

**YESHIVA UNIVERSITY**  
**SECURITY DEPARTMENT**

**“SEXUAL ASSAULT:  
ANYONE CAN BE A VICTIM”**

New York State Education Law amendments of 1990 mandates that institutions of higher education provide information concerning relevant laws, ordinances, and information on sex offenses to all incoming students.

This crime prevention handout on sexual assault is an effort on behalf of your Security Department to:

- Promote citizen awareness
- Suggest preventive measures against assault
- Lesson vulnerability

## **PSYCHOLOGICAL PREPAREDNESS**

Not only should potential victims be prepared to react appropriately when faced by an assailant, but they should also develop behavior, which will reduce the probability of an attack.

- It's important to understand that you are your best defense.
- Be aware of people around you. Be aware of your surroundings.
- Be aware so you don't have to be afraid.
- Learn sexual assault prevention measures and practice them.
- Know your alternatives if you should become the victim of sexual assault.

Community involvement is essential for a successful crime prevention program. It depends not only on taking personal precautions, but also in the prosecution of offenders.

Your personal effort in preventing sexual assaults is the first step toward initiating an effective crime prevention program in your campus community. In preventing sexual assaults, you will have also decreased your vulnerability to robberies, burglaries, and other related offenses since sexual assaults frequently occur during the commission of another crime.

Rape, a most serious, frightening, and violent crime against women, has always received the primary focus of attention. It is important, however, to remember that other kinds of sexual assault can claim any man, woman, or child.

## **SEXUAL ASSAULT PREVENTION**

This information is provided as a guide; only you can decide how much freedom and mobility you're willing to sacrifice to improve your security.

### **Preventing Date or Acquaintance Rape: What You Can Do To Avoid Becoming A Victim**

- Convey strongly that you expect your rights to be respected.
- Meet new acquaintances in public places. Always arrange to have your own transportation or travel with good friends.
- Keep money in your pocket or purse for making phone calls or to pay for transportation if you must leave a situation abruptly.
- Be aware of how much alcohol is being consumed. It's best to avoid using alcohol. While not a direct cause of date rape, alcohol can increase your vulnerability by lowering your alertness and ability to react.
- Clearly define your sexual limit. If someone starts to offend you, be direct. Passivity may be interpreted as permission. Say **NO** clearly when you mean no.
- If you feel that you are being pressured into unwanted sex, say something as soon as you can, before behavior goes any further.

- It's okay to criticize your dates actions and still like him. However, if you don't say anything, your date won't understand what behavior to stop.

## **IF YOUR DATE DOESN'T LISTEN TO YOU, LEAVE.**

- Embarrassment should not keep you from doing what is right for you. Don't hesitate to raise your voice, stand up abruptly, or scream, if the situation warrants it.

## **Taking Responsibility For Your Actions: What You Can Do To Avoid Victimizing Others**

### **YOU ARE RESPONSIBLE FOR YOUR ACTIONS. REMEMBER THAT:**

- Any form of sex that is against one's will is against the law. Do not risk your future or the possibility of a prison term.
- It is never okay to force yourself on another person.
- No one owes sexual payments or deserves sexual assault. The fact that you paid for an expensive date or your date is wearing provocative clothing does not give you permission for sexual contact.
- If you have doubts about what your date wants, stop and ask. Discuss your sexual desires (and limits) openly. Believe in your date's right to set limits.
- Do not assume that previous permission for sexual contact applies to the current situation.
- When someone says no to sex, she/he isn't rejecting you as a person. She/he is expressing her/his desire not to participate in a single act. Your desires may be beyond your control, but your actions are within your control and responsibility. Always remember that you are responsible for your actions.
- Accept a person's decision not to have sexual contact. "NO" means no. Do not read other meanings into the answer. If you proceed without consent, you are breaking the law in New York State

### **DO NOT LET EMBARRASSMENT OR PEER PRESSURE KEEP YOU FROM DOING WHAT IS CORRECT FOR YOU.**

Your Department of Safety and Security alone can't stop sexual assaults. If you make the personal decision to follow the advice in this booklet, you can reduce your chances of becoming a sexual assault victim.

Every man, women and child can be the victim of sexual assault. The menace becomes even greater when people refuse to accept the fact that they are potential victims. It doesn't "always happens to someone else." The next victim could be you.

Your Security Department alone can't stop sexual assaults. If you will make the personal decision to follow the advice in this booklet, you can reduce your chances of becoming a sexual assault victim.

## **MYTHS**

- Women are raped by total strangers.
- Only young attractive women are raped.
- A woman's style of dress provokes attacks.
- Rapes usually take place in dark alleys.
- All rapists are men who cannot control their sexual urges.
- Women cannot be raped against their will.

