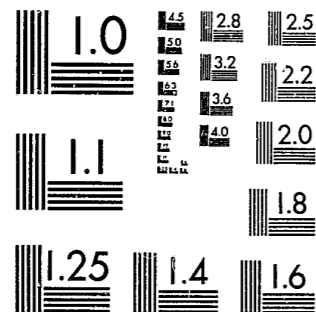


National Criminal Justice Reference Service



This microfiche was produced from documents received for inclusion in the NCJRS data base. Since NCJRS cannot exercise control over the physical condition of the documents submitted, the individual frame quality will vary. The resolution chart on this frame may be used to evaluate the document quality.



MICROCOPY RESOLUTION TEST CHART  
NATIONAL BUREAU OF STANDARDS-1963-A

Microfilming procedures used to create this fiche comply with the standards set forth in 41CFR 101-11.504.

Points of view or opinions stated in this document are those of the author(s) and do not represent the official position or policies of the U. S. Department of Justice.

National Institute of Justice  
United States Department of Justice  
Washington, D. C. 20531

10/6/83

87229

# Sexual Assault Prevention Handbook



Crime Prevention Center  
California Department of Justice  
George Deukmejian, Attorney General

U.S. Department of Justice 87229  
National Institute of Justice

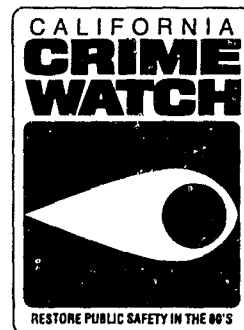
This document has been reproduced exactly as received from the person or organization originating it. Points of view or opinions stated in this document are those of the authors and do not necessarily represent the official position or policies of the National Institute of Justice.

Permission to reproduce this copyrighted material has been granted by

California Department of  
Justice

to the National Criminal Justice Reference Service (NCJRS).

Further reproduction outside of the NCJRS system requires permission of the copyright owner.



For further information or additional copies of the *Sexual Assault Prevention Handbook*, write:

Crime Prevention Center  
Office of the Attorney General  
555 Capitol Mall, Suite 290  
Sacramento, CA 95814

January 1982

Cover photographic illustration by Jerry Telfer.  
Reprinted by permission from the March 17,  
1977 *San Francisco Chronicle*.

Illustrations within this publication are from  
*How to Protect Yourself Against Sexual Assault*,  
published by the Advertising Council, Inc. and  
the Crime Prevention Coalition.

## Introduction

Sexual assaults are among the ugliest and most psychologically devastating of violent crimes. They threaten, violate and criminally deprive victims of their basic human right to the safety and sanctity of their person. Sexual assaults are also among the most underreported crimes due to fear, shame and misunderstanding.

Sexual assaults include such crimes as rape, sodomy and oral copulation. It has been estimated that one out of ten women may be assaulted during her lifetime. However, *any* person can be a victim of sexual assault, regardless of race, age or sex — *anywhere, any time*. In fact, men are frequently sexually assaulted by other men. Because the majority of rape victims are female, this publication is primarily directed to women. However, the information is also relevant to men — both as potential victims or as the friend, family or lover of a female victim.

The legal definitions of rape, sodomy and oral copulation differ, but the emotional trauma caused by such assaults are the same. Thus, most information regarding rape also pertains to other forms of sexual assault. Hence, the terms "rape" and "sexual assault" will be used interchangeably in this report.

This publication is designed to educate men and women about sexual assault. The goals are: first, to encourage people to become involved in their own protection — involvement and awareness are two important tools which, when used effectively, can decrease the opportunity for rape; second, to make men and women generally more informed and better prepared to deal with sexual assaults when they do occur, including a thorough understanding of the alternatives available to, and the rights of, sexual assault victims.

*George Deukmejian*  
Attorney General  
State of California

## Table of contents

### 4 The facts about sexual assault

- 4 The law
- 5 The victim
- 5 The situation
- 5 The rapist

### 5 Reduce your risks

- 5 Outside security
- 6 Home security
- 7 Vehicle security

### 7 Know your defenses

- 7 What should you do if you are attacked?
- 7 Submitting to the attack
- 8 Passive resistance
- 8 Active resistance

### 9 If you do become a victim

- 9 Law enforcement
- 10 Medical procedures
- 10 Court procedures

### 11 Victim rights

- 11 Victim personal rights
- 11 Victim legal rights
- 11 Victim medical rights

### 12 California directory — Rape crisis centers (Alphabetized by city)

# The facts about sexual assault

Many people have the wrong idea about sexual assault and/or rape. They believe that rapists are overcome with sexual desire or that a woman may have dressed too seductively or "asked for it" in some manner. Some people even believe that all women want to be raped.

These ideas assume that rape is a sexual act, a crime that is motivated by desire. It isn't. It is a violent crime; a hostile attack; an attempt to hurt and humiliate. Sex is used as a weapon.

California law defines rape as "sexual intercourse" accomplished against the victim's will by the use of force or fear. In California, any form of sexual conduct carried out against a person's will is a crime whether the person is male or female.

## THE LAW

The basic California Penal Code laws dealing with sexual assault are as follows:

*Section 261* defines the crime of rape as an act of sexual intercourse, accomplished with a person not the spouse of the perpetrator, under any of the following circumstances:

- Where a person is incapable, through lunacy or other unsoundness of mind, whether temporary or permanent, of giving legal consent.
- Where it is accomplished against a person's will by means of force or fear of immediate and unlawful bodily injury on the person or another.
- Where a person is prevented from resisting by any intoxicating, narcotic or anaesthetic substance, administered by or with the privity of the accused.
- Where a person is at the time unconscious of the nature of the act, and this is known to the accused.
- Where a person submits under the belief that the person committing the act is the victim's spouse, and this belief is induced by any artifice, pretense or concealment practiced by the accused, with intent to induce such belief.

