



## Short Safety Subject

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:

[www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm](http://www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm)

### **Stay Safe, Avoid Sexual Assault**

Although most people perceive a rapist to be a sex-crazed maniac stalking the streets looking for victims, facts show that this is simply not true.

Most rapists are young, usually in their early to mid-20s.

Rapist are from all walks of life and ethnic backgrounds. Rapist are often repeat offenders.

Sixty percent of all rapes are planned in advance and 50 percent of all rapes happen in the victim's or rapist's home.

#### **How Often Does Rape Occur?**

According to the FBI "Crime Clock," one forcible rape occurs every seven minutes.

Each year, about 87,000 forcible rapes are reported to law enforcement agencies.

It's estimated that only half of all rapes and attempted rapes are reported to law enforcement.

#### **Preventing Rape**

Some statistics show that one in every three women will be raped in her lifetime. Many of these rapes can be prevented if we are aware of how to prevent one from occurring. Consider the following tips to aid in prevention of sexual assault.

#### **Be Aware Of Potential Danger Areas.**

- Wear shoes and clothes that you can move well and run in.
- Enter a public place if you think someone is following you.
- Have a plan of action prepared in your mind.
- Do not advertise that you live alone.
- Do not let strangers into your home without proper identification.
- Walk in well lit streets.

- Consider potential weapons for defense (keys, personal size pepper spray, alarms).
- Never be afraid to defend yourself.
- Check the inside of your car prior to entering.
- Keep windows and doors locked.
- Think personal safety above all else.

### **What Do You Do If You Are Sexually Assaulted?**

- Do not panic. Talk sanely and quietly; remind the person that you are a human being.
- Keep thinking ahead and plan your next move.
- Divert the attacker's attention and run.
- Fight back if possible.
- Look for an escape.
- Memorize details about the attacker (appearance, clothing, physical features).
- Avoid pleading or appearing helpless.
- Scream "FIRE," not "RAPE." This will attract more attention.
- Forget about being a lady.

### **If You Have Been Raped, It Is Important To Seek Assistance Immediately.**

- Do not wash, internally or externally, change clothes or disturb the scene of the incident. You may destroy valuable evidence that the police may need to apprehend and convict your attacker.
- Call the police. They will take you to the hospital for medical assistance.
- Be examined at the hospital and have your injuries accurately documented.
- Seek active follow-up support. There is a wide range of counseling services to help you overcome this traumatic experience. Remember, you are not alone and there are people that can and want to help you.
- Being forced into having sex - even if it's someone you know - is rape and it's a crime.