



WAAP

Women Anti-Assault Program

Important information for women in understanding a violent situation. Violent occurrences escalate through a situation, an approach, a grapping, actual assault and then afterword. Understanding how to prevent, evade, escape or attack along the escalation can help women survive a violent encounter.

Copyright 2012 All Rights Reserved – The USA Karate Federation Personal Self-Defense Institute

Table of Contents

WAAP	0
Table of Contents	1
Violence against Women	4
The Law	4
Attitudes.....	4
Education	4
Types of Sexual Violence.....	4
Characteristics of a Rapist.....	5
Why Does Rape Happen?.....	5
Factors Associated With Acquaintance Rape.....	5
Dating Myths and Sex Role Stereotypes	5
Poor Communication and Mixed Messages	5
Alcohol	5
Learned Violence.....	5
Motivation Hostility (Violence)	6
Acquaintance Rape	6
Violent Encounters.....	6
Prevention.....	7
In General.....	7
At Home, the Dorm, or Other Place of Residence	7
Dorm safety.....	8
Domestic Violence	8
What to Bring.....	8
Traveling Safety.....	8
Taking the public transportation or getting a ride.....	8
While Driving.....	9
When walking.....	9
On Campus	10
When Partying	10
Stalkers.....	11
Internet Safety	11
Cyber Stalking.....	12
Evasion	12
The Interview	13
Verbal Tactics	13
Passive, Aggressive and Assertive Responses.....	13
Passive.....	13
Aggressive	13
Assertive.....	13
Give Clear Messages	14
Escape	14
ESCAPE METHODS.....	14
Verbal Strategy.....	14
Group Attack	15
Rules for Verbal Tactics in Escape	15
Screaming.....	16
Disengagement Techniques - Take Action the Instance You Are Grabbed	16



Fainting.....	16
Attack.....	16
The Attack	17
When to Attack	17
The Fight.....	17
How to Attack	17
Types of Attack.....	18
Biting and Bodily Fluids	18
Against A Weapon.....	18
Should you carry a Weapon?	18
Physical Defense and the Law.....	18
Afterward	19
Get Free Of Assailant	19
Bargain for Freedom	19
Fight for Freedom	19
Immediate	19
Get Medical Attention	19
National Sexual Assault Hotline	19
Preserving & Collecting Forensic Evidence.	19
Talk to the Police.....	20
Effects of Sexual Assault	20
Recovering from Sexual Assault.....	20
Rape Trauma Syndrome.....	20

Women's Anti Assault Program - WAAP

The Women's Anti-Assault Program is designed to give accurate and workable information about situations in which women may be subjected to physical abuse and to provide advice and direction to women concerning assault. If you are planning for self-defense there are some questions you should ask yourself before you find yourself in a violent situation:

- Would I or could I physically resist?
- Under what circumstances would I do so?
- Would I or could I seriously hurt or injure someone?
- Would I treat an acquaintance like a stranger trying to rape me if I had to?
- Would I or could I yell for help?
- Am I worried about other people's reactions?

While statistics do vary somewhat between sources, in general:

- Every two minutes in the United States someone is sexually assaulted.ⁱ
- 1 in 6 women are survivors of sexual assaultⁱⁱ
- 44% of victims are under age 18ⁱⁱⁱ
- 80% are under age 30^{iv}
- 80-90% of sexual assaults are committed by someone the survivor knows or is acquainted.^v
- 38% are friends or acquaintances^{vi}
- 54% are not reported to the police^{vii}
- 97% of rapists will never spend a day in jail^{viii}

Sexual assault can take the form of:

- Harassment (verbal abuse)
- Exposing/flashing
- Forcing a person to pose for sexual pictures
- Fondling
- Unwanted sexual touching

In the most extreme cases, sexual assault may involve force which may include but is not limited to:

- Use or display of a weapon
- Physical battering
- Immobilization of the victim

More often, however, sexual assault involves psychological coercion and taking advantage of an individual who is under duress or incapacitated and, therefore, incapable of making a decision on your own (including under the influence of alcohol, drugs and/or prescription medications). Sexual assault is a crime motivated by a need to control, humiliate and harm. Predators use sexual assault as a weapon to hurt and dominate others.

WAAP helps you plan ahead and increases the chances of reacting with confidence in a dangerous situation, but there are always uncertainties. Each situation needs to be dealt with individually, and there are no guarantees that a given strategy will work. This work, while designed for women, also provides information for anyone facing a possibly violent situation or attack.