*Section 261.5:* Commonly known as statutory rape, defined as any sexual intercourse with a female "not the wife of the perpetrator" where the female is under the age of 18 years.

*Section 262:* Rape of a person who is the spouse of a perpetrator, defined as an act of sexual intercourse accomplished against the will of the spouse by means of force or fear of immediate and unlawful bodily injury on the spouse or another.

There can be no arrest or prosecution for spousal rape unless the violation is reported to a peace officer or the the county district attorney within 30 days of its occurrence.

*Section 263:* "The essential guilt of rape consists in the outrage to the person and feelings of the victim of the rape. Any sexual penetration, however slight, is sufficient to complete the crime."

*Section 264:* The punishment for rape as defined in Section 261 is three, six or eight years in the state prison. As defined in Section 262, rape is punishable by imprisonment in the county jail for not more than one year, or in state prison for three, six or eight years. If the defendant committed rape and also inflicted great bodily injury on the victim, the punishment is 15 years to life imprisonment in the state prison. "Statutory rape" is punishable by one year in county jail or up to three years in the state prison.

*Section 266:* Sodomy, defined as "...sexual conduct consisting of contact between the penis of one person and the anus of another person." When the act is accomplished against the victim's will by means of force, violence, duress, menace or fear of immediate and unlawful bodily injury on the victim or another person, it shall be punishable by imprisonment in the state prison for three, six or eight years.

*Section 288(a):* Oral copulation, defined as "...the act of copulating the mouth of one person with the sexual organ of another person. . ." When the act is accomplished against the victim's will by means of force, violence, duress, menace or fear of immediate and unlawful bodily injury on the victim or another person, it shall be punishable by imprisonment in the state prison for three, six or eight years.

*Section 289:* Foreign object rape, defined as follows:

"(a) Every person who causes the penetration, however slight, of the genital or anal openings of another person, by any foreign object, substance, instrument, or device when the act is accomplished against the victim's will by means of force, violence, duress, menace, or fear of immediate and unlawful bodily injury on the victim or another person for the purpose of sexual arousal, gratification, or abuse, shall be punished by imprisonment in the state prison for three, six or eight years."

"(b) As used in this section, 'foreign object, substance, instrument, or device' shall not include any part of the body."

## THE VICTIM

If you think rape is motivated by sexual desire or happens because the victim has "asked for it," look at the facts. Rape can happen to anyone. Victims include: children, grandmothers, students, working women, mothers, wives, the rich and the poor, and even males.

## THE SITUATION

Perhaps you think rape happens only in certain high-risk situations, hitchhiking; walking alone at night; going alone to bars. It's true that rape can happen in these situations; however, many rapes take place in ordinary, seemingly safe places. In fact, about one-third of all rapes occur in or near the victim's own home.

## THE RAPIST

Imagine a rapist. Whom do you picture? A sex-crazed man? A psychopath? More often than not, these stereotypes are wrong. Most rapists do not look peculiar or act strangely, but they may be less stable and more aggressive than most people. They may dislike women. Mainly, they want to hurt, humiliate and degrade another human being.

Rapists are not always strangers to their victims. In over one-third of reported cases, the rapist is an acquaintance, neighbor, friend or relative.

The characteristic which sets rape apart from other crimes of violence is that the sex act is involved. However, the reasons behind the sexual assault are more extensive than mere lust or sexual gratification. A rapist receives satisfaction from the psychological effect of supreme control over another person and, through this act, can temporarily alleviate his feelings of inadequacy.

# Reduce your risks

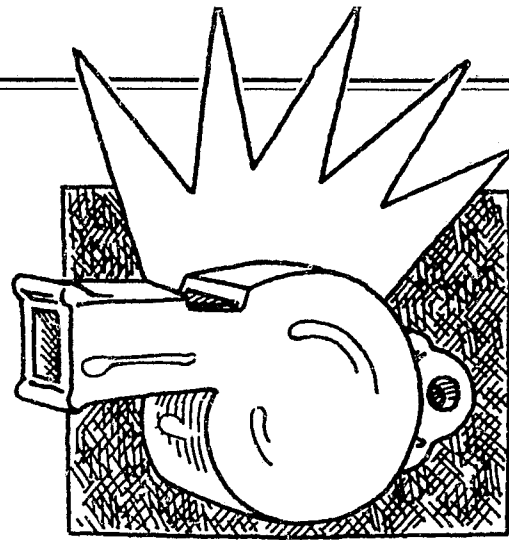
First, face the facts about rape. This understanding will allow you to make an accurate assessment of your own situation. You may develop a greater awareness of your surroundings and, because of this awareness, you will decrease the chances of suffering an attack yourself. The attitude that "it will happen to someone else" is dangerous because it prevents you from being as alert as you should be to possibly dangerous situations and, specifically, from planning what you will do if an attack does occur.

To be prepared, you should consider various kinds of confrontations and practice responses to would-be attackers. Practice will help to impress desired responses into your memory and enable you to recall them even under the stress of a real encounter.

## OUTSIDE SECURITY

Many rapes occur outside the home, on the street, in a park, playground or schoolyard. Lack of suspicion and familiarity with your surroundings make you a likely target for a person seeking a victim. By walking in a fearful or uncertain manner you transmit fear and timidity — prime "victim" signals. Learn to be aware of body language and use it to your advantage. Try these tips:

- Stay in well-lighted areas as much as possible.
- Walk confidently and at a steady pace. A rapist looks for someone who appears vulnerable.
- Walk on the side of the street facing traffic.
- Walk close to the curb. Avoid doorways, bushes and alleys where a rapist can hide.
- If you think you are being followed, walk quickly to areas where there are lights and people. If a car appears to be following you, turn and walk in the opposite direction.
- Be careful when people in cars ask you for directions. Always reply from a distance and never get close to the car.



