

REFERRALS/SERVICES

The following services and referrals are offered by our office:

- Referrals to appropriate agencies, counselors and other professionals.
- Referrals for shelter for victims who do not have a safe place to stay following an attack.
- Clothing and information packets are provided to rape victims at the emergency rooms.
- Assistance in filing claims with the Arkansas Crime Victims Reparation Board.

Who to Call for Help

Craighead Co. Office of Victim/Witness Assistance: (870) 972-9593

Jonesboro Police Dept.: (870) 935-5553

Craighead Co. Sheriff's Dept.: (870) 933-4550

ASU Police Dept.: (870) 972-2093

Legal Aid of Arkansas: (870) 972-9224

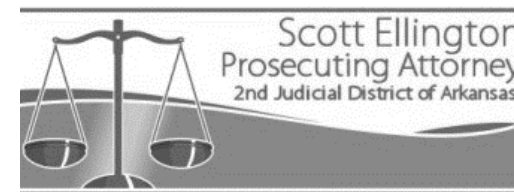
NEA Baptist Memorial ER: (870) 972-7251

St. Bernards ER: (870) 972-4288

Women's Crisis Center of NEA: (870) 933-9449

Rape Prevention Tactics

CRAIGHEAD COUNTY
PROSECUTING ATTORNEY'S
OFFICE
VICTIM/WITNESS ASSISTANCE
DIVISION



Craighead County Courthouse Annex
511 Union Street, Suite 342
Jonesboro, AR 72401
870-972-4779

E. MACE. Again, proper use of the device will increase your chances of warding off an attack. Practice, practice, practice. Know the product, as well as your own limitations. Understand that mace sometimes does not affect an attacker, or if the wind is right it might blow back in your face!

F. HANDGUN. The decision to own a handgun assumes you are prepared to undertake full-time responsibility for your weapon's safety and security. If you are considering owning a handgun, we recommend you take a course in handgun safety and use. For more information contact your local law enforcement agency.

Some Basics on the Body

A. If you just throw your hands out for striking, they can be grabbed by an attacker and used to get you down.

B. If an attacker is close to your body, use your elbows for striking the sides of his neck, or even his stomach to take him by surprise.

C. Any strikes with your hands or fists should go right to the face.

D. If he's close to you, never forget your voice in the ears and your teeth.

E. If you want to kick, don't just throw your leg around, aim at his knees. This will knock him off balance. (If you aim too high, you might lose your balance)

F. Don't always think you can knee an attacker in the groin, he will usually protect this first. If you must go for the groin, use your hand to grab, then pull.

G. Pulling hair or clapping both hands over his ears are fairly effective.

H. Your most reliable strong points to think about are: forehand, palm heel of the hands, elbows, knees and feet. Know what you can and can not do with them.

As RAPE becomes more of a problem, more women are feeling the real need to protect themselves. Everyone should have the mental and physical skills to protect themselves.

Safety Precautions at Home

Many rapes and attacks happen in the houses and apartments where women live.

- A. There should be lights in all entrances where you live.
- B. All windows should be in place and have locks. Curtains and/or blinds should be on every window.
- C. There should be strong locks for every door in your place, such as bolt locks.
- D. Be aware of places where men might hide, under stairs, between buildings.
- E. If you live by yourself or with another woman, don't put your full name on the mailbox, use your first initial.
- F. Know some of your neighbors and which ones you could trust in an emergency.
- G. Always know who is knocking at your door asking for assistance; tell them you will notify the police to assist them. Do not let them in.
- H. When returning home at night, have your keys ready before you get to the door. If someone is watching you, don't show them where you live.
- I. If there is a suspicious person on the same elevator, push the emergency button and all the floor buttons. Get off on the first floor that the elevator stops at.

Safety Precautions on the Street

How you look is important. An attacker always expects a passive victim, so if you walk slowly or in a daze, you will seem unaware. Walking at a steady pace, looking confident and knowing where you are going makes a difference.

- A. Try not to overload yourself with packages, large purses, or books. Pockets are more practical, keeping hands free.

B. At night, don't walk through dark parking lots, (they should be reported to the city director) parks or other places where men might be hiding. Carry a small flashlight in your purse, pocket, or on a key chain.

C. Don't walk through a group of men, walk around them, or if possible, cross the street.

D. If you're alone, be extra aware of what's around you. Listen for footsteps and voices nearby. Look around to see if someone might be following you. If you think so, change your walk, either quicker or slower to see what happens. Try crossing the street, try walking down the middle of the street. Stay near streetlights. If you fear danger, scream loudly, yell "fire," don't yell "rape or help." Go to the nearest lighted place and get in quickly. Break a window instead of ringing the bell. If you run, make it quick and yell the whole way.

E. Carry a whistle wrapped around your wrist and use it when you need to.

F. Don't walk alone if you're upset, drunk or high on drugs. Ask a friend to go with you.

G. Don't walk too close to the inside of the sidewalk, near bushes or alley entrances, driveways or entrances to private places.

H. If you are waiting for a friend outside, a bus, or the light to change, notice how you stand. You should be balanced; don't keep your feet close together; don't keep your hand in your pockets. Don't lean against streetlights, fences or signs. Be aware of cars that might pull near you or keep passing you.

I. If you carry a purse, newspaper or umbrella, keep them tucked under your arm.

J. It is always best to work out transportation with people you work with, are friends with, or with whom you go out or to school

Safety Precautions While Using Transportation

A. Before approaching a parked car, look beneath the car.

B. If you have a car, check the back seat at night (many attackers hide there and wait for the driver to return). While driving, keep the doors locked.

C. If you are using public transportation, keep what you're carrying tucked under your arm if standing. Try not to stand near a group of guys.

D. While sitting on a bus or subway, be aware.

E. If you're not sure of where you're going, ask the driver. Sit near the front.

F. Do not hitchhike.

G. If you are driving at night and your car breaks down, turn your hazard lights on, put your hood up, get back in your car, and lock the doors until someone arrives to help you. When help arrives, DO NOT GET OUT OF THE CAR, crack your window and ask them to call someone to assist you.

"Legal Weapons as Protection"

Weapons should not be relied on because they can be taken away from you and used against you. Also you may not have them in your hands when an attack occurs. The following suggestions of weapons should be used only to stop an attack with enough time to get away. Any effort to fight back will surprise the attacker.

A. LIGHTED CIGARETTE. Smash it out on any area of his face.

B. PLASTIC LEMON. They will squirt as far as 15 feet. Fill it with liquids like ammonia. Always aim for the eyes; momentary blindness helps give you time to escape. Same idea holds for spray cans (hair spray, perfume).

C. UMBRELLA. Place one hand near the center of the umbrella and the other behind it; use in a quick jabbing move (to neck or stomach); also, place hands on both sides of it and use as a pushing force to face, or jab near neck.

D. STUN GUN. These devices come in many sizes and voltage range. Most run on 9 volt batteries. As with any weapon, learning the correct use is important. Practice with a friend in striking the best areas as explained in owner's manual.