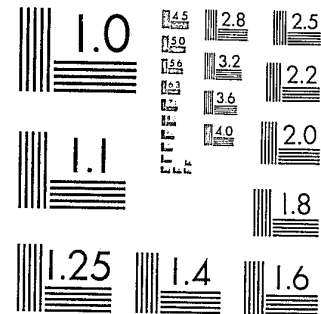


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National Institute of Justice
United States Department of Justice
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rape

ideas for self protection

U.S. Department of Justice 80183
National Institute of Justice

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TOWNSHIP OF HOWELL DEPARTMENT OF POLICE

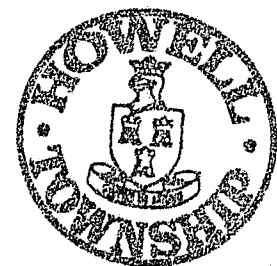
201-938-4575
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Howell, N.J. 07731

Violent crimes in the United States are rising each year, and each of us must take additional precautions to protect ourselves from becoming a crime victim. RAPE (aggravated sexual assault or sexual assault) is considered by many to be the most violent and brutal crime in our society. YOU should be concerned about rape because EVERY WOMAN IS A POTENTIAL VICTIM, regardless of age, race, class, anytime, anywhere. Every woman must take steps to avoid becoming the next victim of this type of crime.

This booklet has been prepared to provide the women of our community with some basic facts about rape and rape prevention concepts, and to encourage the proper and immediate reporting of any actual incidents of rape to the police.

For additional information on rape and rape prevention, contact the Crime Prevention Unit of the Howell Township Police Department at 938-4575, ext. 308 or 309.

Ptl. William Hartung
Kimberly Dorf



Harvey F. Morrell, Jr.
Chief of Police

HOWELL TWP. POLICE
CRIME PREVENTION UNIT
938-4575 FX 308

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RAPE

The Victims

Rape, the most personal of all crimes known to man, written in our history and prosecuted by our judicial system, is increasing at an uncontrollable rate. Rape is a crime that has more than just one victim. The first and most evident victim would be the woman who was forced against her will to have sexual intercourse. The second victims, the less thought of, would be the family of the raped woman. Not just an irate husband or boyfriend, but the mother and father, children, relatives, friends, neighbors and business associates. All of these persons are directly affected by the crime of rape. The husband of a rape victim is usually full of misconception, misunderstanding, and even anger about the incident, along with relatives and friends.

Often in the crime of rape, the victim's emotions are frequently overlooked in the rush to expediate the legal and medical procedures involved. Rape is a traumatic experience. Therefore, each case should be handled with the utmost care for the victim's physical and psychological needs. The physical needs are medical assistance immediately after the rape has occurred, to treat any wounds that might have resulted from the criminal act, to conduct tests for pregnancy, and to examine the victim for possible VD from the attacker. The psychological needs of the victim cover a wide spectrum of events. First, through the physical examination, to rest the mind of the victim from the fear of either the return of the rapist, pregnancy, or VD. Second, to aid the victim through the critical stages by furnishing a person to stay with her through both the medical and legal aspects of the case. Third, to render assistance in relocating her residence, changing of telephone numbers, finding job placement, or any number of related tasks.

Rape - Not a Selective Crime

Due to the misconceptions surrounding the crime of rape, many women feel that they will never become a rape victim because of their age, race, or even size. But to the surprise of all, rape is not a selective crime. The victims range from the age of 3 months to 86 years, from all races, colors, creeds, and all physical shapes and sizes. No one is exempt from the crime of rape.

Some Common Myths About Rape

- "WOMEN ARE RAPED BY STRANGE MEN IN DARK ALLEYS."
Fact: Most rapists know or are "friends" of their victims. Half of all rapes happen in the victim's home.
- "RAPISTS ARE IMPULSIVE AND MOTIVATED BY UNCONTROLLABLE DESIRES"
Fact: Over 70% of all rapes are planned. Both the victim and

place are usually decided on beforehand.

- "ONLY WOMEN WITH BAD REPUTATIONS ARE RAPED."
Fact: Reputation has nothing to do with it; the rapist's desire is chiefly "control," not sex.
- "WOMEN SECRETLY WANT TO BE RAPED."
Fact: Rape victim's do not enjoy, expect, or "ask for" rape.
- "WOMEN ARE POWERLESS AGAINST RAPE."
Fact: There are Many Ways women can prevent rape and get help if they are raped.

Rape - Who is the Rapist

Generally speaking, the rapist is a sick human being, but we must remember that he is a human being. Being a human being, the rapist has certain psychological needs. He may feel that his victim is on a higher level socially than he is and by the humiliation or degradation of raping this woman, it will pull her down to his level. The rapist may put her on a pedestal, feeling that she is just what he has always wanted in a woman but cannot have. So, he feels that rape is his only answer. In any context that we might perceive the rapist, he is a man with a complex problem and needs help. Who the rapist is can best be described as a sick individual. Therefore, as previously mentioned, a rapist can be anyone. His physical features and psychological make-up cannot be stereotyped.

