

Defence Against Rape

Rape is about power, not about sex. Not all rapists are strangers. May be known by sight, may be an acquaintance, or even a close friend

Rape occurs:

- More often in the victim's home

- More frequently in late evening or early morning

- Most frequent is the assault of school-age females

Every woman must be prepared to defend herself physically: if you are not prepared to inflict pain or physical harm, do not attempt it.

In general, a rape victim **must** resist her attacker. Lacking this there may be charges of consenting sexual intercourse. 'Please don't make me do that', clearly establishes resistance.

The best defence is **escape**.

Run & scream if possible

If you do physically defend yourself from your assailant however, **be prepared to keep it up.**

Optimum moment to react is during the first 30 seconds - the attacker won't expect escape at this point. The less time you are under his control, the less likely you are to be hurt or intimidated. Chances of escape are better before rapist gains total control. Remember, the longer you are under the control of the rapist the fear of antagonizing your assailant will worsen and overcoming inertia will become more difficult with time.

METHODS OF DEFENCE

- You may be able to convince him that you have an STD

- Try to make yourself unattractive by telling him that you are at the peak of your menstrual period or that you have stomach cramps

- Some women have vomited or relieved themselves to ward off a persistent assailant.

- Simply crying have also been known to be effective

- Some have talked their way out of rape: Building his ego and feelings of self-importance

Items not classified as concealed weapons but which can be effectively used are:

- Hatpins
- Pens or pencils
- Corkscrews
- Pepper
- Lemon juice or Ammonia in a squeeze bottle
- Small aerosol spray can (Insecticide preferably)
- A key-ring clenched in the fist with the keys protruding between the fingers
- An umbrella can also be a good weapon if used like a spear or sword rather than a club

Critical points on the body

- Eyes
- Temple
- Septum of the nose
- Throat
- Pit of the Stomach (Solar Plexus)
- Groin
- Kneecaps
- Instep

If you have been raped

- Immediately seek the assistance of a relative or close friend
- Report it as soon as possible
- Seek medical assistance - let the medical personnel know that you are a rape victim. They will be able to preserve evidence
- Do not bathe, douche, change clothes or clean-up until after you have received medical treatment - you may be destroying evidence if you do
- Write down or tape-record as much details as you can remember whilst it's fresh in your mind
- Be prepared for some scepticism from even from policemen; disbelief is something you may encounter.

**Remember, to resist or not is the sole decision of the victim.
The decision must be made dependant upon the circumstances at the time.**