



Anti-rape & AIDS Control Outreach

because dolphins give life to the sea just as education gives life to children

Important Tips on How to Avoid And Prevent Rape for Women

Your first reaction, if possible, is to get away from the danger as quickly as possible, and if necessary, run and scream for help. However, we caution on the following areas:

1. RISK AREAS

Whether it is day or night, avoid risk areas such as dark places, dimly lit areas, lonely places, bushy areas, short-cuts, or being alone in the room with a man other than your husband, fiancée, or brother.

2. ALERTNESS

Walk with eyes and ears open because a rapist may surprise you. Remember, they can be cunning. They can grab you, knock you down, or even use drugs.

3. COMPANY

It is good practice, especially when it is late, to walk in the company of known friends, workmates, or schoolmates. Walking in groups can deter rapists. However, if a rapist strikes, you can easily raise alarm and get help.

4. SUSPICION

Never trust men 100% unless he is your husband or fiancée. Rapists don't have outward signs—they could be strangers or people you know very well. Take care during dates or parties and make sure the venue is a public place. You should be aware of how drinks and food are served and you should be aware of the motive of the date.

5. DRESSING

When you are at home, school, place of work, or in public, do not wear clothing that will embarrass you or which might attract too much negative attention. We are not against you deciding how you dress, but the question is, how safe are you?

6. FOR YOUR DAUGHTERS OR YOUNGER GIRLS YOU KNOW

Do not send your daughters out at late hours or at night to the shops, posho mills, neighbor's homes, or anywhere else. Do not allow them to play outside at night. Tell them never to accept sweets, gifts, or money from strangers or male neighbors or friends, as this could be a trap to lure them. Teach your daughters to make smart decisions, to respect themselves, and to be empowered.

Remember to try to avoid situations, circumstances and lifestyles that could lead to rape. Not all men are bad; most of them are respectful, caring fathers, husbands, uncles, grandfathers, neighbors and friends. Don't condemn them in general, but watch out for the ones who misbehave.

You have the right to live a life free of violence. Join us in speaking out against rape. Together we can end violence against women and the spread of HIV.

0724249876 | 0736475257 | dolphin2002ke@yahoo.com | PO Box 6885 Eldoret | 4th Floor Blessed House Ngara

www.dolnhinanti-rape.org