

## DON'T BECOME THE NEXT VICTIM

Sexual assault again is not a crime of passion, it is a crime of violence designed to degrade, humiliate and control. By taking some simple precautions, you can greatly reduce your likelihood of becoming a victim.

### **Additional Resources:**

VA Sexual Assault Hotline

(800) 838-8238

VBPD Special Victims Unit

(757) 385-4101

National Victim Center

(800) 394-2255

*Contact the Virginia Beach  
Police Department  
Crime Prevention Unit  
at 385-1006  
for more information on  
this or any other  
crime prevention topic.*

**City of Virginia Beach  
A Certified Crime Prevention Community**



Virginia Beach Police Department  
Crime Prevention Unit, Bldg. #15  
2509 Princess Anne Rd.  
Virginia Beach, VA 23456  
(757) 385-1006, 385-1757  
Fax (757) 385-1064

[www.vbgov.com/dept/police](http://www.vbgov.com/dept/police)

**VIRGINIA BEACH  
POLICE DEPARTMENT  
CRIME PREVENTION UNIT**



## SEXUAL ASSAULT

### AWARENESS AND PREVENTION



# Sexual Assault

Sexual Assault is a crime of violence, not sexual passion. Sexual assault can happen to anyone, at any time, at any place. It has been a continual problem throughout history, and can happen to anyone at any age. Sexual assault is not an impulsive act; 75% of all these assaults are planned in advance.

Sexual predators vary in age, and come from all racial and social backgrounds. They can be married men or women, teachers, doctors, or unemployed transients. There is also no such thing as a “typical victim.” both men and women are assaulted by both male and female attackers. Victims can range in age from newborns to 100 years old.

Approximately 80% of all sexual assaults involve either a known acquaintance, or someone the victim had previous contact with, but does not know personally.

The following tips are provided to reduce opportunity for a sexual assault to take place; they are not a guarantee that you will never be attacked.

# Your Safety

## While At Home

Make sure all locks on windows, doors, and especially sliding glass doors work securely. Keep the doors and windows locked.

Keep all entrances to your home well-lit, with shrubs trimmed back to prevent any hiding places.

If you do not have one, install a peephole and use it. Do not open the door for strangers and do not let strangers into your home for any reason.

Do not hesitate to call Police if you notice anyone or anything suspicious.

## While You Are Out

Constantly scan your surroundings; keep your head up, and carry yourself with confidence.

Always carry a cell phone with you.

Avoid walking, biking or jogging at night, especially alone. If you must, stay in well-lit, populated areas.

Park in well-lit areas, check in and around your vehicle before entering; once inside your car, immediately lock your doors.

Keep good distance between yourself and strangers, especially if someone stops to ask you for directions. If you get into trouble, make noise and attract attention (yell “help!” “police!” “fire!”).



# If You Are Attacked

The most important thing if you are attacked is your survival; having a plan is a must. Mentally rehearse your plan of action so that if you are ever attacked, your mind will be ready and you will not become mentally paralyzed (and make you an easy victim).

- Possible options are: negotiating; stalling for time; distracting the attacker and fleeing to a point of safety; loud verbal resistance; screaming and/or physical resistance.

- Options for physical resistance include: scratching, biting, poking attacker’s eyes, kicking in knee or groin, jabbing the eye or throat.



- KNOW YOUR LIMITATIONS — it may be more advisable to submit (this does not mean you consent) than to resist and risk severe injury or death.
- Try to remember as much as you can about your assailant (distinguishing characteristics, accent, clothing, physical description, etc.)
- If you are sexually assaulted, call 911 as soon as possible. DO NOT take a bath or shower! Instead, wrap up in something warm. This will help your body to recover from the shock, as well as preserve important evidence.