- Weapons such as guns, knives, and chemical sprays can easily be turned against you unless you are trained and not afraid to use them. You must be prepared to possibly kill the attacker.
- If you are determined to carry some type of weapon, a chemical spray (ex. Pepper Spray) is your best choice. It is non-lethal if used against you. Remember, you already have weapons with you such as your keys, pens, pencils, and the most important weapon **your brain**.

What to do if you become a victim/survivor of a sexual assault.

- Report it to the police immediately.
- Do not bathe.
- Do not disturb the scene of the rape.
- Do not wash your clothes.
- A medical procedure at a hospital should follow the police report consisting of a medical examination and a rape kit.
- Psychological assistance will be available to you.

Important Phone Numbers

Houston Area Women's Center
Sexual Assault Hotline
713-528-RAPE (7273)
www.hawc.org

Houston Police Department
Adult Sex Crimes Unit
713-308-1180

Juvenile Unit
713-731-5335

Houston Police Stations

Airport (Bush)	281-230-6800
Airport (Hobby)	713-845-6800
Central	713-247-4400
Clear Lake	281-218-3800
Eastside	713-928-4600
Fondren	713-773-7900
Kingwood	281-913-4500
North	281-405-5300
Northeast	713-635-0200
Northwest	713-744-0900
South Central	832-394-0200
Southeast	713-731-5000
Southwest	713-314-3900
Special Ops.	832-394-0000
Westside	281-584-4700

For all emergencies, call 9-1-1

For more information, visit www.houstonpolice.org

Houston Police Department
Public Affairs Division
Community Services Unit
1200 Travis, Suite 2100
Houston, TX 77002
713-308-3200

Sexual Assault Prevention

Harold L. Hurtt
Chief of Police

SEXUAL ASSAULT IS A CRIME OF VIOLENCE, NOT SEXUAL PASSION. IT IS MEANT TO DEGRADE, HUMILIATE AND CONTROL. IT CAN HAPPEN TO ANYONE, AT ANYTIME, AT ANY PLACE.

Myths

It could never happen to me.

Truth: Everyone is a potential victim. Man, woman, child, any age, race, religion, occupation, education, or sexual preference.

The motive is sexual.

Truth: Rape is a violent assault and the motive is aggression, anger, and hostility.

Rape is committed on impulse and by a stranger.

Truth: Most rapes are planned and often occur in one's house. Many times the offender is a relative, friend, neighbor or other acquaintance of the victim/survivor (such as in the case of "date rape").

"Women who are raped are asking for it."

Truth: Rape is a violent and degrading crime. The youngest reported rape victim was 3 months old. The oldest was 99 years old. Both victims were in their bed sleeping. Age, what one wears, or the sex of the victim does not matter.

A rapist is easy to spot in a crowd.

Truth: Most rapists are young, married and appear normal. They can be of any race or economic background.

Rape is a non-violent crime.

Truth: Rape is a violent crime. 98% of the rapists either carry a weapon or threaten the victim with violence or death.

Safety at Home

- Install good solid wood or metal doors on all exits.
- Install double cylinder deadbolt locks on all exit doors.
- Practice key control by limiting the number of keys issued.
- Always lock doors.
- Secure windows with a secondary locking device.
- Acknowledge all callers through a locked door.
- Make sure exterior is well lighted.
- Do not advertise name on mailboxes.
- Get an unlisted phone number or when listing your name, use initials only and do not include your address.

Safety While Driving

- Keep your vehicle well maintained. And the gas tank at least half full.
- Have keys in hand and check the front and back seats before entering your car.
- Keep doors locked and windows up.
- If you think someone is following you, do not go home. Drive to the nearest police station, fire station, open gas station, or well-lighted place where there are people that can help.
- If you have car problems, raise the hood and tie a white cloth to the door handle to signal for help. Get back into the car and keep the doors and windows locked. If someone stops, ask them to call for help. Do not accept rides from anyone.
- If possible, always carry a fully charged cell phone for emergencies.

Safety While Shopping

- Avoid parking next to vehicles with persons still inside.
- Avoid parking next to paneled vans.
- Park in well lighted areas.
- Do not shop alone , especially at night.
- When walking to and from your vehicle, have keys in your hand ready to unlock the door.
- Use customer pick-up when available.

Street Sense

- Walk with an "ATTITUDE."
- Avoid walking alone.
- If you live in an apartment, pick up mail during daylight hours.
- Avoid taking shortcuts through alleys or fields.

If You Are Attacked

- Stay as calm as possible, think rationally and evaluate your resources and options.
- It may be more advisable to submit (this does not mean you consent) than resist and risk severe injury or death. Everyone has different strengths and abilities. You will have to make this decision based on the circumstances. Remember, do not resist if the attacker has a weapon.
- Keep assessing the situation as it is happening. If one strategy does not work, try another one.
- Other options to nonresistance are negotiating, stalling for more time, distracting the assailant and fleeing to a safe place, verbal assertiveness, screaming to attract attention and physical resistance.
- Fighting back or struggling may discourage the attack, but remember you have to hurt the rapist bad enough to create the time you need to escape.
  - -Scratching with your fingernails
  - -Biting
  - -Poking/jabbing the eyes and throat area
  - -Kneeing/kicking the groin
  - -Punching the nose