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**Toronto Police Tutor Humber’s Female Students**

Toronto, Ont.: “There are many myths about rape but the truth is that every woman is a potential victim and a rape can occur virtually anywhere,” said Det. Robert Innis while speaking about some myths associated with rape and tactics to survive a sexual assault to a packed, mostly-female audience of 300 Humber College students.

There are three myths about rape perpetuated by television and movies.

1. The victim is always young and attractive – Last year victims of rape in Toronto ranged between
2. The woman provokes the attack by the way she behaves or dresses.
3. Rape is committed for sexual gratification.

“The truth is last year victims of rape in Toronto ranged in age from two-91 and the majority of them were selected by their attacker on the basis of opportunity. For rapists sex is not the motivating factor. Rapists have feelings of hostility, aggression and inferiority; overpowering and degrading their victims raises their self-esteem,” said Det. Innis.

All rapists have the potential to be violent, but mentally preparing yourself in advance for the possibility of a sexual assault will help you react more quickly and more effectively.

(More)

The main reason for speaking at the college was to share five main tactics to help women foil a sexual attack:

1. Make noise – Scream”Fire!”, ”Call the Police!” or blow a whistle.
2. Run to safety – But make sure you have somewhere to run to.
3. Do something the rapist doesn’t expect - Go limp, gag, vomit, urinate, or belch.
4. Speak calmly and sincerely – Try to reach out to the attacker and speak as one human being to another about something that interests you.
5. Fight – Use surprise and speed to your advantage, for example put your hands on the attacker’s face, and then sharply dig your thumbs into his eyes.

Det. Innis finished by saying, “it’s important to remember no sexual attack or attacker are the same. Tactics that work for one woman may not work for another. Although I sincerely hope you never have to use any of these tactics, I hope you always keep them in mind.”

For more information on rape prevention visit www.police.on.ca

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