

Sexual Assault: Protective Measures

Myths and facts

- **Myth:** Seldom does a reported rape victim know their attacker.

Fact: One-third of all reported rape victims know their attacker. In fact, 84% of victimized girls ages 15 to 19 knew who their attacker was.

- **Myth:** Rape is one of the most reported violent crimes.

Fact: Only 5 to 20% of all victims report the crime.

- **Myth:** Seldom do victims of rape suffer any post-traumatic stress disorder.

Fact: Approximately 60% of rape victims experience post-traumatic stress disorder and 16% still experience problems 15 years following the rape.

- **Myth:** Some girls and women just ask to be raped by the way they act or dress.

Fact: Rape is a violent crime. The way one dresses or acts does not give another person legal or moral right to commit any crime against that person.

The Law

Sexual assault is a violent crime. Laws have been enacted to punish the guilty as well as protect and aid the victim.

The Illinois Criminal Sexual Assault Law provides legal definitions for both sexual assault and sexual abuse. The following are the two categories for each including their corresponding penalty:

Criminal sexual assault.....Class 1 felony
Aggravated criminal sexual assaultClass X felony
Criminal sexual abuse.....Class A misdemeanor
Aggravated criminal sexual abuseClass 2 felony

For a more detailed description of this section of the law, refer to the Illinois Compiled Statutes (ILCS): 720 ILCS.

What is acquaintance rape?

Acquaintance rape involves two people who know each other. This could include first dates, steady boyfriends, or casual friends. Acquaintance rapists often use both physical and psychological pressure on their victims to obtain sex.

Protective measures you can take

At home:

- If you are a renter, whether in an apartment or single family residence, check with your landlord about changing exterior door locks and **adding quality deadbolt locks**. Don't rely on chain guards, they can be easily broken by force or cut. New homeowners should also follow these guidelines.
- **Install a peephole.** If you have small children, install one at their eye level as well.
- As a general rule, **keep doors and windows locked**. If you like to have windows open, install hardware that restricts movement of the window beyond a predetermined distance.
- **Request identification** from service/repair technicians who come to your door. Use your peephole and ask to see identification. Even if you have a chain guard, don't open the door. If still in doubt, ask for a phone number and call the company. Never open the door for a stranger.
- When living alone, do not list your first name in the phone directory or mail box. **Use first initial and last name only.**
- Make sure your home or apartment has **good exterior lighting**.
- **Get to know your neighbors.** They may be able to assist you in an emergency situation.
- If you return home and find signs of **forced entry** on a window or door, or any door or window open that should not be, do not go in. Go to a neighbor or nearest phone and call the police.

When walking:

- **Always be alert** and aware of your surroundings, especially at night.
- **Walk in well-lit areas.** Avoid walking close to alleys, doorways, and bushes. If possible, walk in pairs or a group.
- **At night, wear clothes and shoes that don't restrict movement.** Avoid carrying bulky items.
- If you work late, **request an escort** to your car or the bus from your employer.
- **If you are being followed,** walk into a store or knock on a house door. Do whatever it takes to attract a witness. If you feel threatened, scream "fire."

When driving:

- **Always have your key in hand** when approaching your parked vehicle.
- **Before opening a car door,** look into the vehicle. Check out both the front and back seat areas.
- **Once in the car, lock the doors.** Drive with the windows up or slightly open until you are safely on the open road.
- **Do not pick up hitchhikers** or stranded motorists.
- **If your car breaks down,** put the hood up and turn the flashers on. Return to and stay in the vehicle. When help comes, do not get out or roll your window down. Have signs made with your request for help. If you need to pass a note out the window, do so carefully. Have the person offering to assist you contact the police or a service station.
- **If you are being followed,** drive to either a police or fire station and honk your horn to attract attention. If you drive to an open gas station or other establishment where a phone is available, make sure you can safely get to the phone to call for help. Don't leave your car unless you can do so safely.

If you are assaulted

- Assess the situation first, then react. Do whatever you believe necessary to keep yourself safe. Whatever you choose to do, you must remember you are not responsible for the assault.
- Remember as much as possible about your attacker. This information will be of value to the authorities.

After the assault or rape

- **It is important** that you first call the police or the Zacharias Center hotline (see below).
- **It is advisable** not to shower, bathe, douche, destroy any items of clothing, or disturb anything at the site of the attack that may aid authorities in the investigation of your assault or rape.
- **Seek medical attention** as soon as possible. Zacharias Center-trained volunteers will be able to assist you at the hospital as well as provide additional support to both you and your loved ones throughout the proceedings.

Where to Call for Help

Local police 911 or local number
 College of Lake County Police
 Department 24 hoursx5555 or (847) 543-2081
 Zacharias Center 24-hour hotline(847) 872-7799
 College of Lake County:
 Health Center..... (847) 543-2064
 Counseling Center..... (847) 543-2060
 Vice President of
 Student Development (847) 543-2048
 Employee Assistance
 Program (800) 523-5668
 Women’s Center..... (847) 543-2771
 TitleIXCoordinatorTeresaAguinaldo....(847) 543-2288

You can also report the incident online at myCLC Student Portal on the CLC Cares Form.

What is Title IX?

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The information in this brochure does not provide all the answers on ways to prevent sexual assault or rape victimization. Prevention techniques will vary from person to person and situation to situation. The most important point to remember is that if you are or become a victim, you have no reason to be ashamed. Contact help as soon as possible. It’s never too late.

For additional information regarding sexual assault prevention and response please refer to the following websites:

RAINN (Rape and Abuse network): www.rainn.org
 Zacharias Center: www.zachariascenter.org
 National Center for Victims of Crime: www.ncvc.org

This brochure was prepared by the College of Lake County Police Department and was compiled in compliance with the Student Right-to-Know and Campus Security Act.

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This information is provided as required by the Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act.

This information is correct as of July 2018, but is subject to change.

For more information, contact the CLC Police Department at (847) 543-2081.



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College of Lake County Police



Prevention through awareness for CLC employees and students

 **Emergency Dial 911 at any campus location.**