Definitions

The exact definition of "rape," "sexual assault," "sexual abuse" and similar terms differs by state. The wording can get confusing, since states often use different words to mean the same thing, or use the same words to describe different things. So, for a precise legal definition, you need to check the law in your state. But here are some general guidelines based on the definitions used by the U.S. Justice Department.

- Rape is forced sexual intercourse, including vaginal, anal or oral penetration. Penetration may be by a body part or an object.
- Rape victims may be forced through threats or physical means. In about 8 out of 10 rapes, no weapon is used other than physical force. Anyone may be a victim of rape: women, men or children, straight or gay.
- Sexual assault is unwanted sexual contact that stops short of rape or attempted rape. This includes sexual touching and fondling. (But, be aware: Some states use this term interchangeably with rape.)
- Rape can occur if a participant is not legally old enough, did not have the capacity to consent or did not agree to take part. Physical resistance is not necessary.



Violence against Women

The Law

Rape and sexual assault are violations of criminal (not civil) law. The crime is considered a "crime against the State", and the victim is a witness for the State's (the District's) case against the accused. The victim does not hire an attorney to prosecute a case. The prosecuting attorney works for the city. Although rape is illegal it does not often end in conviction in the criminal justice system. Whether the assailant was found guilty or not in the criminal court, the victim still has the right to file a civil suit against an assailant. A private attorney is needed to do this. Usually less proof is needed to win a civil suit.

Attitudes

In recent years the women's movement has focused attention on attitudes within our society that contribute to violence against women and on getting changes in the law. Much has been accomplished but much remains to be done.

Education

There are many ways to educate the public about this important issue. Contact your local media and encourage them to write stories on sexual assault. Ask local organizations, clubs, or churches in your area to post information in their newsletters. Get involved in the local rape crises center and help organize activities to raise awareness of on- sexual violence. Post banners on websites, or social-networking sites like MySpace.com and Facebook.com. Contact local organizations and schools about distributing information on their website. Distribute materials at public events or on a

Campus Sexual Assault Victims' Bill of Rights

A student at a college or university, you has basic rights when it comes to being the victim of a sexual assault on campus. The United States Congress enacted this Bill of Rights in 1992.

Therefore, all colleges and universities participating in federal student aid programs are required to afford sexual assault victims certain basic rights.

1. • *Accuser and accused must have the same opportunity to have others present.*
2. • *Both parties shall be informed of the outcome of any disciplinary proceeding.*
3. • *Survivors shall be informed of their options to notify law enforcement.*
4. • *Survivors shall be notified of counseling services.*

college campus in your community. Arrange a speaking event at your church or at a local university or public organization. If you are a survivor of sexual assault, speak out! Share your experience and help others who may still be struggling. Talking about sexual assault is a powerful way to help reduce the stigma, teach young adults ways to reduce their risks, and help survivors learn where to turn for treatment. !

Types of Sexual Violence

Rape involves victims being forced through threats or physical means to perform sex acts and varies by state statute. While most rapes are committed by someone the victim knows stranger rape can also occur. These are categorized as blitz sexual assault, rapid and brutal assault with no prior contact, contact sexual assault where the suspect contacts the victim and tries to gain their trust or confidence before assaulting them, and home invasion where a stranger breaks into the victim's home to commit the assault. Acquaintance assault involves coercive sexual activities that occur against your will by means of force, violence, duress, or fear of bodily harm by someone you know. Drug facilitated sexual violence occurs when drugs or alcohol are used to compromise your ability to consent to sexual activity. Partner rape includes sexual acts committed without your consent or against your will where the offender is a current partner – married or not, previous partner, or cohabiter. Sexual exploitation is any kind of sexual contact with a doctor, nurse, teacher, priest, professor, police officer, lawyer, etc. and a client

or patient. Sexual harassment includes unwelcomed sexual advances, requests for sexual favors or other sexual verbal or physical conduct that affects an individual's work or school performance. Sexual violence is also found in child sexual abuse and incest.



Stalking is also considered a form of sexual violence and the definition of stalking varies by state. In general, stalking refers to a course of conduct directed at a specific person involving repeated visual or physical proximity, nonconsensual communication, or verbal, written or implied threats or a combination thereof that would cause a reasonable person to fear for safety such as repeated undesired phone calls, emails, letters, unexpected visits; following or lying in wait for an individual, making threats to the individual or their family, or any other behavior used to contact, harass, track or threaten an individual.

