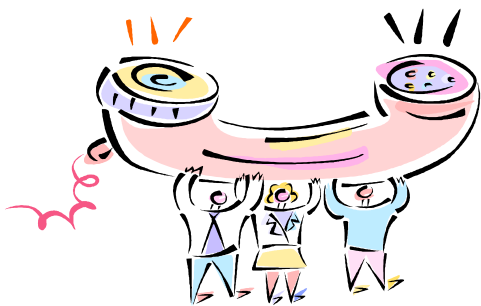

Reporting A Rape

Most rapes go unreported. This leaves the rapist free to attack again and he will.

- *Call the Police immediately*
- *Do not wash, shower, change clothes or clean up in any way until after talking to the Police and going to the Sexual Assault Crisis Care Unit. You could destroy vital evidence.*
- *Remember YOU are the victim. You have nothing to feel guilty or ashamed about.*



CALL POLICE IMMEDIATELY

If You Need Assistance...

Police 000

Lifeline 131114

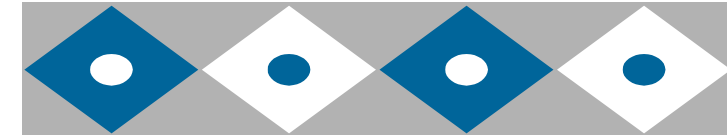
*Kids Help Line 1800 551800
(freecall)*

*Mallee Sexual Assault Unit (03) 5025 5400
(24 Hr Crisis Care Unit)*

*Mallee Domestic Violence Service (03) 5021 2130
Mildura (24 Hr Crisis Service)*

*Mallee Domestic Violence Service (03) 5033 1899
Swan Hill (24 Hr Crisis Service)*

*Mallee Domestic Violence Service (03) 5026 1651
Robinvale (24 Hr Crisis Service)*



DEFENSIVE LIVING



Preventing Rape and Assaults

Preventing Rape and Assaults

Know the Facts

Rape is a crime of violence, not passion. A hostile attack that can happen to anyone—children, grandmothers, and even males are the victims of sexual assaults.



We all deserve the right to be safe

Rapists are not necessarily strangers, in fact it can be an acquaintance, friend, neighbour or relative of the victim.

Be Aware

- Accept the fact that you are a potential rape or sexual assault victim.
- Avoid potentially dangerous situations.
- Use common sense and the preventative measures in this pamphlet to lessen the likelihood of being attacked.
- Consider your alternatives by an assailant. Practice possible responses so that you can recall them even under the stress of a real encounter. In the home have a plan of action in response to an assault in the home.
- Know your neighbour's telephone number
- Know the location of your nearest public telephone.
- Always consider escape routes.

In Public

Be alert to your surroundings and the people around you.

- Whenever possible travel with a friend.
- Stay in well lit areas.
- Avoid shortcuts through deserted areas.
- Walk confidently and directly at a steady pace so that you do not appear vulnerable.
- Dress for freedom of movement.
- Don't accept rides from strangers. If a driver asks directions, avoid getting too close to the car.
- If followed, change directions and go to a well lit area with people and call the police.

In Your Car

- Always lock your car doors after entering or leaving your car.
- Check the surrounding area before proceeding to your car and check your back seat before you get in.
- Have your keys ready before you get to the car or your home.
- Don't pick up hitchhikers.



Nothing should be so awful that we can't talk about it

If your car breaks down, open the bonnet and put on your hazard

lights. When someone stops remain locked in the car and ask them to call Police, an auto club or assistance specified by you.

Methods of self protection

Because all people and situations are different there is no one way to protect yourself. You must evaluate the situation and decide which is the best for you. There are two basic methods of defense.

1. **ACTIVE RESISTANCE** is an immediate assault on your attacker. The purpose is to startle or incapacitate them so that you can escape. Any way of physical resistance should be aimed at breaking the attacker's grip and getting away.
2. **PASSIVE RESISTANCE** involves using your imagination to delay the attack while looking for an escape route. Remain calm and talk to the attacker, not pleading but in a calm level voice—act confidently and choose tactics that will leave you able to try other things is a particular approach.



MALLEE SEXUAL ASSAULT UNIT

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