



Carver County Sheriff's Office

Safety Tips against Sexual Assault



The Carver County Sheriff's Office would like to share these tips on keeping yourself safe from sexual assault.

- **Avoid attending events such as shopping, dates, exercising, etc. alone; try to arrange these activities with another or when there are crowds.**
- **Be aware and alert. Trust your instincts and avoid people, places and situations that "don't feel right". If at any point you feel unsafe or uncomfortable, get away and find safety.**
- **Keep your wits about you. Do not allow yourself to be tricked or lulled into a situation you are not comfortable with.**
- **Communicate with family and friends if you are going out or on a date or trip. Make sure they know where you are going, what route, with whom and when you will be returning.**
- **Make sure your cellular telephone is fully charged and accessible. Check in frequently with friends and family.**
- **Be cautious and reserved about information that you share on websites and social media. It is easy to fall prey by unwittingly providing information. Keep your personal information private.**
- **Always lock your doors and windows. Use deadbolt locks and a security bar for sliding glass doors. Check who is at your door through a security peephole or a window.**
- **Only accept beverages from wait staff, never accept a beverage from a stranger. Always maintain visual or physical contact with your beverage, do not leave it unattended.**
- **Arrange to have a safe escort or sober person with you to keep you safe.**
- **Provide your own transportation.**
- **Do not allow yourself to rationalize or talk yourself out of a situation that you feel is not right. If it causes you some concern, trust your instincts and remove yourself from the situation and seek safety. Don't be ashamed to ask for help.**
- **If in doubt, dial 911.**

Studies have shown that 84% of rape victims knew their attackers and 57% of the rapes happened on a date.