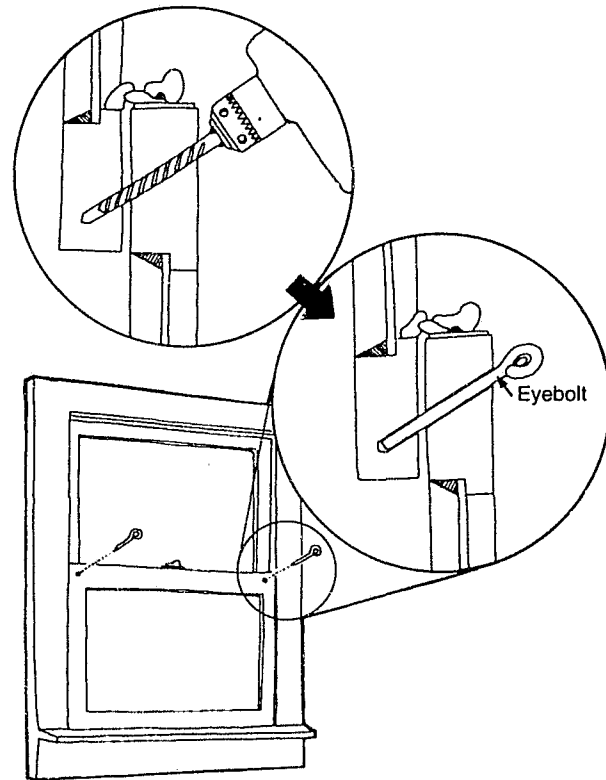
- If you believe you are in danger, don't be reluctant to scream and run. Consider carrying a whistle or any type of noisemaker. And, if you're in trouble, use it!
- If you are in trouble, attract help in any way you can. Scream, yell for help, yell "Fire!" or break a window. Remember, if a weapon is involved, your choices will be limited.
- Probably the most effective deterrent to any type of attack is to travel with a friend whenever possible.

#### HOME SECURITY

Many sexual assaults occur in the victim's home — sometimes in a garage or an apartment laundry room. In some cases, the rapist may be a burglar who breaks into a house and unexpectedly finds someone home. In others, an attacker purposely looks for women home alone. One of the best ways to prevent sexual assault is to secure your home. For complete home security information, contact your local law enforcement agency or send for the *Home Safety Handbook* from the Attorney General's Crime Prevention Center. Following are some important home security tips:

- Make sure all doors and door frames are solid and sturdy. Entry doors should be solid-core wood or metal. Good locks, such as deadbolt locks with 1-inch throws, are a must. Don't rely on chain locks. A person of average size can easily break most chain locks.
- Have your locks changed or rekeyed or a new lock added when you move into a new house or apartment.
- Install a peephole-viewer in your door. And use it! *Never* open your door without knowing who is on the other side.

- Install good exterior lighting around your house.
- Make sure all windows can be locked securely. Special key locks are available for windows. Drill holes through the overlapping frames of double-hung or sliding glass windows; then insert a nail or an eyebolt in the hold so windows cannot be opened more than a few inches.



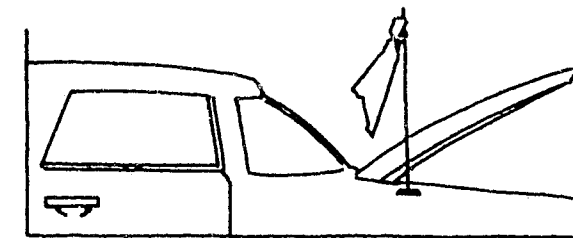
- Secure sliding glass doors the same way. Bolster the existing lock by placing a solid strip of wood or a broom handle in the track of the closed door or install an aluminum rod for even greater protection.
  - Be sure to use these door and window locks at all times — when you are out and especially when you are home.
  - If you live alone, do not advertise it. Use only your initials and last name on your mailbox and telephone listing.
- Along with installing physical security mechanisms, you should develop the following personal safety habits:
- Always check identification before opening your door. Ask that identification cards of repair or sales people be slipped under your door for you to check. If there is any question, call the person's office. Any reputable sales agent or repairperson will be glad to have you check.

- If strangers ask to use your telephone in an emergency, offer to make the call yourself. Have them wait outside while you make the call.
- If strangers or repairpersons telephone or come to your door, do not admit that you are alone.
- If you live in an apartment, avoid being in the laundry room or garage by yourself, especially at night. Tell your landlord if security improvements are needed. Better lighting, stronger locks and night security guards are methods to make a building safer.
- If you come home and find a door or window open or signs of forced entry, do not go inside. Go to the nearest telephone and call the police.

#### VEHICLE SECURITY

Be especially cautious when driving your car. Reduce risk by taking these precautions:

- After entering or leaving your car, always lock the door.
- Check the back seat before you get in.
- Keep doors and windows closed and locked while you drive.
- If you think you are being followed, drive to a public place or a police station.
- If your car breaks down, open the hood and attach a white cloth to the car antenna. Then wait inside the car with the doors locked. If someone stops to help, stay in your locked car and ask them to call the police or a garage.



- It is suggested that you never hitchhike; but, if you choose to hitch a ride, follow these tips:
- Do not hitchhike alone or in deserted places.
  - Accept rides only from women or older couples, not from single men or rowdy groups.
  - Ask the driver's destination before telling yours.
  - Be aware of the driver's behavior while you are riding and sit next to the door.
  - If the driver does not take you to your destination, stay calm. Try to get him to stop for something to drink or eat, then run to the restroom or ask someone for help. Look for an opportunity to escape.

