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Pamphlet: Rape! Help Stop Crime! A Crime Against Women

Governor's Crime Prevention Committee

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Rape.



HELP!
STOP CRIME

**A Crime
Against Women**

RAPE.

How to avoid it. How to defend yourself. How to report it.



What every woman should know.

Rape is the most serious, frightening and violent of all the crimes against women. Victims find the experience painful, debasing and emotionally disturbing. The most important thing to remember is that the rapist frequently plans his crime. Looking for the right chance. And the easiest victim. Your best defense is to eliminate his opportunity to attack you.

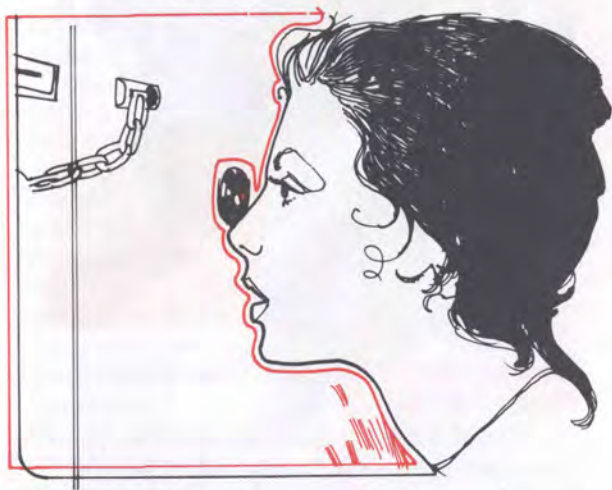
Play it safe. Follow these routine precautions.

How to Avoid "Rape Situations" . . . At Home.

Close and lock all doors. When moving into a new home or apartment—or if you lose a house key—have door locks changed. Invest in **good** locks. Install a chain lock inside your door, and if possible a viewing peephole so you can see who is outside.

When home at night, keep drapes and shades drawn. Never reveal to a telephone caller or someone at the door that you are

alone. Warn family members, especially children, not to give information by phone, about who is home, who is out, how long anyone is expected to be out.



A shrill blast from a whistle into the telephone will discourage most obscene calls. However, if you continue receiving mysterious or obscene calls, contact your telephone company and law enforcement agency. Remember, criminals often give themselves away by following a pattern and you may help the officers detect the pattern.

Use only your first initial and last name on mailbox and in telephone listing. If you live in an apartment alone, add "dummy" names to the mail box listing to create the illusion that you have roommates.

Require identification of all repairmen and utility men before removing the chain lock. If you have any doubts, call their employer and verify their identification before admitting anyone.

Do not send a child to answer the door. In fact, train children **not** to answer the door.

Avoid entering an elevator occupied only by a stranger. Always stand by the control panel so that you can push the alarm button if necessary. If a suspicious-acting man follows you onto an elevator, step out.

A dog makes a fine alarm system, but don't count on him for more than that.



How to Avoid "Rape Situations" . . . While Walking.

Avoid walking alone, as much as possible. Your best defense is having other people nearby.

Avoid poorly lit streets, unpopulated areas, alleys, vacant lots and buildings.

After dark, carry a flashlight.

Keep your distance when you must walk past alley and business entrances or shrubbery.

Walk on the side of the street facing traffic. That way, you can see all automobiles approaching you.

Never accept a ride from a stranger. Never hitch-hike.

Carry a shrill whistle in your hand when walking. (Sporting goods stores carry suitable whistles.)

Keep alert. If a loiterer acts suspiciously, looks at you closely or follows you, head for bright lights and people and be ready to use your whistle.

Schedule shopping and other errands for daytime as much as possible.

How to Avoid "Rape Situations" . . . In Your Car.

Have the car key in hand when you leave your home or office to go to your car.

Before getting in, check the floor of the back seat for intruders.

Have house keys in hand before getting out of your car at home.



If you work late, don't go to your car alone if you can avoid it. Ask your employer to provide an escort or arrange to leave in a group.

