



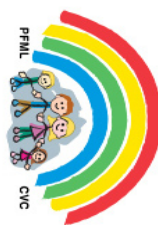
**Parents for Megan's Law and
the Crime Victims Center**
100 Comac Street
Ronkonkoma, New York 11779
(631) 689-2672
www.parentsformeganslaw.org
www.thecrimevictimscenter.org

Parents for Megan's Law is a New York State Certified Rape Crisis Center. We are dedicated to the prevention and treatment of sexual assault through the provision of advocacy, education, victim services, counseling, policy and legislative support services. We also staff the National Megan's Law Helpline.

The Crime Victims Center links all innocent victims of violent crime to crime victim compensation and referrals for support services.

**If You Have Been
The Victim of a Sexual
Assault or Other Violent
Crime And Need
Support Call:**

(631) 689-2672



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Staying Safe

**Sexual Assault
and Abduction
Prevention
for Teens**

**(631) 689-2672
1 (888) ASK-PFML**

Parents for Megan's Law is a not-for-profit organization dedicated to the prevention and treatment of sexual abuse and the provision of services to all innocent victims of violent crime.

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Rape and Sexual Assault

Rape and sexual assault are acts of violence and can happen to anyone. Rape is sexual intercourse with any person without consent. Rape can involve force or a victim who is incapable of consent due to their age or being mentally disabled. Force may involve physical violence, coercion, or threat of harm. This includes situations where the victim is intoxicated, drugged, asleep, unconscious, or for any reason unable to give consent...basically, not saying, "yes". Rape can be committed by a stranger, an acquaintance, a friend, a date... by anyone. In fact, most sexual violence happens with someone the victim knows. A sexual assault includes the touching, either forcible or without consent of the private and intimate parts of the victim's body.

If you are a victim of rape or sexual assault go to a safe place and CALL 911.

Call (631) 689-2672 for Crisis Support and Counseling Services at no-cost.

Preserve all physical evidence. Don't take a shower, bathe, brush your teeth, change clothes, douche, or throw anything away you were wearing during the attack don't even clean your fingernails.

Remember, you are not alone. You are a survivor. The information and support you need to make informed decisions and know your rights begins with a phone call to:

(631) 332-9234 (24 hours a day)

Be Aware of Known Risk Factors

There are known risk factors that increase the risk that a sexual assault could occur. Awareness of these risk factors can assist people in recognizing dangerous situations and hopefully avoid situations where victimization could occur. It is important to note that the offender is the only one legally and morally responsible for an assault. The victim is not to blame.

Alcohol is the single most significant risk factor in regard to sexual assault. Victimization occurs frequently during and after social situations where the offender and the victim are drinking. Alcohol impairs cognitive ability, interferes with communication, negatively impacts mobility and decreases inhibitions. Victims of sexual assault say that intoxication prevented them from recognizing dangerous situations. Binge drinking can result in unconsciousness and memory loss which increases victimization and the victim's ability to recall the event.

There are other dangerous substances that can put people at risk. Date rape drugs including rohypnol, GHB, GBL, ecstasy, soma, ketamine and bath salts are fast acting and can be put in a drink without being detected.

To prevent ingestion of date rape drugs, at parties or events; don't drink anything from a punch bowl, or something with an unexpected color, appearance or smell. Don't drink anything from an open container or a beverage that tastes salty when it shouldn't. Don't leave drinks unattended or share or exchange your drinks. Don't accept beverages without seeing their origin. If you hear someone "kidding" about date rape drugs, pay attention. That should be a warning to leave that party or individual. Make a pact with your friends: look out for each other and make sure that you leave the party or event together.

Preventing Abduction and Sexual Assault

- 90% of adult rape and 90% of child sexual abuse happens with someone a person has an established relationship with.
- Always walk or jog in groups and stay close to the curb, away from shrubbery and doorways. Do not take shortcuts through alleys, vacant lots or parks.
- If someone in a parking lot approaches you and begins conversation, possibly asking for directions, or offers to help you, do NOT continue to walk to your car. You should run back to where you came from, where you can ask someone for help. Be careful who you get in a car with, and who you let into your car.
- The most likely place for sexual assault to occur is in the home, victim's or offender's. Keep your home secure by always locking your doors and windows. Don't open the door to a stranger no matter who they say they are. If someone comes to your house claiming to need help, call the police for them.
- Relationships that are based on jealousy and control rather than affection and caring put you at risk for emotional, physical and sexual abuse. Extreme jealousy does not mean the other person loves you more. It does mean that they are insecure and threatened. Threatened individuals often have episodes of lashing out, and these episodes seem to increase in frequency and severity as the relationship continues. If you find yourself in an unhealthy dating relationship, you cannot handle it alone. The most dangerous time in an abusive relationship is at the time of the breakup. Tell your parents, a teacher or another trusted adult. Call the police. If you know a friend in an abusive relationship convince her/him to get help before someone gets hurt and if they don't