## Know your defenses

#### WHAT SHOULD YOU DO IF YOU ARE ATTACKED?

... It depends. It depends on you, on the attacker, and on the whole situation. Without knowing the situation, nobody can tell you what you can do, or what you should do, but there are some things to consider.

Women's socialization teaches them to be ladylike, polite and helpful. In short, to be nice. At times, this works to their disadvantage. One shouldn't be nice to a rapist. Without proper suspicion and awareness of what sexual assault is and how it occurs, you may put yourself in dangerous situations — and not even know it.

Anyone can be a victim of sexual assault. So, you should think about the kinds of defense you would be willing to use. Now is the time to consider your options. There is little time to think during an attack. Could you really hurt someone who tried to hurt you?

You must come to grips with what you are willing to do to an attacker. Are you willing to scream? Are you mentally prepared to injure your attacker? Each person sets limits and boundaries as to what he or she will take from someone else. It is important to think about and establish these limits so you can make quick decisions in case of attack.

Remember, rape is a crime of violence, not sex. You have to assume that the rapist is willing to use violence. If attacked, your main concern, always, must be your safety. Your safety and/or your ability to deter an attack may be dependent upon your ability to stay cool and calm.

#### SUBMITTING TO THE ATTACK

In every rape, the attacker threatens the victim's safety or life. Sometimes a rapist threatens the victim's children or other family members.

If you believe you might get hurt by defending yourself, or if you're afraid to fight back, don't. It is not necessary that you resist. Submitting to a rape out of fear for your own or your family's safety, does not mean that you consented. It is still a rape and still a crime, even if you do not have a single cut or bruise. It should still be reported to the police. Victims who do not resist should never feel guilty. It is the rapist who committed the crime!

### PASSIVE RESISTANCE

Sometimes a victim may want to resist but is afraid to scream or fight back. In these cases, a more passive type of resistance may help to "defuse" the violence of the attacker. With passive resistance you can:

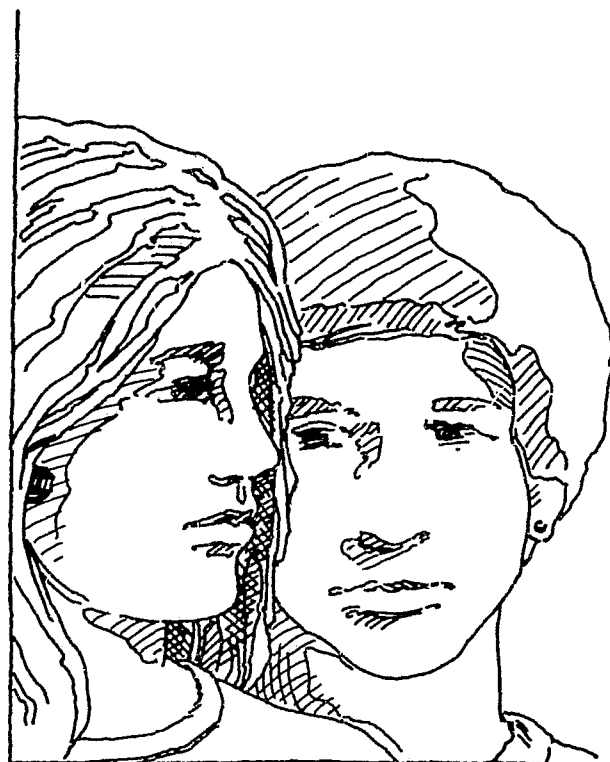
- Try to calm the attacker. Talk to him and try to persuade him not to carry out the attack. If you win his confidence, you may be able to escape.
- Claim to be sick or pregnant. Tell him you have VD. This may deter the attacker.
- Try to discourage the rapist. Some women pretend to faint, some cry hysterically, others act insane or mentally incapacitated.
- If you're at home, tell the attacker a boyfriend is coming over or that your husband or roommate will be home soon.

### ACTIVE RESISTANCE

Nobody can tell you whether active resistance — screaming, struggling, fighting back — will be the "right" thing to do. In some cases, it can frighten off or discourage the attacker. But resistance may also lead the rapist to become more violent or increase his desire to subdue the victim.

There are many kinds of active resistance. Here are some pros and cons regarding the most common ones:

- *Screaming* — A scream can surprise or frighten an attacker away if he fears that people will come to help; but screaming won't help in isolated areas.
- *Struggling and fighting back* — A forceful struggle also may discourage the rapist. If you are not afraid to hurt someone, and can land a strong kick or blow, fighting back may give you the opportunity to escape. All blows or kicks must be forceful and should be aimed at vulnerable areas.
- *Martial arts* — Special self-defense courses, such as judo or karate are very popular in some areas. Many women have taken courses to protect themselves from attack. If you are proficient in these techniques, they can be very effective. But proficiency takes continuous practice.



