



CALIFORNIA CAREER SCHOOL

Our Students Drive Our Success!

1100 Technology Circle * Anaheim, CA 92805 * (714) 635-6585 * Fax: (714) 635-6596
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Sexual Crimes Prevention

Nine Ways to Avoid Rape

1. Always walk briskly. Look alert and confident. Avoid carrying objects requiring the use of both arms.
2. Stay away from isolated areas, day or night.
3. Never walk alone when it is dark.
4. If you are being followed, get away fast, change directions, and walk/run to a crowded area.
5. Keep all doors to your car and residence locked at all times.
6. Before you drive home, call your family, a friend, or a roommate so they will expect you and are aware if you are excessively late.
7. Encourage group activities in the early stages of a relationship.
8. Take a self-defense course.
9. Be aware of legislation that concerns your gender and contact legislators to express your views.

What to Do in a Risky Situation

- Stay calm and think out what your options are and how safe it would be to resist.
- Say "NO" strongly. Do not smile. Do not act polite or friendly.
- Say something like "STOP IT! THIS IS RAPE!"
- If the attacker is unarmed, fight back physically. Attack the most vulnerable parts of the body. Shout FIRE and escape as soon as possible.
- If the attacker is armed, try to talk him out of continuing the assault or try passive resistance such as pretending to faint, vomit, or urinate.



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What to Do If You Have Been Raped

- Get to a safe place.
- Call a friend or family member to be with you.
- It is advisable to report a rape, even an unsuccessful attempt. The information you provide may prevent
- Another woman from being raped. When you report a rape, any information you can remember about the attack will be helpful - the assaulter's physical characteristics, voice, clothes, car or even an unusual smell.
- If you have been raped, you should call the police as soon as possible; do not bathe or change your clothes. Semen, hair and material under fingernails or on your clothing all may be useful in identifying and prosecuting the rapist.
- It may be very helpful to contact a rape crisis center, where qualified staff members may assist you in dealing with your trauma. If you are unable to make the contact yourself, have a friend, family member or police make the call.
- Finally, it is important to remember that many individuals will mistakenly blame themselves for the rape. However, being raped is not a crime - the crime has been committed by the person who raped you.



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Reducing the Risk of Acquaintance "Date" Rape

- When dating someone for the first time, seriously consider doing so in a group situation or meeting him at a public place. This will allow you to assess your date's behavior in a relatively safe environment.
- Watch for inclinations that your date may be a controlling or dominating person who may try to control your behavior. A man who plans all activities and makes all decisions during a date may also be inclined to dominate in a private setting.
- If the man drives and pays for all expenses, he may think he is justified in using force to get "what he paid for." If you cover some of the expenses, he may be less inclined to use this rationale to justify acting in a sexually coercive manner.
- Avoid using alcohol or other drugs when you definitely do not wish to be sexually intimate with your date. Consumption of alcohol and/or other drugs, by both victim and perpetrator, is commonly associated with acquaintance rape. Drug intoxication can both diminish your capacity to escape from an assault and reduce your date's reluctance to engage in assaultive behavior.
- Avoid behavior that may be interpreted as "teasing." Clearly state what you do and do not wish to do in regard to sexual contact. Such direct communication can markedly reduce a man's inclinations to force unwanted sexual activity or to "feel led on."
- If, despite direct communication about your intentions, your date behaves in a sexually coercive manner, you may use a "strategy of escalating forcefulness - direct refusal, vehement verbal refusal, and, if necessary, physical force." In one study, the response rated by men as the most likely to get men to stop unwanted advances was the woman vehemently saying, "This is rape and I'm calling the cops." If verbal protests are ineffective, reinforce your refusal with physical force such as pushing, slapping, biting, kicking, or clawing your assailant. Men are more likely to perceive their actions as at least inappropriate, if not rape, when a woman protests not only verbally, but also physically.