Characteristics of a Rapist

Potential rapists do not possess common characteristics such as age, marital status or cultural background. Most have normal personalities while also expressing traits of dominance, violence or aggressiveness which are unchecked by sensitivity, gentleness, and a concern for others. In a rape situation there are two dynamics operating: hostility (violence) and gratification. A rape may be motivated by one or the other, but it is usually a combination of the two.

Why Does Rape Happen?

There is no one direct cause for rape, but usually there are several key elements involved.

Dating Myths and Sex Role Stereotypes

Men and women are exposed to many messages about what their sex role "should be." Men are generally taught to be aggressive in sports, careers and relationships. Sexual activity may often be their goal on a date. Women are generally encouraged to be passive but alluring in dating situations. These sex role stereotypes can lead to false beliefs about men and women's expectations.

Poor Communication and Mixed Messages

Often, couples do not discuss openly their sexual attitudes and expectations. This can often lead to mixed or confusing messages about what each partner wants. Each person needs to be clear and consistent, both verbally and nonverbally, in what they each want. Open communication is important in developing good relationships.

Alcohol

Studies showed that alcohol was involved in 75% of the date rape cases. Alcohol can contribute to risky situations because it impairs a person's sound reason and judgment, and lessens effective communication.

Learned Violence

Some people have learned that aggression and violence are the only way to solve problems. These people are prone to violence when they are denied what they want. The use of alcohol can intensify these aggressive emotions.

The Stages of Acquaintance Rape

The most common reason given for date rape is that someone takes the opportunity to have intercourse, under circumstances where the victim is unlikely to tell anyone about it, or is unlikely to be believed. Investigations of date rape show that there are often predictable stages that can indicate a potential for date rape.

1) The victim will sense an intrusion on personal limits that makes the victim feel uncomfortable. While the victim might want to assume the intrusion is harmless and does not want to overreact the victim should not choose to avoid or ignore the coercive behavior.

2) An assailant will begin to escalate coercive behavior. The victim may respond by trying harder to ignore the intrusion and can become desensitized to the coercion.

3) The assailant attempts to isolate the victim and then force the intent to rape. It is important to break the cycle by not letting yourself become used to sexually coercive behavior. You have a right to be respected!

Factors Associated With Acquaintance Rape

Alcohol and drug use can provide many opportunities for date rape as these operate to affect judgment. Being alone in a place where there is a great deal of peer pressure can also make it difficult to avoid a date rape situation. Letting someone invade your personal space or allowing them to exploit you also sets up the scene for such an occurrence. Being isolated or not having your own transportation can also put you at risk.

Gather Information about a Person You Are Going To Date

Be aware of the behavioral danger signals and observe their behavior and attitude toward others. Ask people about that person, especially other people they may have dated. Check out their social media.



Motivation Hostility (Violence)

The rape in which hostility is the main factor is very dangerous and frightening. Here sexual release is a secondary and perhaps even negligible factor. The primary motivation is to humiliate or brutalize the victim. The rapist uses sexual aggression as a tool for acting out anger and contempt for women. Regardless of how scary this might be, the fact is most rapes are committed by acquaintances.

Acquaintance Rape

Acquaintance rape and assault have become serious concerns in recent years. Acquaintance assault involves forcing sexual activities by a friend, a date, or other acquaintance known to the victim and those sexual activities occur against a person's will by means of force, violence, duress, or fear of bodily injury. Despite the violation and reality of physical and

Social norms put pressure on us to be polite and passive. Relying on these norms, many victims of such assaults may suppress feelings of fear and discomfort in an attempt not to offend. Prevention of acquaintance assault demands that you set aside such social norms and listen to your instinctual sense of fear and discomfort.

emotional trauma, victims of acquaintance assault often do not identify their experience as sexual assault. Instead of focusing on the violation of the sexual assault, victims of acquaintance rape often blame themselves for the assault. This is a common social myth that acquaintance assault was incited through suggestive dress or intimate acts such as kissing. There is often fear of retaliation, subsequent harassment, and future harm. Harassment can occur from family and friends of the person responsible for the assault. Family and friends may blame the survivor, or, worse, they may support the assailant. Because the predators are known to their victims and are often someone with whom they socialize, victims of acquaintance sexual assault often have to encounter their assailants after the rape. Fear of such encounters can cause increased distress and humiliation for the victims. This is especially the case if the assailant is a part of the victim's daily routine.