- *Weapons* — Some women carry weapons, such as guns, knives or chemical sprays, to ward off attackers. Unless you are trained and not afraid to use these weapons, *they can be very dangerous*. The attacker might be able to turn them against you. In the state of California, it is illegal to carry some weapons, including all concealed firearms. To legally carry most chemical sprays, you must complete a training course offered by a certified agency or organization. For more information on these courses, contact the Department of Justice Training Center: 916/322-2132. *Check with your local law enforcement authorities before you select a weapon.*

*In many cities and towns, groups like the police and sheriff departments' crime prevention units, YMCA, YWCA, women's clubs, rape crisis centers and local high schools have programs on rape defense and protection. Check with your local groups to see if they offer such help.*

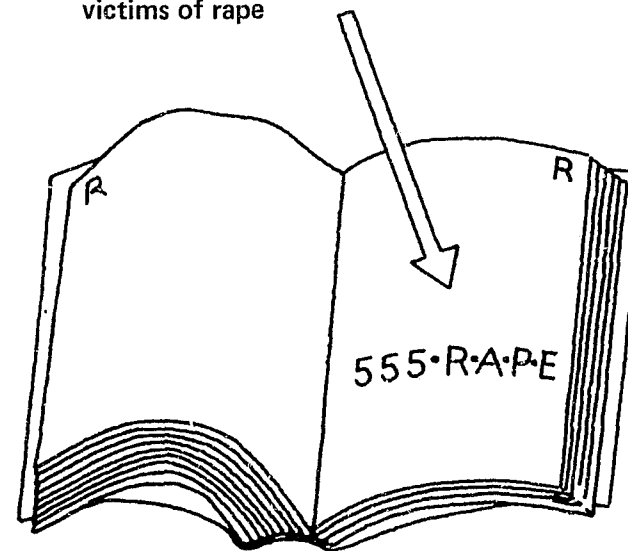
## If you do become a victim

Many victims of sexual assault don't know where to turn for help or what to do. They may be afraid or ashamed to talk to anybody, or they may try to act as though nothing happened.

If you have been assaulted, get help quickly. Call your local law enforcement agency. They can take you to the hospital, put you in touch with community services and get information from you about the crime that will help them arrest the rapist.

If you prefer not to call the police right away, get help from a friend, your doctor, a hospital emergency room, or contact a rape center or other crisis service that may be available in your community. Rape crisis programs usually have a hot-line number you can call day or night. They can explain your choices, offer counseling, or even contact the police for you. Check the white pages of your telephone directory and jot down the number.

### Special services for victims of rape



The most important thing to remember after an attack is that you should not destroy any possible evidence. Do not touch anything; do not change your clothes, shower, wash or douche until after you have contacted the police and been taken to the hospital.

While the impulse may be strong to "wash away" the ugliness of the attack — remember law enforcement officers can use every shred of evidence to aid in the arrest and conviction of your attacker. Modern techniques make it possible to obtain extensive evidence from an undamaged crime scene. Skin, blood, saliva, hair, seminal and other samples can be collected and used to help identify and convict the rapist.

Remember, law enforcement is on your side. They have been trained to deal with you in a sensitive and understanding manner. They are not judging you. Your full cooperation will make their job easier and increase the likelihood that your assailant will be caught and convicted.

### LAW ENFORCEMENT

Did you know that most rapists are "repeat offenders?" They strike again and again — sometimes assaulting dozens of women every year.

Law enforcement needs your help to catch the rapist. As mentioned earlier, they can get valuable information from you that may help arrest a suspect. Even if you decide not to press charges against the rapist, or if your attack was an attempted rape, the information you give the law enforcement officer could be helpful in other cases.

What happens if you call your law enforcement agency? First, they will make sure you are safe. They will help you get to the hospital. They will be able to tell you about counseling or other assistance available to you.

Law enforcement officers also will question you about what happened. This discussion may take place before or after you visit the hospital. Then the officers will examine the place where the crime occurred and collect evidence. A detective may also talk with you soon after the attack. The detective will ask you to describe what happened and will ask some very specific questions. Remember, the more information you can give, the better your case will be. Do not be embarrassed by the explicit and direct nature of the questions. The detective needs to know *exactly* what happened to aid in the collection of evidence and pursuit of your assailant. In many law enforcement agencies, the detective will be a specialist in sexual assault cases. You can have someone of your choice with you during the questions — perhaps a friend, relative, spouse or rape crisis counselor.

The detective may ask you to look at photographs of suspects. If a suspect is arrested, you will be asked to identify him in a "line-up." You view the line-up through a one-way mirror so the suspect cannot see you.

#### MEDICAL PROCEDURES

It is very important to get medical help as soon as possible after an attack. Usually, law enforcement officers will take you to the hospital. If you prefer, go there yourself or have a friend take you.

At the hospital, you will be given a medical examination to make sure you are all right and to collect medical evidence. This evidence will be used in court if an arrest is made. At your request, the doctor can give you medication to prevent venereal disease and/or pregnancy.

If you sustained injuries as a result of the sexual assault, you may require x-rays, laboratory work, dressing changes, minor surgical care and/or medications. Be sure you know how these injuries are to be cared for at home and when to return to the hospital for follow-up checks.

As a result of a sexual assault, you may experience unexpected changes in your life. As sexual assault often presents a serious threat to your safety and well-being, it is understandable that you may experience mental or emotional stress after an assault.

Researchers have recently identified a "rape trauma syndrome," which is experienced to some degree by each rape victim, whether or not violence was involved.

The first phase, or acute "disorganization phase," can last anywhere from a week to three months. In the beginning, you may have physical pain, anxiety, depression, a sense of loss of control and self-esteem, nausea, vomiting and insomnia. You may also feel guilty or blame yourself for being in the wrong place at the wrong time.

The second stage of the rape trauma syndrome, the long-term "reorganization phase," may last a year or even longer. It is often characterized by minor or major adjustments in life style, motivated by fear. For example, you may change your telephone number, move to a new address, quit school, or even leave your job.

It is important that you be aware of these typical behavioral changes to assure yourself that what you are going through is "normal." But most important, remember that these behavioral changes are not permanent. They will disappear in time and/or with proper counseling. The hospital staff can refer you for psychological counseling if you feel you need it. In addition, your family and friends may also be affected by what has happened and may benefit from counseling assistance.

