

**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 Virginia Beach  
Police Department  
Crime Prevention Unit  
385-1006**

**For more information  
on this or any other  
crime prevention topic**



**Virginia Beach Police Department  
Crime Prevention Unit  
Municipal Center, Building 15  
Virginia Beach, VA 23456  
(757) 385-1006  
WWW.VBGOV.COM**

**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.

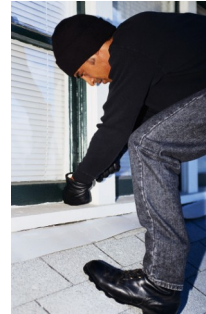
Approximately 80% of all sexual assaults involve either a known acquaintance, or someone the victim had previous contact with, but does not know personally.

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. Use the locks!
- 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(s) of action so that if you are ever attacked, your mind will be ready and you will not shut down (and make yourself 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 at attacker’s eyes, kicking in knee or groin, jabbing 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.

