Introduction

SELF DEFENSE – The action by which a person protects himself from any bodily harm arising out of an encounter by blocking the opponent’s advancement by a counter attack. Self defense is not a crime so accused may be tempted to show their action as self defense to escape punishment.

Sexual Assault Awareness

- Do not ever tell anyone that you or a neighbor is home alone.
- Always be aware of your surroundings.
- In dating situations, such as bind dates or when attending late night events, it is recommended that you double date with another couple or take a friend with you.
- Do not accept rides from strangers.
- Always have your keys in your hand when going to your car. Never walk to your car digging in your purse for your keys.
- Avoid entering an elevator occupied by only one other person, who is a stranger.
- Avoid carrying large sums of money and unnecessary credit cards.
- Avoid shortcuts such as alleys.
- Be alert and aware. If someone bothers you, do not be embarrassed to attract attention... scream, yell or whistle.
- Install and use peephole in your doors.

MEN

- If forced or threatened, you compel a person to have sex against his or her will, even if you know the person or have had sex with him or her before, you are committing a rape.
- Being turned down for sexual relations is not necessarily a rejection of you personally. A person who says “no” to sexual relations is expressing his or her unwillingness to participate in a specific act at a specific time.
- Don’t allow others to attempt forced sex with another person.
- Accept person’s decision. “No” means “no.” Don’t read in other meanings.
- Don’t assume that previous permission for sexual relations means a person is under a continuing obligation to have sex with you.
- Rape is a crime of violence. It is motivated by the desire to control and dominate, not solely by sexual desire.
- Don’t assume spending money on a date entitles you to sex.

WOMEN

- Say “no” when you mean “no.” Communicate your limits clearly. Say “yes” only when you mean “yes.” Know what you are feeling and express yourself clearly.
- Avoid excessive use of alcohol and drugs. Alcohol and drugs interfere with clear thinking, effective communications, and your ability to respond in your own best interest.
- Pay attention to what is happening around you. Attend large parties with friends you can trust and agree to look out for one another. If you feel threatened, don’t be embarrassed to ask for help or to leave.
- Trust your intuition. If you feel you are being pressured into unwanted sexual relations, don’t hesitate to express your willingness even if it might appear rude.
- Be cautious of or avoid dating someone who displays extreme hostility anger, jealousy, or possessiveness or who pushes you around.
- Think ahead about getting home. Be prepared when you are away from home to be able to leave a situation if you need to. Coordinate plans with friends and arrange transportation. Always carry enough money for cab fare.

Statistics

- According to the U.S. Department of Justice’s National Crime Victimization Survey -- there is an average of 207,754 victims (age 12 or older) of rape and sexual assault each year.
- Approximately 2/3 of rapes were committed by someone known to the victim.
- 73% of sexual assaults were perpetrated by a non-stranger.
- 38% of rapists are a friend or acquaintance.
- 28% are an intimate

References