

Reducing the Risk

What Is Rape Prevention vs. Risk Reduction?

Prevention education goes beyond cautioning people to avoid certain behaviors or situations. Prevention of sexual violence takes a communal effort. By examining the root causes of this violence we can do a lot more to address it. For more information about preventing rape and sexual assault contact the UNIV. POLICE DEPARTMENT AT 256.765.4357

Risk reduction strategies may be helpful in some situations, however cannot prevent all assaults. A person can take protective measures, yet still experience violence. Sexual Violence is **NEVER** the fault of the survivor, no matter what happens or what the situation is - the person at fault is the person who chooses to use violence.

Risk-Reduction Strategies:

STRANGER RAPE

On the street or in your car:

- Contact the campus escort service (SNAP) if you would like accompaniment walking across campus: 256.765.4357 (8 pm - 2:00 am)
- After dark, try to walk on well-lit streets, sidewalks, shrubbery, or dark areas near buildings and other places where an attacker might hide. If possible walk with a friend
- Cross the street if you see anything on your side which makes you nervous or uncomfortable
- Walk with confidence and show that you are alert by glancing around and making eye contact with other people on the street
- Be cautious about revealing cash or credit cards
- Be cautious about helping strangers by yourself, offer calling POLICE to assist them with their problem 256.765.4357
- Keep car doors locked and windows rolled up most of the way if you are being followed, don't go home. Drive to the nearest police station (or safe place with people visibly present)
- Park your car in well-lit places and lock all doors
- Check the back seat and floors before you get your car to be sure no one is hiding
- Keep car keys in hand when approaching your vehicle so that you may enter it with ease

In your home:

- Change old locks when you move to a new residence. Make sure your doors have dead bolts, security chains, and peepholes. Use them
- Be cautious around elevators. Don't get on if you're feeling uncomfortable or unsafe. Get off if a fellow passenger seems odd or threatening
- Instruct children and baby-sitters not to give out information about who is home
- Don't hide spare keys outdoors. They are too easy to find
- Lock your doors and windows, draw shades/blinds, and leave a light on implying that someone is home

ACQUAINTANCE RAPE:

- Trust your instincts. Listen to your inner voice and act on it
- Ask yourself, "Am I able to say 'no'?" and "Am I comfortable with what is happening?"
- Communicate clearly if you don't like what someone is doing - don't be afraid to make waves
- Take care of yourself on a date: Be prepared to pay your own way, have access to a phone, arrange for transportation
- Get out of the situation as soon as you sense danger or feel afraid
- Learn about your ability to protect and defend yourself. Take assertiveness training and self-defense courses

REDUCE THE RISK OF RAPE AND AS

WAYS TO PARTY SAFE:

Before the Party

- x Plan a safe ride home; designate a sober driver
- x Plan events where alcohol is not the primary focus
- x Eat some food
- x Plan ahead what you can say or do if you are in an uncomfortable situation
- x Go to the party with friends and agree to leave together

During the Party

- x