## **FACTS**

- A forcible rape is reported every 17 hours.
- 50% of the accused rapists were well known to the victim prior to the assault.
- The youngest victim was 1 year old.
- The oldest victim was 72 years old.
- Rape is a crime of violence using sex as a weapon.

## **USING ELEVATORS**

- Avoid entering an elevator occupied by a lone stranger.
- If someone makes you feel uneasy, either don't get in or get off on the next floor.
- Always stand near the control panel.
- If you're attacked, push as many floor buttons as possible.

## **USING THE TELEPHONE**

- If you receive obscene or annoying phone calls, hang up immediately. If the calls continue, report them to security, the police and the telephone company. List only your last name and initials in the phone book.
- If the call is a "wrong number," ask what number the caller dialed; never reveal your number or name.
- Do not divulge family information over the phone to anyone; instruct family members to take a message so that the call can be returned.

## **WALKING**

- Consider carrying only a small change purse with necessities instead of a handbag.
- If you must carry a purse, hold on to it. Never leave purses unattended in shopping carts, etc. The contents of your purse, if stolen, can be traced to you.
- Walk on the side of the street facing traffic
- Walk near a curb to avoid passing close to shrubbery, doorways, and other places of concealment.
- Confine yourself to well-lit areas and avoid shortcuts such as alleys.
- If a driver stops to ask directions, avoid getting close to the car.
- If a car approaches and you are harassed by the occupants, scream and run in the opposite direction of the vehicle, so that the driver will have to turn around to pursue you.
- Walk with someone whenever possible.
- If someone bothers you, don't be embarrassed to attract attention to yourself. Scream, yell, whistle, etc.
- Try to let someone know where you're going and the time you expect to return home.

## **CONFRONTATION**

It is impossible to protect yourself from all possible sexual assault situations. You may follow all the advice and preventive measures known and still find yourself confronted by an assailant.

Since people and situations vary, there is no "best method" of self-protection. No method is foolproof and there are no guarantees. The defense method you prefer and utilize must be your own decision. Use your head to protect yourself.

## **PASSIVE RESISTANCE**

Rape is a crime of violence. Passive resistance is a philosophy which you can use to take the violence out of confrontation. It gives you time to think, while de-escalating the situation. It can afford you the opportunity to escape as the assailant relaxes. If this tactic fails, the opportunity still exists to try something else.

Take a deep breath and use the time to draw on your own resources of common sense and imagination.

## **SUCCESSFUL METHODS USED IN THE PAST:**

- Stall. You can vomit, pretend to faint, or be in severe pain. Women have said they are pregnant and fear miscarriage, some claimed to have cancer, and others have acted mentally deranged.
- Don't let the assailant feel you are a threat. Use words, gestures, actions, etc, but get them to start talking to you as a real person.
- Don't be afraid to show them you are scared. This will make them feel that they are stronger and won't have to prove it.
- Keep your self-control and refuse to be intimidated, in other words, be assertive without being aggressive.

## **SUBMISSION OUT OF FEAR**

• There is a difference between consent and submission out of fear. If you fear for your life, your physical safety, or the life and safety of a loved one, you may choose to submit to a sexual act. This does not mean that you have consented to it. A crime has still been committed, and though you may not be cut or bruised, you should report the crime to the Department of Safety and Security/Police Department.

## **ACTIVE RESISTANCE**

- Active resistance is designed to distract or temporarily incapacitate your assailant. Your purpose is to react immediately, and create an opportunity to escape.
- Active resistance involves the use of any weapon which you have available (e.g. keys, nail files, rat-tail combs, hairspray) as well as the use of your body (screaming, kicking, struggling).
- Consider the merits as well as the following hazards if you decide to actively resist.

## **WEAPONS**

Any weapon can be taken away from you and used against you. The proverbial "weapons arsenal" carried by a woman in her purse is an often suggested resource. If you depend on this, consider the probability of dropping the purse when someone grabs you. Or, if you manage to hang on to your purse, will the assailant wait and let you rummage through it to find something with which you can hurt him/her? It is unwise to possess guns or knives unless you are:

- skilled in using them,
- not afraid to use them and
- in compliance with the New York State Law.

Guns and knives are extremely dangerous weapons that are potentially injurious to you.

## **SCREAMING**

Screaming can work if help is within hearing distance and you are sure help will respond immediately. Can you be heard? Will your assailant be frightened off or react more violently in an effort to shut you up?

## **KICKING**

Kicking is effective only if it's a direct hit to a vulnerable area, such as the groin. It must be swift, strategically aimed, and with all the force you possess! Unless all three are properly executed, the assailant will become more violent. Remember, the assailant has heard the same advice as you and is probably prepared to protect himself.

