rape victims and offer pregnancy prevention and venereal disease treatment. Remember, even if you do get treatment immediately, follow-up tests for V.D. are essential.

Never be embarrassed because of the incident. Though difficult to talk about, it is important to tell doctors what sex acts took place so they will know what medical attention is needed.

Try to remember in detail your exact experience, for police records. Give as accurate and complete description of your assailant as possible. This is extremely important! Your complete co-operation with local authorities may help in preventing similar attacks on other girls and women.

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