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**How To Safeguard Against Rape**

**By MalaMaal.com**

How To Safeguard Against Rape

If you are a female, chances are 1 in 10 that you will be a victim of sexual assault. The attacker makes no distinction between age, race, appearance or any other characteristics.

Common sense is your best defense against attack. Because every rape is different, there's no one solution for thwarting an attack.

If you are attacked, evaluate the situation and look for ways to escape. Some women have avoided rape by talking their way out of it, acting crazy or fighting back. A kick in the groin isn't usually successful because men instinctively protect this area, and you may lose your balance. If you decide to respond physically, remember that your first priority is to get away. Act quickly and derisively to throw the attacker off guard while you escape.

After an attack: A. Go to a safe place B. Call the police. C. Preserve evidence – don't shower or douche; blood and semen are important evidence. And don't change your clothes or disturb the scene of the crime. D. Get medical care.

Medical attention is vital! Many hospitals provide free care for rape victims and offer pregnancy prevention and venereal disease treatment. Remember, even if you do get treatment immediately, follow-up tests for V.D. are essential.

Never be embarrassed because of the incident. Though difficult to talk about, it is important to tell doctors what sex acts took place so they will know what medical attention is needed.

Try to remember in detail your exact experience, for police records. Give as accurate and complete description of your assailant as possible. This is extremely important! Your complete co-operation with local authorities may help in preventing similar attacks on other girls and women.

Read "How To Guard Against Purse Snatchers". It's available from the above publisher for just \$1.00 plus a long, self addressed stamped envelope. Ask for a complete list of the new 15 "Anti-Crime"

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reports telling how to protect yourself, your family, your home and possessions. It's FREE for the asking.

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### **Rediscovering Childhood: An Exercise for Childhood Sexual Abuse or Rape Survivors**

**By Candace Cook**

I believe that, while it may not be possible to recreate childhood, it is possible to rediscover childhood. As older teens or adult prevailers over childhood sexual abuse or rape, we may feel we were cheated out of our childhood. Our innocence was torn apart as we were introduced to lewd, dishonorable, irresponsible, corrupt, manipulative behavior by child abusers, molesters, and rapists. This cannot be undone.. but, we can re-introduce ourselves to the youthful innocence of play, genuine honesty, and

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light heartedness. For some, it's easier to do than for others.. but, in this forum, we're going to work on being kids – because that's one of the most important parts of growing up!

I will periodically be posting new, innovative methods of rediscovering childhood – while, not allowing that to interfere with the adult world in which we must function! I hope others will join me in this experiment, exercise or whatever you wish to call it! To participate, just visit the Prevailor Community: <http://prevailer.true.ws>

24 year old mother/gaurdian of 5 children. Founder of internet support community for sexual abuse & rape survivors. <http://prevailer.true.ws>

Rediscovering Childhood: An Exercise for Childhood Sexual Abuse or Rape Survivors

How to safeguard your computer?

Child Sexual Abuse – Signs And Symptoms

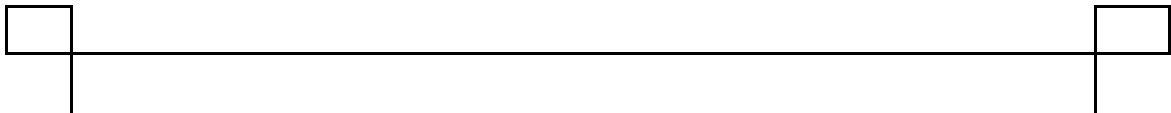
Are you putting your family at risk?

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