

Rape - It Can Happen! What You Need to Know!

Know the Facts

- 1 in 3 women will be sexually assaulted in their lifetime.
- 1 in 4 college women will be the victim of a rape or an attempted rape during their university years.
- More than 60% of rape victims/survivors know their attackers.
- 7% to 10% of all adult rape victims are males.
- Most rapists are motivated by hostility, fear of inadequacy and the need to control.
- Rapists use sex as a weapon to hurt, humiliate and intimidate their victims.
- The FBI estimates that only 1 in 10 rapes are reported to the police.

Avoid Becoming a Victim

- Be alert. Try not to appear as if you are daydreaming.
- Walk with confidence.
- Show that you are in control. Be aware of your surroundings.
- Know where you are and who's around you.
- Be assertive. Don't let anyone violate your personal space.
- Trust your instincts. If you feel uneasy, get out.
- Don't let alcohol and drugs cloud your judgment.
- Avoid walking or jogging alone, especially at night; stay in well lighted area.
- Lock your doors and windows, even if you only leave for a few minutes.
- Watch for isolated spots, such as library stacks, laundry rooms, locker rooms, etc.

What to Do if You're Assaulted

- Go to a safe place and tell someone you trust what happened.
- It's your choice to report the crime to the police, but remember that action against a rapist can prevent others from becoming a victim.
- Don't shower, bathe, douche or brush your teeth.
- Don't throw away any clothing or objects that might contain evidence. Save every article of clothing worn during the attack without laundering it or altering it.
- Seek medical attention. Go to the hospital for treatment of injuries, prevention of STD's, pregnancy, and emotional counseling.
- Be a good witness. Even though it may be hard, try to remember details. The sooner you tell, the sooner the attacker can be caught.
- Seek counseling and friends to help you in the aftermath. Remember, it's not your fault.
- If it happens to someone you know, be there for them and don't abandon them. Believe their story and offer comfort and support. Remind them that it's not their fault.

Important Contacts

1. Framingham State University Police: 508-626-4911

2. FSU Counseling Center: 508-626-4920
3. FSU Health Services: 508-626-4900
4. Framingham Police: 508-872-1212
5. WPS Rape Crisis Hotline: 508-626-8686
6. Domestic Violence Hotline: 1-800-333-SAFE
7. Sexual Abuse Hotline: 508-485-7273
8. Metro West Help line: 508-620-2347