

RAPE AND PREVENTIONS(SEXUAL ASSAULT).

Sexual assault is any type of sexual activity or contact that occurs without your consent. This includes rape (forced penetration) and unwanted sexual touching.

Sexual assault is always the fault of the perpetrator (person committing the assault). It is not only up to women to prevent sexual assault. Sexual abuse prevention is the responsibility of all individuals within the community.

PREVENTION:

We all have a role to play in helping to prevent sexual assault. Everyone should take steps to work against sexual violence in the community.

1) Speak up. If you hear someone making light of sexual violence or condoning it, speak up. If you see someone being harassed or assaulted, call the police right away.

2) Help create a safe workplace or school environment. Ask about workplace or school programs that deal with sexual harassment or assault. Know where to go to report harassment or violence against yourself or others.

3) Offer support. If you know a friend or family member who is in an abusive relationship, offer your support. Put them in touch with local organizations that can help.

3) Teach your children. Tell children that they get to decide who can touch them and where - even family members. Let them know they can always come to you if someone touches them inappropriately. Teach children to respect others and to treat other people the way they would like to be treated.

4) Teach teens about consent. Make sure teens understand that any sexual contact or activity needs to be agreed to by both people freely, willingly, and clearly. Do this before they start dating.

WHAT YOU CAN DO TO HELP KEEP YOURSELF SAFE:

It's not possible to completely protect against sexual assault. However, it's important to know what steps you can take to keep yourself safe.

When out by yourself:

1) Trust your instincts. If something doesn't feel right, try to remove yourself from the situation. It's OK to lie or make excuses if it will help you get away.

2) Avoid being alone with people you do not know or do not trust.

- 3) Be aware of where you are and what is around you. When you are out, do not cover both of your ears with music headphones.
- 4) Keep your cell phone charged and with you. If needed, make sure you have cash or credit cards for a cab ride home.
- 5) Stay away from deserted areas.
- 6) Try to appear strong, confident, aware, and secure in your surroundings.

RACISM

Racism is the belief that a particular race is superior or inferior to another, that a person's social and moral traits are predetermined by his or her inborn biological characteristics. Racial separatism is the belief, most of the time based on racism, that different races should remain segregated and apart from one another.

Racism has existed throughout human history. It may be defined as the hatred of one person by another — or the belief that another person is less than human — because of skin color, language, customs, place of birth or any factor that supposedly reveals the basic nature of that person. It has influenced wars, slavery, the formation of nations, and legal codes.

During the past 500-1000 years, racism on the part of Western powers toward non-Westerners has had a far more significant impact on history than any other form of racism (such as racism among Western groups or among Easterners, such as Asians, Africans, and others). The most notorious example of racism by the West has been slavery, particularly the enslavement of Africans in the New World (slavery itself dates back thousands of years). This enslavement was accomplished because of the racist belief that Black Africans were less fully human than white Europeans and their descendants.

This belief was not "automatic": that is, Africans were not originally considered inferior. When Portuguese sailors first explored Africa in the 15th and 16th centuries, they came upon empires and cities as advanced as their own, and they considered Africans to be serious rivals. Over time, though, as African civilizations failed to match the technological advances of Europe, and the major European powers began to plunder the continent and forcibly remove its inhabitants to work as slave laborers in new colonies across the Atlantic, Africans came to be seen as a deficient "species," as "savages." To an important extent, this view was necessary to justify the slave trade at a time when Western culture had begun to promote individual rights and human equality. The willingness of some Africans to sell other Africans to European slave traders also led to claims of savagery, based on the false belief that the "dark people" were all kinsmen, all part of one society — as opposed to many different, sometimes warring nations.

One important feature of racism, especially toward Blacks and immigrant groups, is clear in attitudes regarding slaves and slavery. Jews are usually seen by anti-Semites as subhuman but also superhuman: devilishly cunning, skilled, and powerful. Blacks and others are seen by racists as merely subhuman, more like beasts than men. If the focus of anti-Semitism is evil, the focus of racism is inferiority — directed toward those who have sometimes been considered to lack even the ability to be evil (though in the 20th century, especially, victims of racism are often considered morally degraded).

HOMOSEXUALITY

Homosexuality is romantic attraction, sexual attraction, or sexual behavior between members of the same sex or gender. As a sexual orientation, homosexuality is "an enduring pattern of emotional, romantic, and/or sexual attractions" to people of the same sex. It "also refers to a person's sense of identity based on those attractions, related behaviors, and membership in a community of others who share those attractions.

The most common terms for homosexual people are lesbian for females and gay for males, but gay also commonly refers to both homosexual females and males.

Homosexual relationships and acts have been admired, as well as condemned, throughout recorded history, depending on the form they took and the culture in which they occurred. Since the end of the 19th century, there has been a global movement towards freedom and equality for gay people, including the introduction of anti-bullying legislation to protect gay children at school, legislation ensuring non-discrimination, equal ability to serve in the military, equal access to health care, equal ability to adopt and parent, and the establishment of marriage equality.