

# Sexual Assault Prevention Information

## INTRODUCTION

*An area of increasing concern for colleges and universities throughout the country is sexual assaults upon students and staff. The following information is intended to help you reduce the likelihood of rape or sexual assault, as well as give you some suggestions on what to do if you are the victim of an assault. If you have any questions concerning this material, please contact the Dean's Office.*

### **HUC-JIR SEXUAL ASSAULT PROGRAM A POLICY STATEMENT**

#### 1. EDUCATIONAL PROGRAMS:

*HUC-JIR's Cincinnati campus conducts a yearly workshop on the prevention of sexual assault during Registration/ Orientation week. This workshop is conducted by the Dean of Students, and includes distribution of the Sexual Assault Prevention Handbook.*

*For information on a workshop at your campus, please contact the Dean at your campus.*

#### 2. PROCEDURES FOR REPORTING A SEXUAL ASSAULT:

- I. *Tell someone - a friend, professor or staff member. The advantage of telling someone is two-fold: They can (1) offer immediate support and advice, and (2) accompany you to the hospital for examination and tests.*
- II. *If you are the victim of a sexual assault, we strongly encourage you to immediately contact Women Helping Women, a local rape crisis center, in Cincinnati an example is 381-5610. Women Helping Women provides counseling and legal advice to rape victims, and will assign a trained "advocate" to accompany you to the hospital. The advocate will also assist you in the process of reporting the crime, if you choose to do so.*
- III. *Actual or attempted sexual assaults should be reported as soon as possible to the Dean on your campus, who has overall responsibility for campus security. This does not commit you to reporting the assault to the police; rather, it makes it possible for us to alert the College Community to potential dangers.*

*If you are uncomfortable reporting the assault in this way, you have the option of seeking confidential counseling from campus administrators and/or faculty who have significant counseling responsibilities, such as Dean Kenneth Ehrlich, Rabbi Ruth Alpers, Rabbi Nancy Weiner or a trusted faculty member. That counselor can then*

report the assault anonymously to College administration.

- IV. The College Institute will also assist you in obtaining appropriate counseling services at the lowest possible cost. The Deans, are able and willing to help you with this.
- V. HUC students, faculty or staff who are convicted of rape or other sexual assault in a court of law are subject to immediate expulsion or termination as set forth in the College-Institute's Staff Handbook and Student Handbook.

3. CHANGES TO A VICTIM'S ACADEMIC AND LIVING SITUATIONS:

Should you become a victim of sexual assault, the College-Institute will make any and all reasonable changes to your academic and living situations if requested. These include, but are not limited to: granting of academic leaves of absence; deferral of examinations and course work to a later date; and relocation of residence to the Sisterhood Dormitory.

**RAPE -- WHAT EVERY WOMAN SHOULD KNOW**

Rape is the most violent, frightening and serious of all crimes against women. It is y disturbing experience.

While there are no guarantees against rape, every woman should arm herself with the necessary knowledge and foresight to recognize and avoid potential rape situations.

Rape affects all women without regard to age, race, physical appearance, marital or economic status. A rapist is, in many respects, like a burglar looking for the right chance, the right location and the easiest victim. A woman's best defense is to eliminate the opportunity for attack.

Although most offenders offer few outward clues of being sexual deviates, rape is not typically a spontaneous or impulsive act of aggression. In random surveys, more than one-half of the rape cases reported were planned and in nearly one-third, the assailant knew or at least was familiar with the victim, often living in the same neighborhood.

Play it safe -- many rape precautions are simply common sense. Follow these routine suggestions.

## **AVOIDING RAPE -- IN YOUR HOME**

*Invest in* good locks for your doors and windows -- most importantly, use them. Install a chain lock on your door and if at all possible, a one-way peep hole so you can see who is outside. All entrances to your home or apartment, parking lot or garage should be well lighted at night.

In addition, all bushes and shrubbery around your doors and windows should be kept trimmed to rule out possibility for concealment. And never, never hide your door key in a flower pot, over the door or under a mat. It's an open invitation for trouble.

When home at night, keep the doors closed and locked with window drapes or shades drawn. Never reveal to someone at the door or a phone caller that you are alone -- carry on a one-sided dialogue with a fictitious spouse or friend if you have to in order to make your point.

All family members, especially children, should be told not to give out information about who is home, who is out or how long they will be gone. Many times, a potential attacker or burglar will use the telephone as a tool to find out about your home or apartment.