#### COURT PROCEDURES

If a suspect is charged with a rape and the case is brought to court, the district attorney who prosecutes the accused rapist will probably question you about the assault. After reviewing the facts of the case, the district attorney has three options:

- 1) If the evidence is very good, and if the suspect does not plead guilty, the prosecutor may take the case to trial. If so, you may be asked to testify as a witness for the prosecution. The prosecutor will probably talk to you several times before the trial to help you prepare. If rape counselors are available in your community, they or other persons you may choose may accompany you to the trial.
- 2) If there is good evidence, but perhaps not good enough to convict the accused of rape, the prosecutor might start a "plea negotiation." In this bargaining process, the prosecutor agrees to charge the rapist with a less serious crime, such as attempted rape or assault, if the rapist agrees to plead guilty. That way, the prosecutor makes sure that the suspect is convicted of a crime, even though it is a less serious charge.
- 3) If there is not enough legal evidence, the prosecutor may decide to drop the case. This does not mean the prosecutor does not believe you — just that there was not enough legal evidence for prosecution.

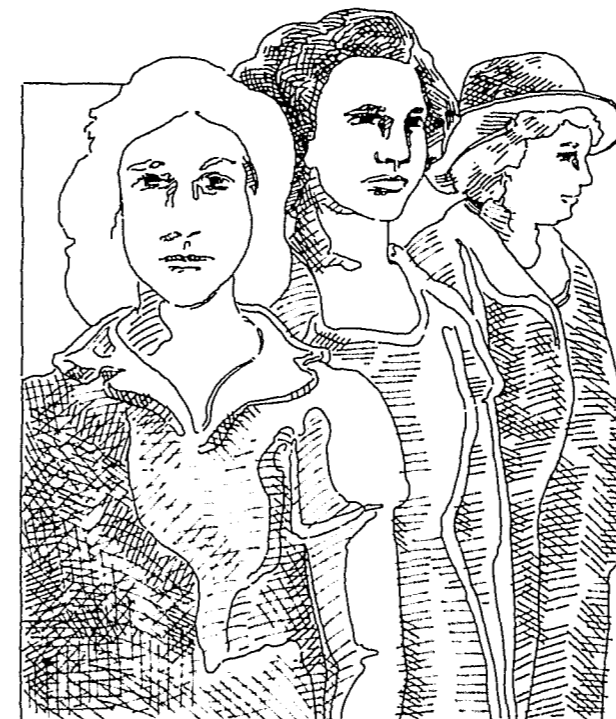
In any event, the prosecutor or a law enforcement officer will keep you informed as to the progress and circumstances in your case. If at any time you do not understand what is happening, ask for an explanation. It is your right to know what is going on.

## Victim rights

If you are a victim of rape, there are some basic rights and considerations that you should be aware of:

#### VICTIM PERSONAL RIGHTS

- Feel free to ask questions of police, doctors, attorneys, counselors or agencies you are dealing with.
- Do not feel guilty or ashamed.
- It is normal to feel fear, anger, loneliness and helplessness.
- It is normal to act nonemotional, nonfeeling or hysterical (all aspects of rape trauma syndrome).
- It is normal — and often healthy — to cry.
- It is all right to want to be treated like a special person.
- You have the right to be loved — you have done nothing wrong.



#### VICTIM LEGAL RIGHTS

- You have the right to report the attack to law enforcement and expect that all avenues within the law will be pursued to apprehend and convict the offender.

- You have the right to make a report but not proceed with prosecution.
- You have the right to file a third-party report (for example, a rape crisis center reports the crime but does not disclose your name).
- You have the right to do nothing.
- You have the right to withdraw your testimony against the attacker at any time.
- You have the right to restitution from the state violent crime victims' compensation fund — if you qualify; and a right to file a civil suit against the attacker.
- During the investigation and trial you have the right to be treated in a considerate and sensitive manner by law enforcement and prosecution personnel and to:
  - ask if a female officer is available for the initial investigation if it would be more comfortable for you;
  - feel free to have a person of your choice accompany you during all questionings or interviews (family, friend, counselor);
  - feel free to ask questions about aspects of the police or medical reports so that you understand their purpose;
  - feel free to add to or change your initial statement as you recall the events more clearly.

#### VICTIM MEDICAL RIGHTS

- You have the right to have a rape crisis counselor accompany you to the hospital.
- You have the right to call your personal physician to attend you.
- You have the right to have privacy during the interview and examination.
- You have the right to have family, friends or a rape counselor present during questioning and examination.
- You have the right to have each procedure explained in detail before being administered.
- You have the right to gentleness and sensitivity during the examination.
- You have the right to an explanation of the reason for every test, form and procedure.
- You have the right to obtain available follow-up treatment and counseling.

Now that you have learned some facts about rape, who the victims are, where it happens and how to prevent it, why not share this information with somebody who doesn't know? Remember, if you reduce your risks and know your defenses, you can help stop crime from happening.

