

Sexual Assault Prevention: Tips to Keep You Safe.

1. What is sexual assault?

Sexual assault and rape are acts of violence which can happen to females and males at any age and without their consent. It's a crime and punishable by law. In the United States, 1 in 5 women and 1 in 6 men reported that they were raped or experienced an attempted rape at some time in their lives. These acts of violence are usually committed by someone known by the victim.



Sexual assault, rape and abuse is any type of sexual activity that you don't agree to, including:

- Unwanted or inappropriate touching
- Being watched or photographed by someone when you're in a sexual situation
- Threats to force sex on another person who doesn't give consent
- Someone exposing his or her body to you
- Sexual activity when you say no
- Any sexual contact with a child

2. If you or someone you know is sexually assaulted, what should you do?

Important steps to take if you are assaulted:

- Get to a safe place, away from the attacker right away. Call **911**.
- Talk to someone you trust or a hotline, such as the RAINN, National Sexual Assault Hotline, **800-656-4673**. For local resources in and around Los Angeles County, call the Violence Intervention Program, **323-226-3961** or Peace Over Violence 24 hr. hotline, **626-793-3385, 310-392-8381** or **213-626-3393**. These organizations will provide additional resources.
- Protect evidence, don't shower, clean your body or comb your hair. Don't change clothes. Try not to touch anything at the crime scene.
- Go to the nearest hospital emergency room as soon as possible. Medical personnel will examine you, collect evidence, screen you for sexually transmitted infections (STIs), and provide emergency contraception to help prevent pregnancy.
- Consider filing a police report. Evidence will be collected at the hospital and a police report can be filed at the same time.

Sexual assault and rape are never the victim's fault – no matter where or how it happens.

3. How can you lower the risk of sexual assault?

There are things you can do to reduce your risk of being sexually assaulted. Follow these tips:

- Park your car in an area that has good lighting. Have a whistle with you, especially if you walk alone to your car. You can also use keys, pens, pencils, or books to defend yourself.
- Consider taking a self-defense class.
- If you are going to a social gathering, go in groups and check in with each other.
- Don't drink alcohol or take drugs.
- Always keep your drink in your hand and get your own drink to make sure it is safe.
- Don't leave a party with someone you just met.
- Keep your home doors and car locked.
- Have your key in your hand and ready to open your door.

4. How can you help a friend?

There are many things you can do to help a friend:

- When you see that a friend in a situation that doesn't seem right, create a distraction such as asking them to go to the ladies room or walk them home.
- If you see someone in a situation where they are being threatened, ask them if they need help and try to take the person out of the situation.
- If a friend comes to you and tells you that they have been sexually assaulted or raped,
 - Listen to the person; they need your support.
 - Assure them that it is not their fault.
 - Help your friend to report the rape to someone who can help them.
 - Know local resources.
 - Take them to the hospital and/or police station to file a report.
- Let the person know that you care about them and you support him or her.
- Make sure you respect the privacy and decisions of the person you are helping.



Resources and Information:

California Coalition Against Sexual Assault (CALCASA)

<http://www.calcasa.org/agencies/>

Office of Women's Health

<http://www.womenshealth.gov/violence-against-women/types-of-violence/sexual-assault-and-abuse.html>