

Myths and Facts

Myth: Women who wear seductive clothing deserve to be raped.

Fact: No woman ever deserves to be forced into having sex, no matter how she is dressed.

Myth: Women secretly want to be raped.

Fact: Rape is brutal, terrifying crime. No woman wants the pain, injury or violence involved in rape.

Myth: Rape only happens to single women who aren't careful.

Fact: All types and ages of women are attacked, in all types of circumstances.

Myth: Women who say "no" really mean "yes."

Fact: The word "no" means "NO." It should never be interpreted in any other way.

Myth: Women are powerless against the threat of rape.

Fact: Although rape is never a woman's fault, there are many things a woman can do to reduce the risk of rape.



Available Services:

Crisis Intervention ~ Ongoing Support
Assistance in obtaining Protection Orders
Information ~ Referrals
Support Groups ~ Follow-up Assistance



Itasca County Office:

1325 4th Street NW
Grand Rapids, MN 55744
218.326.5008 • 866.747.5008

Aitkin County Office:

204 2nd Street NW
Aitkin, MN 56431
218.927.6266 • 866.747.5008

Funding Sources:



Blandin Foundation™
STRENGTHENING RURAL MINNESOTA



OTTO BREMER FOUNDATION



Sexual Assault

A Crime of Control,
Dominance, and Humiliation



What is Sexual Assault?

Sexual Assault is defined as vaginal, anal, or oral penetration involving force or threats. Penetration can involve body parts or objects. It is a violent sexual act committed against a person's will.

Anytime a person forces, coerces, or manipulates another person to engage in sexual activity against their will or without their consent, that is sexual assault. The perpetrator is motivated by a need to feel powerful, by controlling, dominating, or humiliating another person.

Rape victims come from all age groups, economic backgrounds, and ethnic groups. Rape occurs at all times of day, in all seasons, and in various settings.

There is not a "typical" rapist. Of all rapes, 94% are committed by someone the victim knows. This may be a date, boss, acquaintance, co-worker, ex-husband, spouse, family member or neighbor.

Some rapists don't know the women they attack. They may observe potential victims and plan the rape, or choose victims at random.

Be Gentle and Patient with yourself and **always** trust your instincts!

Contact Support Within Reach for support, options, information, and referrals.

Precautions Against Rape

On Dates & Social Situations:

- Express yourself clearly.
- Don't abuse drugs or alcohol.
- Get your own drinks when possible and never leave your drink unattended.
- Avoid secluded places.
- Arrange your own transportation.

Walking

- Plan your route, walk boldly and with purpose as if you have a place to be at.
- Don't walk in isolated areas.
- Never hitchhike.
- If you're being followed, go into a store or other area with people.
- Draw attention to yourself when necessary.

At Home:

- Install and use sturdy locks on doors and windows.
- Leave lights on when you are out, and have your keys ready when you return.
- Install a peephole and use it. Don't let strangers in.
- Avoid isolated places, such as elevators, laundry rooms, and garages when you're alone.

Public Transportation:

- Avoid isolated stations or bus stops.
- Wait near other people in well lit areas.
- If you feel threatened, move.
- Sit near the driver, if possible.
- Be aware of others, don't daydream.

More Ways to Reduce Your Risk:

- Lock your car when driving and parking.
- Avoid isolated or poorly lit parking lots.
- Scan the area when approaching your car.
- Look in your back seat and also under your car.
- Have your keys ready in your hand.
- If your car breaks down, lock the doors, stay inside, and ask anyone who stops to call the police or a towing service.

If You Are Raped

- Seek medical attention immediately. Do not shower or douche first, this washes away medical evidence that can be gathered during this exam. This does not mean you must prosecute, but it does keep this option open.
- Ask the doctor about HIV, STI's, and unwanted pregnancy.
- Consider reporting the crime.