# California directory - Rape crisis centers

*Alphabetized by city*

**Shelter For Battered and Rape Victims**  
Post Office Box 837  
Altaville, California 95221  
209/736-2723

**Calaveras Women's Crisis Line**  
Post Office Box 426  
Angels Camp, California 95222  
209/736-2115 - Hot Line  
209/736-4011 - Business

**Humboldt County Rape Crisis Team**  
Post Office Box 365  
Arcata, California 95521  
707/445-2881 - Hot Line  
707/443-4618 - Business

**Placer Rape Crisis Line**  
701 High Street, No. 201  
Auburn, California 95603  
916/285-0443 - Business  
916/884-5571 - Crisis Line

**Rape Hotline of Kern County**  
1830 Flower Street  
Bakersfield, California 93305  
805/323-7651

**Bay Area Women Against Rape**  
Post Office Box 240  
Berkeley, California 94701  
415/845-RAPE  
415/526-3916

**Rape Crisis Intervention**  
Post Office Box 423  
Chico, California 95927  
916/342-RAPE  
916/891-1331 - Business

**Claremont Project S.I.S.T.E.R.**  
480 North Indian Hill Boulevard  
Post Office Box 621  
Claremont, California 91711  
714/626-HELP

**Mother Lode Women's Crisis Center**  
Post Office Box 761  
Columbia, California 95310  
209/532-4799

**Rape Crisis Service of Concord**  
1950 Parkside Drive  
Concord, California 94520  
415/798-RAPE

**Sonoma County Women Against Rape**  
c/o Kairos  
8234 Old Redwood Highway  
Cotati, California 94928  
707/545-RAPE

**Yolo County Sexual Assault Center**  
203 F Street  
Davis, California 95616  
916/758-0540  
916/758-8400 - Crisis Line  
916/662-1133

**Women Against Sexual Assault**  
Post Office Box 4194  
Downey, California 90241  
213/862-8185

**Rape Emergency Assistance League**  
127 Main Street  
Post Office Box 468  
El Cajon, California 92020  
714/466-RAPE  
714/232-2101

**People Against Rape**  
660 Main Street  
El Centro, California 92243  
714/352-7873 - Business  
714/352-7273 - Crisis

**Rape Crisis Service of Upper Solano County**  
Post Office Box 368  
Fairfield, California 94533  
707/422-RAPE

**CAARE Project Inc.**  
650 North Main Street  
Fort Bragg, California 95437  
707/964-4055  
707/964-HELP  
707/468-4303

**Rape Counseling Service of Fresno, Inc.**  
1517 East Olive Avenue  
Fresno, California 93728  
209/486-4692  
209/222-RAPE

**Santa Barbara Rape Crisis Center**  
5679 Hollister Avenue  
Goleta, California 93017  
805/964-5887  
805/926-RAPE

**Rape Crisis Program**  
Kings County Community Action Organization  
324 North Irwin  
Hanford, California 93230  
209/582-4386

**South Alameda County Women Against Rape**  
Post Office Box 662  
Hayward, California 94543  
415/582-RAPE

**Rape and Domestic Violence Projects**  
Indio Mental Health Clinic  
82485 Miles  
Indio, California 92201  
714/342-8455

**Women's Resource Center**  
I.C.A.R.E. Rape Hotline  
Post Office Box 4031  
Irvine, California 92717  
714/833-6000 - Business  
714/830-6111

**Laguna Beach Free Clinic Rape Center**  
460 Ocean Avenue  
Laguna Beach, California 92651  
714/494-0761 - Business  
714/546-3715 - Crisis

**Sexual Assault Response**  
Antelope Valley Hospital  
Medical Center  
1600 West Avenue J  
Lancaster, California 93534  
805/946-3933

**Tri-Valley Haven For Women**  
Post Office Box 188  
Livermore, California 94550  
415/449-5842

**Lompoc Rape Crisis Center**  
Post Office Box 148  
Lompoc, California 93438  
805/734-3142  
805/736-8913

**Long Beach Rape Crisis Center**  
Post Office Box 14377  
Long Beach, California 90804  
213/597-2002

**Wasa Rape Crisis Hotline**  
c/o Dr. Betty W. Brooks  
California State University at Long Beach  
Long Beach, California 90804  
213/868-3783

**East Los Angeles Rape Hotline**  
133 North Sunol Drive  
Post Office Box 63245  
Los Angeles, California 90063  
213/262-0944  
213/267-2824

**Los Angeles Rape Response Program**  
Cedars-Sinai Medical Center  
8730 Alden Avenue, Room W-110  
Los Angeles, California 90048  
213/855-3506  
213/855-3530

**Los Angeles Commission on Assaults Against  
Women (RAPE)**  
5410 Wilshire Boulevard  
Los Angeles, California 90036  
213/938-3662  
213/938-3661 - Hot Line  
213/392-8381

**Pacific-Asian Rape Hotline**  
2140 West Olympic Avenue, No. 250  
Los Angeles, California 90006  
213/388-0446



**People Against Rape**  
Post Office Box 2068  
Merced, California 95340  
207/723-4202  
207/383-2818

**Stanislaus County National Organization of Women Rape Task Force**  
207 Virginia Avenue  
Modesto, California 95354  
209/527-5558  
209/522-1003

**Rape Crisis Center of Monterey Peninsula**  
Post Office Box 862  
Monterey, California 93940  
408/373-3955

**Crisis Services of Napa**  
2344 Old Sonoma Road  
Napa, California 94558  
707/253-4561

**Victim/Witness Service Centers**  
1801 Oak Street  
Napa, California 95488  
707/252-6222

**Reach Out**  
West End Rape Group  
404 West D Street  
Ontario, California 91762  
714/984-4016

**Rape Trauma Center UCIMC**  
101 City Drive South  
Orange, California 92668  
714/634-5250  
714/634-5615 – OB-GYN

**South Orange County Women Against Rape**  
Post Office Box 2572  
Orange, California 92669  
714/831-9110

**Rape Crisis Line Project**  
621 Pine  
Pacific Grove, California 93950  
408/375-4357

**Rape Crisis Service of Coachella Valley**  
Desert Hospital Mental Health Clinic  
Post Office Box 1627  
Palm Springs, California 92263  
714/346-9502  
714/325-9166