If you receive a number of mysterious or obscene calls, a loud blast from a whistle will usually discourage unwanted callers. If they continue, contact the telephone company and your local law enforcement agency.

It's a good policy to require identification from all repair and utility representatives. If you are the least bit suspicious or have doubts as to the validity of their company ID, call their employer and verify the identity before admitting anyone. Once in your home, never let them out of your sight. If you feel uncomfortable about their presence, ask them to leave immediately.

If you live alone, list only your first initial and last name on the mailbox and in the telephone directory. The addition of "dummy" names to your apartment mailboxes can create the illusion that you have roommates.

In a high risk apartment or in any dwelling with elevators, avoid entry when it is occupied by a stranger. Stand by the control panel so you can sound the alarm button if necessary. If a suspicious acting person follows you onto the elevator, step off and wait for the next car.

## **AVOIDING RAPE -- ON THE STREET**

Be aware of other people walking or loitering around you. Walk with confidence in your gait. Studies show that criminals pick victims not by sex, race, or age, but by how they move. Stooped, hesitant or "same side" movements are typical of victims. "Military march" movement characterizes non victims.

One of your best defenses against rape on the street is to avoid walking alone.

After dark, always carry a flashlight and avoid poorly lighted streets, alleys, vacant lots or parking areas and keep a respectable distance from alley entrances and tall shrubbery. By walking on the side of the street facing traffic, you can see all automobiles approaching you.

Never accept a ride from a stranger and NEVER hitch hike -- day or night. Always carry a loud whistle in your hand while walking -- if you get into trouble, blow it as loud as you can and do anything else possible to attract attention and help.

Be on the alert. If you think you are being followed, even if it may be your imagination, head for bright lights and people -- be ready to use your whistle.

Avoid burdening yourself with large packages and a bulky purse -- and clogs or other high heeled shoes, while fashionable, restrict and hinder quick movement in a danger situation.

### **AVOIDING RAPE - IN YOUR CAR**

Car doors should always be locked -- any time you enter or leave the car. Before getting in, check the floor and the back seat for intruders. If you park in an open lot or a public garage, keep an eye open for loiterers and always have your keys in hand so you won't have to fumble in your purse or pocket. When getting out of your car at home, take a quick look around before unlocking the door, and have your house keys out and ready for use.

Although it's sometimes difficult or inconvenient, try to choose a lot or garage with an attendant; otherwise park in a well lighted area. If you must work late, ask your employer or a friend to accompany you to your car, or plan to leave as a group.

When driving, keep the doors locked and never pick up a hitchhiker, regardless of sex. If you have any reason to suspect that you're being followed, drive to a busy, well lighted, populated area and call the police if the situation warrants.

Avoid stops at out of the way, poorly lighted places unless car service is absolutely necessary. It's a good idea to make sure your car is operating properly and has sufficient gas before you leave home.

Helping the driver of abandoned vehicle is admirable, but don't stop and get out of your car - stop at the nearest phone and call for help. If you have a citizen's band radio, turn to channel 9 and ask for a law enforcement agency or the local REACT monitor. They will send help.

If you should have car troubles, signal for assistance by raising the hood or tying a white flag to the antenna or driver's side door handle. Lock yourself in the car until the police or other identified help arrives.

Should another motorist stop to offer help, do not get out of the car, but roll the window down slightly, and ask him to call the local police or sheriff's department.

## **PUBLIC TRANSPORTATION**

If you must ride public transportation after dark, wait in a busy, well lighted area; avoid at all costs isolated, out of the way spots. It's a good idea to stand away from the curb until the bus stops.

Once on the bus, be alert. If there are few people on the vehicle and you have to travel alone, sit near the operator. If someone is bothering you, tell him.

When leaving the vehicle, take a quick look around to see who else is getting off with you. If someone seems to be taking too much of an interest or appears to be following you, walk quickly to the nearest well lighted area and, if necessary, summon assistance.

## **BABYSITTING**

Before you accept a babysitting job, check with friends who have sat for people with whom you are familiar. Ask who recommended you...then check back.

When you go on the job, leave the family's full name, address, telephone number and the time expected home with your family.

Once inside the home, lock all the doors and windows. In addition to special instructions for the child, find out where the parents can be reached, the telephone number of the family doctor, and the policy for handling incoming phone calls or callers at the door.

Never admit anyone, even friends, to the home unless in case of emergency. If you hear any suspicious noises outside, call the police at once.