Patterns a Rapist Uses:

- SURPRISE ATTACK: suddenly assaulting a woman who's a stranger to him.
- AFTER INITIAL CONSENT to sexual relations by the victim, who changes her mind. He then uses force to have sex with her.
- MARKED VICTIM: assaulting a woman he's acquainted with in some way, often someone who feels there's no reason to fear him.

Self Protection Methods:

Because all women and all situations are different, there is no one way for a woman to protect herself. Women have different capabilities, and you must decide for yourself the best defense method for you. Like many women, you may not want to think about the terrifying possibility of rape. But if you give some thought to what you might do, you will take a long step toward preventing rape.

Following are three alternatives available to you.

1. KARATE-- Karate is the best martial art for self protection. It is designed to maim and/or kill your attacker. Your goal is to incapacitate and then escape. Because karate is an art, it requires much practice and effort to become proficient. Although an excellent means of self defense, karate will not work in all situations, i.e., an attacker has a gun to your head. Training is available in most cities through specialized schools.
2. ACTIVE RESISTANCE - Active resistance is not an art form and can be learned relatively quickly. It is designed to distract or temporarily injure your attacker, not to incapacitate him. Your purpose is to react immediately to startle or surprise your attacker. Active resistance involves the use of any weapon which you have available (Hairspray, nail-

file, pins, keys) as well as the use of your body (screaming, kicking, running) Active resistance necessitates that your forceful reaction be immediate. Seldom will such resistance incapacitate your attacker, therefore you will have only moments to escape. * CAUTION: Usually a rapist expects a timid or passive reaction. Yelling, hitting, biting, poking eyes, kicking often gives a victim a chance to escape if done instantly. But an active reaction may lead to further harm. Be realistic about your ability to protect yourself. And it's probably better not to carry or use weapons, as they can be used against you if you're not immediately successful in your use with them.

3. PASSIVE RESISTANCE - The philosophy and design of passive resistance is to give you a method of self defense which, if it fails, will not cause physical harm. Its philosophy is that the rapist is a violent, dangerous person who will meet your resistance with violence and injury to you. The goal of passive resistance is to think and talk your way out of the situation.

Advocates of passive resistance believe that under no circumstances should you do anything that might endanger your personal safety unless you believe your attacker is going to kill you. The method teaches you to remain calm and use your head. Passive resistance, like the other methods of self protection, will not work all of the time.

TWO RAPE PREVENTION THEORIES

- I. The "SAFE" approach to rape prevention combines common sense safety precautions with active resistance as a last resort. While we would not generally recommend the active resistance, the "SAFE" theory does have many valid suggestions in the areas of being aware and being alert

SECURE
AVOID
FLEE
ENGAGE

1. SECURE

A. The Home.

The women should be alerted to certain precautionary measures that they can take to prevent a rape in their home. These precautions are basically simple but can be extremely effective in preventing rape.

1. Lock all doors and windows when staying alone.
2. Make sure you have the only keys to your home.
3. Leave a radio or television on so that it would appear you are not alone.
4. Pull all drapes and curtains completely closed to prevent seeing in from the outside.
5. If you live alone, use your initials and last name only, not Miss or your first name.
6. Have a peephole installed to properly identify persons before opening the door.
7. Never open your door to a stranger. Require identification from all repairmen, policemen, salesmen, etc. If the identification is questionable, call the police immediately.

8. Leave adequate interior and exterior lighting on at night.
9. Never let a stranger into your home to use your telephone. If an emergency exits, offer to make the call yourself.
10. If you return home and suspect that someone has entered your home, DO NOT ENTER OR CALL OUT. Use a neighbor's telephone to call police.
11. If you are uneasy about any situation call the police.
12. Get to know a neighbor you could trust in an emergency.
13. Vary your routine a little each day. Remember: most rapes are planned.

B. The Automobile

The women should be aware of all precautionary measures that can be taken while getting in and out of their automobiles, while driving, and when car trouble occurs.

1. Keep your car locked at all times, even in your garage at home.
2. Have your keys out and ready when approaching the car.
3. While driving, lock all doors and keep the windows rolled up.
4. When parking, do so only in a well lighted area of the street or parking lot.
5. Upon returning to your automobile have your keys ready and always check the back seat for persons hiding.
6. If you have car trouble, raise the hood and trunk of your car, get back inside and lock all doors.
7. If anybody stops to offer help, ask them to call the police for you. Do not get out of your car. Roll the window down only enough to convey your message.
8. Travel on well lighted and populated streets and thoroughfares.
9. Keep your car in good repair. Check the tires, oil, and gas level in order to prevent a breakdown.
10. If you believe you are being followed, do not go home but stop in a public place such as a gas station, tavern, fast food store or head for the nearest police station.
11. Never stop to pick up hitch hikers or stop to give assistance to a lost person or disabled vehicle.

C. The Walker.

1. If you must travel by foot, be alert.
2. Walk in groups, there is safety in numbers.
3. Walk in lighted areas not on dark streets.
4. Never hitchhike or accept a ride.
5. Walk facing traffic.
6. Walk near the curb in order to avoid someone pulling you into an alley or doorway.

