

## AN ACT OF VIOLENCE

At our present rate, one out of every three women in this country will be or already has been confronted by a rapist in her lifetime. The FBI records one forcible rape of a female every six minutes or more than eighty thousand cases a year. Those are only the ones *reported* to law enforcement authorities. To get a truer picture of the frequency, criminologists estimate you can count on three to nine times as many *unreported* rapes of women.



The purpose of **AN ACT OF VIOLENCE** is to provide accurate, current knowledge of rape and to give women one practical safety guide to prevent rape.

### Why do men rape?

The crime of rape, psychologists tell us, is a compulsion to violate and degrade as an exercise of power and self-esteem. Such a crime reduces people to objects, things to be used by others strong enough to assert their dominance.

Researchers have also discovered that rapists are usually of the same race as their victims. They often live in the same neighborhood and are familiar with their victim's daily routine.

In every rape attempt, the woman has to choose whether to resist or cooperate. The Community Resource Development program of the Virginia Cooperative Extension Service does not endorse one technique or another. For a long time, experts who deal with rape victims have advised women to submit without protest to avoid severe injury or death. But recent studies have shown that some women have escaped assault by screaming, shouting, or reasoning with the rapist. **AN ACT OF VIOLENCE** explores the alternatives so that women will be better informed in making a clear decision if they are assaulted.

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## Rape prevention measures discussed include:

Home Security  
Clothing  
Driving  
Office Precautions

Walking Alone  
Demeanor  
Hitchhiking

Rape is a crime against women, it is true; but, it is also a crime against all Virginians and against the integrity and sacredness of the human person.

### Suggested Uses:

To provide select audiences an accurate, current knowledge of rape. To give women one practical safety guide to prevention of rape. To provide an educational program to serve as an introduction piece for audience discussion.

### Recommended For:

Community and corporate drug prevention and rehabilitation programs. Substance abuse prevention programs and health classes, in schools, colleges and universities. 4-H youth programs.

### Producers:

Syndistar, Inc.  
648 Hickory Avenue  
New Orleans, LA 70123  
Ph: 1-800-841-9532

## CONCLUSION

The Federal Bureau of Investigation records note that one forcible rape of a female occurs every six minutes or more than eight thousand cases a year. The Community Resource Development (CRD) Program of the Virginia Cooperative Extension Service as a part of its crime prevention programming effort purchased from Syndistar, Inc., and is making available **AN ACT OF VIOLENCE**.

Detailed questions concerning any form of crime prevention should be directed to your local police or sheriff's department. Consult your local Extension office for additional crime prevention resources made available by the CRD program.



Community Resource  
Development

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U.S. Department of Agriculture. Mitchell R. Geasler, Director, Virginia Cooperative Extension Service, and Vice Provost for Extension, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061; Clinton V. Turner, Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia 23803.