When the parents return, report any unusual happenings in their absence. Accept an escort to your home, but if the parent appears intoxicated, insist on calling your own family to make other arrangements.

## **IF ATTACKED**

Despite all your precautions, if you are attacked, keep a level head. Think, don't panic.

The choice of whether to physically fight back is a decision only you can make. If your attacker is armed with a weapon, your alternatives are already limited. If you do fight, take advantage of items in your purse -- fingernail file, keys -- or try to scratch your assailant about the face or eyes. Kicking the attacker in the knees or groin area is effective only if you can do it without losing your balance.

There is no way to predict his actions under assault -- use judgment wisely -- your life is too

important to risk. Fighting, unless you are expertly trained, should be a last resort.

Your first and best defense is noise -- scream long and loud. People will react to a scream of FIRE more readily than for HELP.

## **IF RAPED**

Notice every detail about your assailant.

Try to determine his height and approximate weight as well as all physical characteristics such as clothes, hair, any scars or other distinguishing marks, age, eye color, and the direction taken when leaving.

If a vehicle is involved, note the year, make, model, color and the first few digits of the license number if possible.

Try to remember everything about the surroundings if you are raped someplace other than your home. Leave your fingerprints everywhere you can, as well as some personal item that can be identified as yours such as a button, earring, ring or lipstick.

Do not, under any circumstances, bathe, change or wash clothing, clean your nails, or apply any medication. Your body holds important evidence that will be used in the prosecution of the attacker.

## **SELF-DEFENSE**

There are numerous organizations and individuals in Cincinnati offering classes in unarmed self-defense for women, usually for a nominal fee. Taking a self-defense course does not guarantee that you will be able to successfully defend yourself against sexual assault; but should you choose (or be forced) to fight back, however, your chances of defeating the assailant are greatly enhanced. Good defensive tactics are like any other physical skill: you must first be properly trained, and then you must at least occasionally practice in order to stay proficient.

## **WEAPONS/WARNING DEVICES**

As with physically fighting back, the decision to carry a weapon is one that only you can make. Students and staff members often ask about the various types of "personal protection" devices available to the public. The following assessments of those devices may help you in choosing one that is appropriate for your needs. In the state of Ohio, you may legally carry on your person or in your car:

**\*Chemical Agents** such as Mace:

The older CS gas-type chemical maces are not very effective, and should not be used. A

much better choice is the new generation of chemical weapons (marketed under names such as Pepperguard, Punch, etc.) that utilize a 5% or 10% Oleoresin Capsicum base as the active agent. This substance is a cayenne-pepper derivative, and will instantly incapacitate an attacker for up to 30 minutes. The effects of these chemical weapons are temporary, and will not cause any permanent injury to the attacker.

**\*Kubaton** weapons (and their generic equivalents):

Effective in the hands of a trained user. A kubaton is a small (5-7) inches, cylindrical device that frequently does double-duty as a keychain, and can be used in a variety of ways against an attacker. Proper training is a must, and can be arranged through Rabbi David Komerofsky

**\*Personal Attack Alarms:**

(Marketed under a variety of names) are battery-powered devices, usually smaller than a package of cigarettes, that emit an ear-piercing 107db alarm when activated. These devices may scare off a potential attacker, but then again they may not; people are largely conditioned to ignore alarms, mostly because the accidental tripping of auto/home alarms has become such a commonplace occurrence. If you choose to carry a personal attack alarm, don't rely on it as your sole means of protection.

**\*"Stun Gun's"**

(Marketed under a variety of names) are nonlethal, hand-held devices that deliver anywhere from 40,000 to 120,000 volts of electricity to an attacker, causing temporary incapacitation and allowing you to escape. Sometimes effective, but with three potentially serious drawbacks: (1) It may not be effective if your attacker is wearing very heavy clothing; (2) it may have little or no effect if your attacker is under the influence of drugs or alcohol; (3) the device must maintain steady contact with your attacker for a minimum of 5-6 seconds in order to be effective. This might not sound like a long time, but it's a lifetime if you're actually attacked.

**\*Batons:**

Can assume a wide variety of sizes and materials. They can be as simple as a wood or bamboo "walking stick," or as high-tech (and expensive) an ASP expandable baton. In the hands of a trained user, a baton is devastatingly effective; it is also potentially lethal, a fact to be considered carefully when choosing this weapon. (A high-quality police flashlight, such as a 3-cell maglite, can also do double duty as a baton). **(Please NOTE: The ASP expandable baton may not be legally carried on your person in the state of Ohio).**