

# L.S.A.T.

## WEEKEND REVIEW COURSE

Intensive 20 hr. seminar classes

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Date: **Thursday, November 18/76**  
 Time: **1:00 - 2:00 p.m.**  
 Place: **Faculty Lounge, Room S872  
 Ross Humanities Building  
 York University**

## La Chasse-Galerie

PRESENTS

# 33 BARRETTE

AT THE ST. LAWRENCE HALL  
 157 KING ST. EAST, TORONTO


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# Thurffs

TONIGHT  
**"TARGETS"**  
 (U.S. 1968)



PLUS  
**"BADLANDS"**  
 (U.S. 1974)

Curtis Lecture Hall  
 "L"  
**7:00 P.M.**

## Harbinger's column

### Basic attitudes and actions to minimize possibility of rape

Rumours circulate quickly, especially in semi-autonomous communities. And York is no exception. Whisperings of rapes and attacks on women at York appear with unnerving regularity, a regularity not to be explained away by "average incidence" statistics or long, unlighted paths.

But analysis and explanation are fine for essay writing, they are of little comfort and questionable value in dealing with the actual experience of rape. Harbinger feels there are some basic preventative attitudes and actions which can help minimize the possibility of being raped.

Probably the best preventive measure any woman can take is to learn exactly how to defend herself in the event of an attack of any sort. There are lots of self-defence courses being offered in Toronto, and every woman I know could benefit from them. However, if you have not taken a course, there are still some basics to go by. The most important point to remember is to be alert and be aware of your surroundings at all times. This is particularly important when you are walking alone in unfamiliar places.

A few other points to be kept in mind when walking alone consist of using common sense. If you think you are being followed, look around to see exactly where you are and

where you can get to without appearing freaked out. Get to the nearest place where there are people, or to a well lit area. If this cannot be done by waling, run. If you are approached by someone, don't be afraid to reject his come-on immediately — at least then he will understand what you mean from the start. If he persists, start yelling "HELP" or "FIRE" or "POLICE" or something similar. People are very nervous about coming to a scene where someone is screaming "RAPE"! This is probably because, even if there are disputes on an academic level, most of us recognize that rape is a crime of violence, and hesitate to become involved.

It is important to try and break away physically at the first opportunity, if one presents itself. If this is not possible, it is possible to attack with whatever you've got. The areas most likely to immobilize him at least until you can get away are the groin, stomach, kneecaps, shins, nose, eyes and temples, or the instep of the feet.

There are a number of things you can do if you are raped. You can go home and hope that the memory of it will disappear, or you can deal with it in some fashion that may ultimately leave you feeling a lot better about the situation, and perhaps prevent someone else from having to go through it themselves.

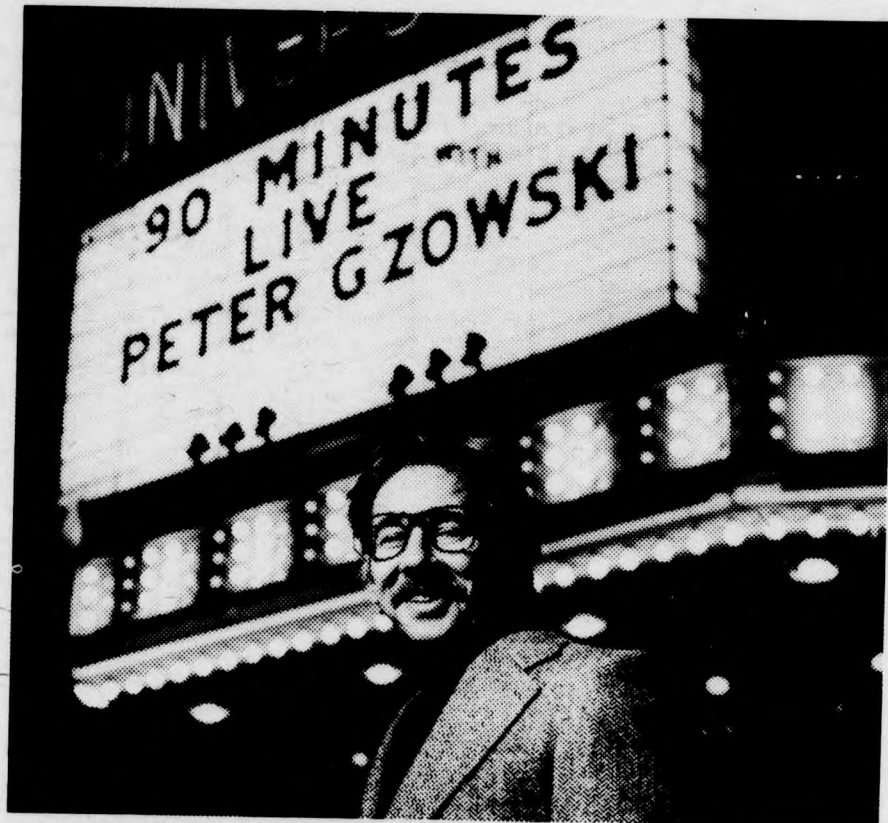
If you choose the later, you should report the incident as soon as possible, to the first person you see. If you don't do this, the case may not be accepted in court.

Do not take a bath or shower before you have been examined by a doctor, as you will wash away evidence that you may want the police to have, should you press charges. Then try to write down any information you may remember about the whole incident, including a description of your rapist. If you do decide to go to the police, remember that their questioning may be quite insensitive and demoralizing. Try to bring a friend or a rape crisis volunteer with you throughout all of these questioning sessions and to court.

Going to the police and laying charges in court are big decisions, and can only be made by the woman involved. Whatever this decision, if you are raped, you should go to a doctor immediately and have a VD test and a pregnancy test, as well as a complete physical examination (including an internal examination), to make sure you did not receive any injuries.

Remember, there are people who are skilled to deal with your crisis and who care enough to offer support and see you through the whole experience. (Rape Crisis Centre, 368-8383)

Sue Kaiser



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