

# PROTECT YOURSELF FROM SEXUAL ASSAULT

## FOLLOW THESE AWARENESS AND PREVENTION TIPS FROM McGRUFF:

- ✓ Avoid people who use anger as a means of control. Most rape victims know their attacker.
- ✓ If you are being followed, drive to a police or fire station or walk to a well-populated area.
- ✓ Always walk with friends in busy, well-lit areas and avoid known trouble spots.
- ✓ Always have your keys out and ready before approaching your car. Check the front and rear seats and floor before getting in.
- ✓ If a stranger stops to ask you a question and you choose to respond, keep your distance.
- ✓ Protect yourself from date rape drugs. Never leave a drink unattended.
- ✓ Report any assault to the police and seek medical attention immediately.

For more information on how to protect yourself from sexual assault, visit [ncpc.org](http://ncpc.org) or contact your local law enforcement agency.



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