

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-lighted 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 or contact your local law enforcement agency.



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www.ncpc.org

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