**Mid-Peninsula Rape Crisis Center**  
4161 Alma Street  
Palo Alto, California 94306  
415/493-RAPE  
415/494-0972

**YWCA Rape Hotline**  
78 North Marengo Avenue  
Pasadena, California 91101  
213/793-5171  
213/793-3385

**East Contra Costa County Rape Crisis Unit**  
Post Office Box 1396  
Pittsburg, California 94565  
415/754-RAPE

**H.E.R.E. Rape Crisis Clinic**  
516 North Placentia Avenue  
Placentia, California 92670  
714/528-6642  
714/524-5040 – Hot Line

**El Dorado County Assistance to Victims of Sexual Assault**  
295 Fair Lane  
Placerville, California 95667  
916/626-2321 – 8 a.m. to 5 p.m.  
916/626-2325 – Crisis Line

**Shasta County Women Against Rape**  
Post Office Box 4211  
Redding, California 96001  
916/246-8448  
916/243-3550

**East Valley Rape Crisis Counseling Service**  
720 Brookside Avenue  
Redlands, California 93273  
714/793-6798

**Riverside Women Against Rape**  
3775 – 14th Street  
Riverside, California 92501  
714/686-7273

**Rape Crisis Center**  
424 Vernon Street  
Roseville, California 95678  
916/783-3555

**Sacramento Rape Crisis Center**  
2104 Capitol Avenue  
Sacramento, California 95816  
916/477-RAPE  
916/477-3223

**Women's Crisis Line of Salinas**  
Post Office Box 1805  
Salinas, California 93902  
408/422-2629  
408/757-1001

**San Bernardino Rape Crisis Intervention Services**  
1875 North D Street  
San Bernardino, California 92405  
714/883-8689 – Business  
714/882-5219  
714/886-4889

**Center for Women's Studies and Services**  
908 E Street  
San Diego, California 92101  
714/233-8984  
714/233-3088 – Hot Line

**Center for Special Problems (RAPE)**  
2107 Van Ness Avenue  
San Francisco, California 94109  
415/558-4801

**Child and Adolescent Sexual Abuse Resource Center**  
San Francisco General Hospital  
Ward 83  
1001 Potrero  
San Francisco, California 94110  
415/821-8386

**Rape Crisis Program**  
Chinatown/North Beach Family Planning Service  
Company  
511 Columbus Avenue  
San Francisco, California 94133  
415/362-5728

**San Francisco Women Against Rape**  
3543 – 18th Street  
San Francisco, California 94110  
415/647-RAPE  
415/861-2024 – Business

**San Francisco Sexual Trauma Service**  
50 Ivy Street  
San Francisco, California 94102  
415/558-3824

**San Jose Rape Crisis Center**  
c/o YWCA  
375 South 3rd Street  
San Jose, California 95112  
408/295-4011  
408/287-3000 – Business

**Rape Crisis Center**  
Post Office Box 52  
San Luis Obispo, California 93401  
805/544-6162  
805/544-7273

**Women's Resource Center**  
4070 Mission Avenue  
San Luis Rey, California 92068  
714/757-3500

**San Mateo County Women Against Rape**  
Post Office Box 6299  
San Mateo, California 94403  
415/349-RAPE  
415/366-3057

**Rape Crisis Center of West Contra Costa County**  
c/o Brookside Hospital  
2000 Vale Road  
San Pablo, California 94806  
415/236-RAPE

**Marin County Rape Crisis Center**  
Post Office Box 392  
San Rafael, California 94915  
415/924-2100 – Hot Line  
415/453-2181 – Business

**Santa Cruz Women Against Rape**  
Post Office Box 711  
Santa Cruz, California 95060  
408/426-RAPE

**Women's Crisis Support and Shelter Services**  
640 Capitola Road  
Santa Cruz, California 95062  
408/425-2058 — Crisis  
408/425-2619 — Business

**Santa Maria Rape Crisis Center**  
500 North Broadway, Suite 245-A  
Santa Maria, California 93454  
805/922-RAPE  
805/922-8592 — Business

**Rape Treatment Center**  
Santa Monica Hospital Medical Center  
1225 — 15th Street  
Santa Monica, California 90404  
213/451-1511

**Sonoma County Rape Crisis Center**  
Post Office Box 1426  
Santa Rosa, California 95402  
707/545-7270  
707/545-RAPE

**Citizens Against Sexual Assault**  
South Lake Tahoe Women's Center  
Post Office Box 13111  
South Lake Tahoe, California 95702  
916/544-2118 — Business

**The Bridge (RAPE)**  
640 Campus Drive  
Stanford, California 94305  
415/497-3392

**California State Coalition or Rape Crisis Center**  
930 North Commerce Street  
Stockton, California 95202  
209/465-7276

**San Joaquin County Rape Crisis Center**  
930 North Commerce  
Stockton, California 95202  
209/465-7272 — Business  
209/465-4997 — Crisis

**South Bay Rape Crisis Center**  
3440 West Lomita Boulevard  
Suite 342  
Torrance, California 90505  
213/530-3141  
213/545-2111

**Project Sanctuary**  
Post Office Box 995  
Ukiah, California 95482  
707/462-9196

**San Fernando Valley Rape Crisis Service**  
6740 Kester Avenue  
Van Nuys, California 91405  
213/988-8050, Ext. 230

**Ventura Rape Crisis Center**  
Post Office Box 6608  
Ventura, California 93003  
805/647-1101 — Hot Line

**Rape Crisis and Battered Women Project**  
32415 Road 138  
Visalia, California 93277  
209/733-2355

**Diablo Valley Rape Crisis Center**  
1818 Mt. Diablo Boulevard  
Walnut Creek, California 94596  
415/938-7273

**Rape Crisis Network**  
7571 Westminster, No. 11-B  
Westminster, California 92683  
714/891-5733

**Casa de Esperanza**  
Post Office Box 56  
Yuba City, California 95991  
916/674-5400  
916/674-2040

**END**