

Women should not spend their lives in fear of being the victim of assault, but by the same token they should not bury their head in the sand and say, "It won't happen to me."

Determine your risks and develop a plan

- Have a mentally rehearsed plan of action in the event you are victimized.
- Don't assume because you live or work in a good area that you can relax your guard.
- Always be physically and mentally prepared to run or escape an attacker, or fight back as a last resort.
- Always tell someone where you are going and when you expect to return.
- If you feel you are in danger, don't feel awkward or embarrassed about enlisting the help of others.
- Walk confidently, keeping aware of the people in front of you, behind you, and to your sides.
- Always be alert and aware of your surroundings.



River Valley Women -Safe Network

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River Valley Women -Safe Network

Danger Awareness What You Need to Know



- Danger Awareness
- Identity Theft
- Home Safety
- Rape Prevention
- Shopping Safety
- Travel Safety

The River Valley Women-Safe Network is committed to providing educational resources to women of all ages to facilitate living and enjoying a safe, and predator-free life; exposing the tactics used by rapists and predators who would seek to harm women; and working with law enforcement, churches, schools, business leaders, and government leadership to help create model "women-safe" communities and reduce acts of violence against women.

River Valley Women-Safe Network

A wise man once said "better safe than sorry". In today's growingly violent society, these words could never more be true.



Taking preventative countermeasures to avoid putting yourself in a compromising or dangerous situation can make the difference between enjoying life and becoming the victim of a robbery, sexual assault, rape, or other violent crime.

While you can never completely protect yourself from sexual assault, there are some things you can do to help reduce your risk of being assaulted.

Self-defense training is also an integral part of being "women-safe" and we encourage women to seek out a qualified professional.

- **Be aware** of your surroundings. Knowing where you are and who is around you may help you to find a way to get out of a bad situation.

- Try to **avoid isolated areas**. It is more difficult to get help if no one is around.

- **Walk with purpose**. Even if you don't know where you are going, act like you do.

Trust your instincts. If a situation or location feels unsafe or uncomfortable, it probably isn't the best place to be.

- **Try not to load yourself down** with packages or bags as this can make you appear more vulnerable.

- **Make sure your cell phone is with you** and charged and that you have cash money.

- **Don't allow yourself to be isolated** with someone you don't trust or someone you don't know.

Avoid putting music headphones in both ears so that you can be more aware of your surroundings, especially if you are walking alone.



1 in 6 women will be sexually assaulted in her lifetime.

College-aged women are 4 times more likely to be sexually assaulted

Every 2 minutes, someone in the US is sexually assaulted.

While 80% of all rape victims are white, minorities are somewhat more likely to be attacked.

Approximately 73% of rape victims know their assailant

More than half of all rapes & sexual assaults occurred within 1 mile of their home or at their home.

60% of sexual assaults are not reported to law enforcement officials.

Only 6% of rapists will ever spend a day in jail.

SOURCE: RAINN, 2008



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