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### **Tips to Protect Yourself from Sexual Assault**

#### ***Association for Compassionate Transformation Launches Sexual Assault Protection Awareness Campaign***

**SEXUAL ASSAULT** – Rape is a crime of violence and aggression. The intent is to defeat, degrade, control and humiliate the victim. Rape affects victims from all socioeconomic classes and ethnic backgrounds. Rape victims can range in age from 3 months to 97 years. Women most vulnerable to rape range between the ages of 16 and 19; the second highest is for women between the ages of 20 and 24. Statistics estimate that as many as 60 – 80% of all rapes are committed by someone the victim knows. Rape can take place at any location and during any time. Many acquaintance rapes occur in the context of a dating relationship and typically occur at the man's turf. For college women, their normal social environment may consist of a party where alcohol is used - involves more of a risk for sexual victimization than does walking alone down a dark street.<sup>1</sup>

While sexual assault cannot be fully prevented, protective measures can be taken. Below are suggestions that you can use in your day-to-day routine that can increase your safety and decrease the opportunity for a predator to attack.

#### **Tips to Protect Yourself from Sexual Assault:**

- **Awareness of surroundings**
- **Walk confidently**
- **Travel in groups**
- **Avoid isolated areas**
- **Park your car in a well-lit area**
- **Have your hands free**
- **Have a whistle on your keychain**
- **Let a family member or friend know where you are going and what time you plan on arriving**
- **Carry a cell-phone**
- **Trust your instincts**

A.C.T. is committed to raising awareness of the dangers surrounding sexual assault and the need for protection through implementation of safety tips. A.C.T. will provide information on preventative measures to reduce the risk of being a victim of sexual assault. For more information, please contact Dr. Drecun at [Dr.Drecun@a4ct.com](mailto:Dr.Drecun@a4ct.com) or (858) 792-3541.

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1. Penn State University Health Services