

RAPE PREVENTION

Things you can do to minimize the risk of rape:

1. **IN YOUR CAR** - Keep your doors locked at all times, even if you are leaving your car for only a short time. If you have car trouble and must stay with your car, raise your hood, get into your car, lock your doors, and wait for the police; it's usually safer not to accept help from a stranger. At night, park in well-lighted areas. When you approach your parked car, walk confidently, have the key in your hand and look around and inside your car before you get in. Don't pick up hitchhikers.
2. **AT HOME** – Keep your doors locked (and, when possible, use a deadbolt) at all times even if you leave for just a moment. If possible, use a 180-degree peephole on your entry door, and avoid letting in anyone you don't know or aren't expecting (service repairmen, etc.). Use initials rather than your first name on your mailbox and in the telephone directory. Leave your radio on while you are out, turned to a talk radio station.
3. **ON THE TELEPHONE** – Avoid giving out personal information or confirming your telephone number to someone you don't know. Never say on your answering machine that you are not home, or refer to the fact that you live alone. Leave a message such as: "We are not taking calls at this time; please leave your name and number and your call will be returned at our earliest convenience." Report any obscene telephone calls you receive to the telephone company and any personal threats you receive to the police. If you are receiving obscene calls, answer your calls with your radio turned on to a talk show so your caller will not know you are alone.
4. **OUT-OF-DOORS** – Avoid walking or jogging alone at night; if you do, follow well-lighted, well traveled routes and vary both the time and rate of your routine. Carry protective items such as mace and a whistle. Avoid conversations with strangers even to give directions, especially if you are in a position where you could be cornered. Don't hitchhike. Don't accept rides from strangers. If you frequent recreational places alone or with other women, especially at night, be careful whom you leave the place with.
5. **DON'T** put yourself in the position of being alone with someone you know only casually. When dating someone new, stick to public places until you know him or her well.
6. **DON'T** give personal biographical information to someone you have just met. Always be aware that someone may take advantage of your compassion; don't assume that requests for money or physical help are legitimate.
7. **REMEMBER** that your consent for sharing of a social occasion is not a consent for sex.