## **STRUGGLING**

Struggling may be useful if you are sure the assailant has no weapons and you know he is alone. Will it scare the assailant off or will it only wear you out? The assailant could also become angrier, or even sexually aroused. In making your decision, ask yourself if you're willing to fight hard enough to stop your assailant. Can you really injure another person even if your own safety is at stake?

## **Never feel guilty about anything you must do to survive!!**

Martial arts, such as judo, karate, and other defense tactics are designed to maim, kill, or disable; however, they can be used to incapacitate an assailant and give you a chance to escape. Martial art forms require limitless practice and effort to become proficient. Unless you are proficient, you will increase the potential for sustaining severe injuries.

## **COMMUNICATION**

Take time to discuss alternatives with friends and family members. For years, people have felt that the only victim of sexual assault is the person assaulted. True, the person assaulted is a victim, but there are also many indirect victims: the immediate family and other relatives as well as friends of the person assaulted.

Take time now to discuss the contents of this booklet with friends and family members. If you do become a victim of sexual assault, this prior discussion will assist you in determining those family members and friends who will aid you if necessary.

## **PRACTICE BEING OBSERVANT** **REPORT SUSPICIOUS ACTIVITIES**

- Remember: Reporting suspicious persons and activities will reduce crime. Your Security Department can function effectively only with assistance of a concerned community.

## **IF YOU ARE THE VICTIM OF A SEXUAL ASSAULT**

After an attack, you should try to be as calm as possible in order to think more clearly. Get to a safe place and call for help immediately. If you are on campus call the Security Department. Anywhere else call the police at 911. Call a relative or friend, a university counselor, or rape crisis service.

**The New York City Police Department Sex Crimes Report Line is open 24 hours a day, 7 days a week: (Telephone # 212-COP-RAPE/212-267-7273).**

## **NOTE:**

- Remain in the same condition as when the attacker left. Do not change, wash or destroy any clothing or any article that may be evidence.
- Do not wash or douche or comb your hair.
- Have a medical and internal/gynecological exam at the nearest hospital emergency room as soon as possible. The doctor should note and treat any internal and external injuries and test for and take measures to combat possibilities of venereal diseases and pregnancy. The doctor must collect semen smears as evidence if you report being raped.
- Show police any external bruises or injuries, however minor, resulting from the attack. Also show injuries to a friend or relative who might be available as a corroborative witness at the trial. If possible, photograph any obvious bruises.
- Leave the crime scene exactly as it is. Do not touch anything, clean up, or throw anything away.
- Give any clothing that was stained or torn (including undergarments) during the commission of the crime to the police for analysis.
- When calm, write down every detail about the incident; including who, what when, where, and how; what the rapist looked like (height, weight, clothing, type of build, color of skin, hair, eyes, facial oddities, scars, jewelry, etc.); description of any vehicle used or the direction in which you last saw the rapist; if the rapist said anything, try to remember the words, the grammar, any accents or speech defects; and if there were witnesses, who and where might they be.
- Seek psychological support as well as medical attention. Even though the actual incident is over, you may suffer from rape trauma syndrome, which includes a variety of difficulties commonly experienced after a sexual assault.

## **YESHIVA UNIVERSITY PROGRAM**

Pursuant to the New York State Sexual Assault Prevention and Campus Security Act of 1990: Each college must provide specific information to students about sexual assault prevention, the legal consequences of sex offenses, the policies of the university, available counseling, support services, and campus security procedures.

During orientation programs incoming students will be given detailed information regarding the prevention of sex offenses and the availability of counseling and rape crisis assistance.

### **Students can obtain confidential counseling at the following facilities:**

#### **Wilf Campus Student Counseling Center:**

(646) 592-4200

Location: 116 Laurel Hill Terrace, Apt A

Between 186<sup>th</sup> St & 187<sup>th</sup> St.

Hours: Monday to Thursday

9:00am – 5:30pm

Friday 9:00am – 2:30pm

#### **Beren Campus and Brookdale Center (Cardozo School of Law) Student Counseling Center:**

(646) 592-4210

Location: 205 Lexington Ave

4<sup>th</sup> Floor Room 401.

Hours: Monday – Thursday

9:00am - 5:30pm

Friday 9:00am – 2:30pm.

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**TELEPHONE NUMBERS**

**WILF CAMPUS**

(212) 960-5200

**If Off Campus**

Toll free # 1-(888)-YU-SAFTY

1-(888)-987-2389

**BEREN CAMPUS**

(212) 340-7460

**If Off Campus**

Toll Free # 1-(888)-STERN-YU

1-(888)-783-7698

**BROOKDALE CENTER**

Benjamin N. Cardozo School of Law (212) 790-0303

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