

Safety Tips and Sexual Assault Information - Bay Area Women Against Rape

Ohlone College thanks Bay Area Women Against Rape (BAWAR) for providing this information for the health and well-being of our students, employees, and the community.

**24-hour Crisis Line
(510) 845-RAPE (7273)**

Safety Tips

- Believe that you have the right to set your own body limits.
- Communicate your limits in an assertive manner. Be direct and firm about what you do and do not want.
- Be aware of stereotypical behaviors that may be a warning sign of abusive attitudes and/or behaviors.
- Take a self-defense class so that you have the option of fighting back.
- Plan ahead, give yourself lots of options, and trust your instincts.
- If he/she makes sexual innuendos that do not match your feelings, tell him/her that you are uncomfortable with his/her comments.
- If he/she continues, leave. Remember: You do not owe politeness to someone who has chosen to ignore your feelings.
- Do not assign responsibility for his/her actions to alcohol, drugs, or emotional problems. Whatever his/her "reason," you have the right to keep yourself safe.

What is Sexual Assault

- Any sexual act committed or attempted against a person's will.
- Forced sexual contact by dates, spouses, family members, acquaintances, or strangers.
- An act motivated by a need for power and control, **not** a desire for **sex**.

Anyone can become a victim of sexual assault, regardless of gender, age, race, religion or social class.

- 1 in 3 women and 1 in 10 men will be sexually assaulted within their life.
- 1 in 4 girls and 1 in 6 boys will be sexually abused before age 18.
- 75% to 90% of the offenders are known to the victim.
- Only 10% of sexual assaults are reported.
- There is only a 2.8% conviction rate nationwide of rapists.
- 75% of prostitutes, 70% of drug abusers, and 40% of runaways were sexually assaulted as kids.
- The majority of sexual assaults occur between people of the same race.

About Reporting Sexual Assaults

- You have the right to decide whether or not to report a rape.
- BAWAR will provide current factual information so that you can make an informed decision about reporting.
- BAWAR will support your decision, whether you decide to report or not.

If You Don't Want to Report or Aren't Sure

- Go to a safe place.
- Call BAWAR at (510) 845-RAPE (7273) - we can discuss alternatives.
- Get to a clinic as soon as possible to check for internal injuries and/or sexually transmitted diseases. (Tel them you had painful, unprotected intercourse.)

If You Do Want to Report

- Go to a safe place.
- To help preserve evidence, do not douche, bathe, or change clothing.
- Call the police - they will take you to the hospital and make a report.
- Call BAWAR to meet you at the emergency room - we can make the reporting experience easier.

What to Do If S/He is Raped

- Communicate that s/he is not responsible for being assaulted.
- Communicate unconditional caring and acceptance.
- Allow the survivor to make his/her own decisions about any and all events that effect her/his life - whether to report, go to trial, tell family and friends, etc.
- Support the decisions s/he makes.
- Don't expect or demand that s/he give you the details of the assault, but let the survivor know that you're there if s/he wants to talk.
- Call BAWAR if you have any questions or need support.

What You Can Do For Others

- **Financial Support** - BAWAR depends on the financial support of the community we serve. Any donation is appreciated and will be acknowledged. All donations are tax deductible.
- **Crisis Line Volunteer** - Volunteers are the heart of the agency. We provide a state-certified training for crisis line volunteers. Other volunteer positions are available for both men and women. Please call our office for more details.
- **Board of Directors** - Vacancies are filled from pre-screened applicants. One evening per month and committee participation is required.
- **Donate Goods and/or Services** - Office supplies and professional services are always welcome.

BAWAR is a Full Service Rape Crisis Center

Bay Area Woman Against Rape, the nation's first rape crisis center, was formed in 1971 to provide 24-hour comprehensive services for survivors of sexual assault and their significant others. A full range of intervention and prevention/awareness programs are offered.

Currently, educational programs are offered to junior high through college age students. Adult community education programs and professional trainings are also available.

All counseling services are confidential, and offered **free of charge** to women, children, and men.

Services Offered by BAWAR

All services are **FREE** and **CONFIDENTIAL**.

- 24-hour sexual assault hotline (510) 845-RAPE (7273).
- Liaison/escort to hospital, policy and courtroom.
- Individual counseling for survivors and significant others.
- Information, referrals, written materials, and bibliographies.
- Community education speakings.
- Neighborhood organizing.

For information referrals or services, please call the BAWAR office:

Bay Area Women Against Rape (BAWAR)
7700 Edgewater Drive
Suite 630
Oakland, CA 94621
(510) 430-1298
(510) 430-2579 fax
24-hour Crisis Line (510) 845-RAPE (7273)

(The source for the above information is a brochure published by Bay Area Women Against Rape and provided in March 2005 to Ohlone College administration.)