Choose a parking lot or garage with an attendant if possible. Otherwise, park in well-lit areas and always lock the car.

Keep your car doors locked and windows up while driving.

Never pick up hitch-hikers—of either sex.

If you suspect your car is being followed, drive into a **busy, well-lit** business establishment and call your law enforcement agency.

Avoid stops at poorly-lit or out-of-the-way places, even for car service.

If you have car trouble, signal for help by raising the hood or tying a white handkerchief to the door handle. Remain inside car with doors locked until identified help arrives.

Should another motorist offer to help, roll down window only an inch and ask him to call police or sheriff's department.

Make sure you have enough gas for your entire trip before you start.

If you want to help the driver of a disabled vehicle, don't stop and get out of your car—report it and send help.

How to Avoid "Rape Situations" . . . Using Public Transportation.



If working late and without a car, arrange for a taxi. Ask the driver to see you to your home door.

If you must use public transportation after dark, wait in busy, well-lit areas.

Plan to travel with one or more companions if possible.

If you find yourself on an almost-empty vehicle, sit near the operator.

As soon as you get off the public transportation vehicle, note who gets off with you. If someone suspicious appears to be taking too great an interest or seems to be following you, head quickly for the nearest busy, well-lit area.

IN GENERAL

Be alert when you're alone.

Always avoid dark or isolated places.

Avoid deserted laundromats or apartment house laundry rooms at night; and be very careful even in daylight. Try not to go into them alone.

Be discreet—don't broadcast details of your personal plans to casual acquaintances or strangers.

If you must work late in an office building, alert a relative or a friend or the security guard so they'll know where you are and when to expect you.

You are increasing the opportunity for a "Rape Situation" when you accept an offer of a ride home or a late snack from someone you've just met at a lounge, club or party.

IF ATTACKED.

What kind of resistance can and should a woman use against a rapist? Think. Don't panic.

Most women escape a rapist by talking their way out of it . . . few escape by fighting. Tell him he doesn't really want to



hurt anybody . . . that he doesn't want to upset his family. Getting him to talk may give you the opportunity to escape.

Always look for a way to escape.

Your first defense is noise—long and loud screaming.

Scream **FIRE!**

. . . not **HELP!**

People will react to a scream of **FIRE** more than to anything else. It is **not** recommended that you physically resist your attacker. Your life is too important.



If instinct should force you to resist, don't hold back! You

must try to hurt him! At the first opportunity—**run!** Remember, the objective of your resistance is to **get away.**

Violence is seldom far from the surface of the rapist's mixed-up mind. Rape is much more a crime of violence than of sex. If persuasion and resistance do not work, many authorities advise the victim to concentrate on identity—age, race, height, hair color, eye color, distinguishing characteristics (scars, tattoos, a limp, etc.), clothing, complexion, speech accents and patterns.

REPORT THE ATTACK.

Always report any rape or attempted rape to prevent this man victimizing other women in the future.

While waiting for the police . . .

DO NOT change your clothing,

DO NOT clean your clothing or person,

DO NOT apply medication.

Although this would be your natural reaction, don't do it. The physical evidence will be important in the prosecution of the attacker.

WHEN THE POLICE ARRIVE.

In conducting a thorough investigation, the officers ask the victim many questions and will go over details of the crime. This is necessary because the victim frequently recalls additional information and details during subsequent interviews.

PLEASE . . . COOPERATE IN PROSECUTION

When the suspect is arrested, you will have to cooperate in the prosecution, and testify in open court. A lawyer trying to defend the accused rapist

will explore every possible means to help his client, and he will attempt to discredit your testimony. **Stand firm.** Only your testimony can convict the rapist.

Social attitudes tend to discourage women from testifying—the attitude of the husband, the boyfriend, the family.

However, this is the only way you can reduce the chances of another woman being raped.



RAPE CAN BE PREVENTED!

GOVERNOR'S CRIME PREVENTION COMMITTEE

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