

## **SEXUAL ASSAULT/RAPE RISK REDUCTION**

### **PRECAUTIONS IN YOUR HOME:**

See that your home or apartment door has a door viewer and deadbolt lock.  
Keep doors and windows locked and shades pulled down at night.  
Keep all entrances and garages well-lighted and shrubbery trimmed.  
If you are home alone and a stranger is at the door, don't open the door.  
Never hide a key over the door frame or in a flower pot.  
Keep lights burning in more than one room in the house.  
Single women should use only initial and last name in phone book and on mailboxes.  
Don't allow strangers to use your phone for emergencies. Offer to make the call yourself while they remain locked out of your home.  
Require identification from all service personnel.

### **PRECAUTIONS ON THE STREET**

Don't accept rides with strangers.  
Keep away from darkened doorways, parking lots, alleys, parks and open fields, or deserted laundromats.  
Avoid deserted bus stops; they are dangerous. Try to catch the bus with other people.  
Go places with friends. It is safer than going by yourself.  
Don't give rides to strangers.

### **PRECAUTIONS IN YOUR CAR**

Always lock your car when you get in or out.  
Look in the back seat and on the floor before getting in to see if anyone is hiding there.  
If you have car trouble, raise the hood, lock yourself in, keep windows closed, and wait for the police.  
Have keys in your hand so you don't take a long time entering your car.  
Don't stop for gas or directions in an area that looks dangerous.  
If you think you are being followed, do not go home; instead, drive to the nearest police station.

### **PRECAUTIONS ON DATES**

Know your date's name, address, and workplace.  
Meet new people in public places.  
Try to date a new person as part of a group.  
Trust your instincts about possible danger.  
Express yourself and expect your statements to be honored. No does not mean maybe! Only yes means yes.  
Be aware of your environment. Alcohol and drugs inhibit your decision-making ability.  
Use your instinct. If you feel uneasy in a situation, get out of the situation.  
Make arrangements with parents or friends to pick you up if you should ever need a ride.