It is not unusual for a rape survivor to temporarily lose a sense of personal safety when out of the house. Becoming familiar with self-protection strategies and being alert can help you regain a feeling of safety outside the home. Fear is a very normal, natural and common reaction to a sexual assault. Many survivors look for immediate solutions, like the suggestions that follow. Sometimes reading these suggestions can create a sense of guilt. You may think you could have prevented the assault. Remember, the responsibility for a sexual assault lies with the perpetrator.

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