

## Army Community Service

You are not a Alone!  
We are here to Help!

While there is no sure way to prevent sexual assault, taking a few safety precautions can lower your risk of potentially becoming a victim. If you become a victim, trust your gut instinct regarding fighting back. Survival is the key.

**Unrestricted Reporting:** Adult victims who want to report and to initiate a police investigation should call 911 or 678-1234

**Restricted Reporting:** Adult victims who want medical treatment and/or counseling but do not want to initiate a police investigation should call:

SARC: 678-2306 or 993-7413

Chaplain: 678-2615

Social Work Services: 678-4992

Medical treatment: 678-2882/1529



Whether you choose a Restricted or Unrestricted Report there are safety measures that may help protect you.

For assistance Please Call:

Sexual Assault Response  
Coordinator (SARC) at 678-2306 or  
24/7 575-993-7413

La Pinion, Rape Crisis & Sexual  
Assault Recovery Line  
575-526-3437



**Committed to Helping  
Victims of Sexual Assault**



Sexual Harassment/Assault Response & Prevention  
[www.preventsexualassault.army.mil](http://www.preventsexualassault.army.mil)

## Sexual Assault Prevention and Response Program

**Army Community Service  
Building 250**

**575-678-2306**

**24/7 helpline:**

**575-993-7413**

**Or**

**Treatment Room**

**575-678-2882/1529**

## **Safety at Home**

Keep a phone in a room you can lock from the inside.

Keep a cellular phone with you at all times and/or keep change for a pay phone.

Plan an escape route out of your home.

If having a get together with friends, make sure no one stays behind "to help". Have last of guests leave together.

If having someone over for a movie, intimate dinner, or date, leave blinds and doors into house open.

## **Safety While Out**

Trust your instincts. If a person or place feels unsafe, it probably is.

Don't drink or use drugs (including prescription drugs) excessively especially when out with a group of individuals you don't know very well (this includes fellow trainees/Soldiers in your unit you've only known for a short time).

Don't accept drinks from other people; open containers for yourself.

Remember if your safety is at risk; call 911, or get to a safe place. Do whatever you have to do to keep yourself safe. Submitting does not mean you consented.

## **Safety at Work**

Trust Your instincts and stay alert.

Match your body language to your words; don't laugh and smile while saying "No".

Don't Be afraid of hurting the other person's feelings.

## **Prevention Tips - Outside the Home**

Be alert and watch for signs of trouble.

Do not feel obligated to be friendly, or helpful.

Walk in lighted areas.

Keep vehicle doors locked.

Keep a cell phone with you.

Stay alert and aware of your surroundings—know how to exit a building or get away.

Keep your key ready.

## **When to Fight Back**

In the event you find yourself in a situation where you are being sexually assaulted, be assertive. Say Loudly, "Stop, you're raping me!"

When considering fighting back, ensure you can completely escape; otherwise you may be putting yourself at greater risk as offenders usually only use the amount of force necessary to complete the act.

If there are people nearby, make a lot of noise.

Trust your gut instincts. Getting through the event alive is the most important thing.

## **Red Flags to Watch For**

You should be especially alert if the person you are with:

- Ignores, interrupts or makes fun of you
- Sits or stands too close or stares at you
- Has a reputation of being a "player".
- Drinks too much or uses drugs; or tries to get you to use alcohol or drugs.
- Tries to touch or kiss you or gets into your "personal space" when you barely know him or her.
- Wants to be alone with you before getting to know you.
- Does what he or she wants without asking what you want
- Gets angry or sulks if he or she doesn't get what he or she wants.
- Pressures you to have sex.