

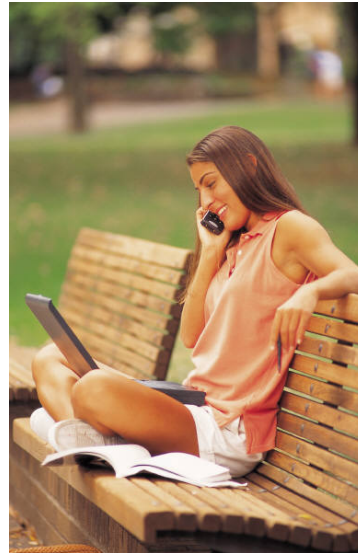
**Don't go it alone.
Together, we can be safer.**

More good tips:

- When giving someone a ride, wait to see them safely inside.
- If you see a woman unable to take care of herself, see that she gets to safety.
- Lock your doors.
- When identifying someone, remember to use all your senses: sight, hearing, touch, taste and smell.
- Call 911 or press the button on a Blue Phone if you feel you are in a dangerous situation.



**Rape Crisis Line
24 hr.
(319) 335-6000
(800) 228-1625**



**Rape Victim Advocacy Program
320 S. Linn Street
Iowa City, IA 52240**

**Bus. Phone: (319) 335-6001
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RVAP

Sexual Assault Risk Reduction/ Rape Prevention Street Tactics



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Safety on the Streets

Most sexual assaults are committed by someone the victim knows but there are also assaults perpetrated by strangers. How you defend yourself on the street is sometimes different than how you would protect yourself if you know the person.

This brochure is designed to give you several tactics to choose from should you be threatened on the street. While there is no one sure way to respond, by having several options, you have a better chance of minimizing your risk and increasing your chance of escape.

- ⇒ **Avoid isolated places at night.** Try to coordinate your night-time schedule with a friend so that you won't have to travel alone. Walk with someone else whenever you can.
- ⇒ When you're walking, **always know where safety is:** an open business, a house with lights on, a police cruiser.
- ⇒ **Be particularly cautious about walking alone if you are high or drunk** as it increases your vulnerability and decreases your ability to respond. Many attackers look for women who are unable to defend themselves or whose senses may be impaired so as not to be able to protect themselves or make a positive identification.
- ⇒ **Walk confidently.** A potential attacker is looking for availability, vulnerability and accessibility.

- ⇒ **Try to keep the volume on the headphones low enough** so that you can hear noises around you.
- ⇒ **Avoid becoming too engaged in your conversation when talking on your cell phone** so that you can pay attention to your surroundings.
- ⇒ **Choose streets or routes that are well-lit and familiar** when you walk or bike.
- ⇒ **Park your bike or car in well-lit areas.**
- ⇒ **Always act on your suspicions.** If you think that you are being followed, vary your pace or cross the street. Get to a safe place immediately and arrange for safe transportation the rest of the way home. Try to get a good description of the person following you.
- ⇒ **Your voice is a powerful weapon.** Yell from the diaphragm, it will attract attention and undoubtedly startle an attacker. An alternative to the voice is a whistle.
- ⇒ **There is no set formula for surviving a sexual assault.** Assertiveness, being passive, waiting for an opportunity to escape, running, yelling, and physically fighting are all valid forms of self-defense.
- ⇒ **Be involved.** If you see that someone may be in trouble, get help.

- ⇒ **Only offenders can stop rape.** There is no guarantee that a person will be able to escape sexual assault if a perpetrator is intent on offending but many do!
- ⇒ **The responsibility for sexual assault belongs to the sex offender** regardless of whether you apply these techniques or not. Simply put, you are NEVER to blame for sexual assault regardless of what you are wearing, doing, or saying. The perpetrator is responsible.



The Rape Crisis Line provides advocacy, support, counseling, and information to victims and their friends and loved ones. All services are free and confidential.