

Sexual Assault and Acquaintance Rape

Sexual assault is a horrible and traumatic crime. However, there are many misconceptions about sexual assault and rape. The most common type of rape is acquaintance rape.

(Date rape is one type of acquaintance rape.)

In 2004, 77% of all reported sexual assault victims knew their attacker prior to the assault.

This includes all cases except stranger, so "brief encounters" are included.

66% of the assaults occurred inside a residence or vehicle.

77% of the victims of acquaintance rape were between 14-25 years of age: 12% were between 26 and 35 years of age.

49% of the suspects were between 19 and 30 years of age.

52% of acquaintance rapes occurred between Friday and Sunday. *

Learn self-defense from a licensed, professional instructor. If you choose to carry chemical spray, take the necessary classes.

Here are suggestions to reduce your risk:

There is strength in numbers or group dates. Go to parties or clubs with a friend and be responsible for each other. Don't split up. Have a pre-planned signal to let your friend know that you want to leave or need help.

Control your alcohol; don't let it control you. Drink responsibly or not at all, especially on first dates.

No substance abuse.

Know your limits. It's never too late to say "no." Don't be embarrassed or ashamed to say "no" or ask someone to stop. It is your body.

Verbalize your expectations. Be up front. Talk about sexual boundaries.

A potentially embarrassing conversation could save you from a traumatic situation.

Trust your gut instinct. Guard your personal space. If someone makes you uncomfortable, remove yourself from the situation.

Believe in yourself. Know your rights. Women do not ask to be raped any more than a man with money in his pocket is asked to be robbed. You are in charge of your body and you can say "NO!"

Learn self-defense from a licensed, professional instructor. If you choose to carry chemical spray, take the necessary classes. The district also offers Rape Aggression Defense classes for women at various times and dates throughout the year.

End the night early if your date becomes drunk or abusive. No one deserves physical or emotional abuse. NO ONE.

If you or someone you know is assaulted, know what to do. If you are raped, you are never to blame. There are people who care and want to help.

Here is what to do:

Call the sheriff immediately. Don't shower or change clothes. Plumas County Sheriff Department (530) 283-6300 or 911, College Safety Officer (530) 394-7627

It is important for your health and well-being to be checked for injuries and sexually transmitted diseases such as HIV.

Retain any clothing of yours or the suspect's and materials that could provide evidence (eg., bed sheeting, condoms, etc.)

Call a trained, caring counselor at one of these locations:

Plumas Crisis Intervention, 530-283-5515

Plumas District Hospital , 530-283-2121

Plumas County Public Health Department. 530-283-6330

The College Safety Officer or the Human Resources Director personnel will assist you in contacting any of the off-campus organizations at your request.

The Feather River Community College District has a disciplinary procedure for cases of alleged sex offenses and sanctions that may be imposed. You would be informed of the outcome of these proceedings and also be afforded the opportunity to change your academic situation if you request it and it is reasonably available to do so.

What to Do If You Are Attacked:

The course of action you take is strictly up to you. It is our sincere hope that you never need our assistance, that you are never victimized, but if you are attacked, here are a few suggestions.

Use common sense.

Use your natural defenses and act fast.

Scream loudly.

Kick legs, feet, groin.

Scratch eyes, face.

Run toward people and open businesses.

Hide if you get the opportunity.

Bide your time.

During an armed attack, if you feel your life is about to be taken, you must decide what course of action you should follow to defend yourself. Once you have made your decision and started your defensive action, keep in mind several other options and never stop trying new methods until you have completed your escape. If you cannot escape, bide your time and wait for another opportunity.

Call the police immediately!

Cooperate fully with the police.

When the DA presses charges and when your attacker is caught, be a good witness.

Remember the attacker's description, height, weight, age, race, eyes, marks or scars, clothing, mannerisms, language, vehicle description, license number and direction of escape.

FAQs:

What about judo or karate?

This type of training is great for physical conditioning; however, it may take several years of training and continual practice to develop usable skills. Don't substitute self-defense training for common sense, alertness and caution.

What about carrying a weapon?

It is not advisable to carry guns, knives or clubs. It is illegal to carry some of these weapons, and all of them could be turned and used against you.