HOW TO SAY NO TO A RAPIST - AND SURVIVE

The key points of Storaska's film and book are as follows;

7. Shun shortcuts, especially through backyards, parking lots, and alleyways.
 8. If you feel you are being followed, immediately go to a busy public area. If you feel you are in danger SCREAM AND RUN. Do not worry about looking foolish.
 9. Try to inform someone where you are going, your route, and the time of your return.
- D. The Telephone.
1. Do not give personal information over the telephone.
 2. Women should list only their last names and initials in the telephone directories and preferably no street addresses.
 3. If you receive an obscene phone call, hang up and call the police.
 4. Do not prolong a conversation on a misdialed number, give only your number.
2. AVOID
- Avoid any situation which might leave yourself vulnerable to being raped. Avoid high crime areas of town where this type of attack would be most likely. By being alert and being aware of where you are and who you are with, most rapes can be avoided.
3. FLEE
- If the woman finds herself in the situation where the threat of being attacked or raped is prevalent, then flight is her best alternative.
4. ENGAGE
- For obvious reasons, opting to physically engage your attacker should be avoided whenever possible. If you must engage your attacker, attempt it through the "passive resistance" concept of Frederic Storaska.

II. STORASKA APPROACH TO RAPE PREVENTION

Frederic Storaska, one of the most noted and controversial lecturers on the subject of rape in the United States, has been presenting his lectures on rape prevention for over eleven years. Storaska's approach to rape prevention is a new innovation compared to the traditional approach used by law enforcement.

Storaska believes that every woman has the absolute right not to be raped. Regardless of who or what the woman is or might be, even a "whore" can be raped. Storaska stresses the fact that women are logical, intelligent human beings. By overcoming her initial fears and shock of being raped, the woman can in many cases use her head and talk her way out of the threatening situation.

Storaska's main point in his presentation is: If you try something and it does not help you get out of the rape situation, it must not hurt you. This approach means that if a woman tries to avoid the rape either by talk or action and it does not work, then she should have the right to try again.

1. RETAIN -- OR REGAIN -- YOUR EMOTIONAL STABILITY.

If you're emotionally unstable, you're not going to be able to read the rapist, or take effective or rational action against him. You're going to miss clues that if spotted would help you slip out of danger. The plain fact is that when a woman maintains emotional control in the assault situation, she has control.

2. TREAT THE RAPIST AS A HUMAN BEING.

It's not easy to treat your assaulter as a human being. If you're going to avoid a rape or injury, you'll have to treat your attacker as a human being and you'll have to make sure he gets the message!

3. GAIN HIS CONFIDENCE.

Few women realize it, but in general, the rapist is just as frightened as his victim during the assault. For your own safety, you'll have to ease his fears. REASSURE him so that he knows that you do not represent a threat, mentally or physically. Unless this is done you will be in danger throughout the assault. Gaining the man's confidence has been the essential step in women gaining their freedom, unmarked and unharmed.

4. GO ALONG UNTIL YOU CAN SAFELY REACT.

Your impulse, when assaulted, may be to act in immediate self defense. That impulse could cost you everything if you follow it. Give the impression of going along with your assaulter, for awhile; this will give you time to gain your emotional stability. Your need to go along will end, when you see or devise a chance to safely react. It's safe when your assaulter's guard is down. It's safe when you figure out which approach will work safely.

5. USE YOUR IMAGINATION AND GOOD JUDGEMENT.

Do not attempt anything beyond your capabilities or something that is unbelievable. Do something that is character, there is more of a chance that you will pull it off. Examples that have been used: Vomiting; urinating; if two females are together -- act as if you are lesbians; stating that you are pregnant or have your period; faking a faint or anything else THAT WILL HELP YOU BUT NOT HARM YOU!

REPORTING A RAPE

The police can only arrest a criminal if they are made aware of the offense. If you are raped, CALL THE POLICE IMMEDIATELY.

DO NOT douch or bathe.

DO NOT touch anything at the scene of the rape.

DO NOT change clothes (all physical evidence, including seminal fluid, hair, blood types, and scrapings of flesh from victim's nails are used in court.)

DO NOT rinse out your mouth.

DO NOT eat or drink or eat anything.

DO NOT feel guilty. You have not done anything wrong.

While waiting for the police, recall all you can about your attacker. Write it down if possible.

Information most needed by police:

1. Car license, make or model, color.
2. Race of assailant.
3. Approximate age, weight, and height.
4. Hair color and length.
5. Color of eyes.
6. Clothing.
7. Any unusual marks, scars, tattoos, rings, etc.
8. Weapon description.

In court your testimony will center on;

1. Events leading up to the assault; where and when you met the rapist; what you were doing and saying before it happened.
2. The rape itself -- complete description of everything that happened.
3. Your actions immediately afterwards; who you told about it; when you reported it.

REMEMBER -- the attorney defending the rapist will do all he can to discredit you. The court experience will not be pleasant. BUT, rapists are often repeaters. You may save another woman's life by following through.

END