In order to prevent acquaintance sexual assault you all need to be aware how you can become exposed to acquaintance assault. Often the potential abuser will go through an interview process to determine if they have an easy victim. Attempts will be made by the offender to intrude upon and violate the victim's personal space and level of comfort such as revealing personal information or through "accidental" touches and stares. Desensitization can occur if the victim gets comfortable with the offender and has come to regard intrusive actions as no longer, or at least less, threatening. Finally, the offender uses the victim's gained trust to isolate them from others.

Violent Encounters

A violent act follows a reasonably pre-determined pattern. First there is the **situation** that could provide an opportunity, an **approach** to the victim, a **grabbing** or indication of attack, the actual **assault** and **afterwards**. Good avoidance strategy will negate the possibility of a situation occurring, handling the approach can prevent the attack, handling the attack will prevent the assault, stopping the assault eliminates dealing with the afterward impact of the assault. Further, very altercation can be viewed using four elements: **prevention**, **evasion**, **escape** and **attack**. Understanding how those elements interrelate with the situation, approach, grabbing, assault and afterwards can help you better deal with a potential violent encounter. The escalation of a potentially violent situation can be slow, or extremely fast or a combination of the two. There are no rules or boundaries in violent situations. It is difficult to say when the situation changes to an approach, the approach to a grabbing, grabbing to an assault and the assault to afterwards. You can use prevention techniques for the situation and approach. Evasion strategies can also be used to prevent a situation. In an approach, evasion and escape tactics work best. If you are grabbed, you might want to consider escape or attack. If you believe you are actually going to be assaulted and cannot escape then attack. Afterwards you might have to use escape to get away and there is also the aftermath of the dealing with the assault.



Prevention

If you can prevent a situation, there will be no need to deal with a violent act. Prevention uses elements of evasion and escape. Most prevention is good common sense with awareness and planning. While you can never completely protect yourself from assault, there are some things you can do to help reduce your risk of being assaulted. Here are some things you can do to help prevent a serious incident.

Non-Verbal

Eighty percent of communication is non-verbal. Being assertive comes from a position of confidence. This often includes: walking with shoulders erect, creating eye contact, and appearing to be very aware of the situation. By carrying yourself correctly, you are showing potential attackers that you are prepared to defend yourself, even though you will not make the first move. Attackers tend to avoid people who appear confident, because there is usually a reason that they appear confident. By acting assertive, you are non-verbally stating that you are in control of the situation (whether you are or not).

In General

What can I do to reduce my odds of being physically assaulted?

- Keep some change and cash with you at all times in case you need a cab or pay phone or other emergency.
- Memorize all important numbers and have important numbers easily accessible on your cell phone (if you have one)
- Consider having an App on your phone like the **CircleOf6** to quickly get help.
- Establish a code word so that family, friends, etc. know when to call for help
- Have a backup plan in case the first plan fails
- Carry a small noisemaker (like a whistle) and/or flashlight on your keychain
- Be aware of your routine and try to alter it if possible
- Have an extra copy of keys with you
- Try to keep in contact with people or organizations who are helping you
- Know where you are or are going, and how are going to get there. Think about how to get away if there is an emergency and be

conscious of exits and escape routes

- Trust your instincts. If you feel uncomfortable or threatened, leave and go to a safe place
- To deter a predator beforehand carry a Personal Security Alarm (screamer or noisemaker) & Pepper Spray in plain sight. Make sure you can use it under stress.
- Be aware that some clothing can prevent running or fighting. Choose clothing appropriate to your activity and your ability to be mobile and get away.

At Home, the Dorm, or Other Place of Residence

- Replace locks when you move to a new house or apartment. You don't know who has keys to the old one. Remember, the best lock in the world is no good if it isn't used. Lock your doors and windows. Install outside lighting system (with motion detectors). Keep car doors locked, even in your own driveway or garage and do not prop doors or windows.
- Install a peephole so you can see who is outside before opening the door. Chain locks won't stop someone who is determined to get in. Keep the door locked until you know who's there. Every outside door should have a key operated dead bolt lock at least one inch long. Install locking metal rods into the frame in the bottom of outside sliding doors and windows.
- Install an alarm system for ground floor windows and doors if break-ins are prevalent in your neighborhood. Also, consider protecting areas accessible from fire escapes and balconies.
- Install lighting over outside doorways, obscured or invisible windows and the garage or parking area. Leave an interior light on when departing from your home if you know it will be dark when you return. Report missing or burned out lights immediately. Draw shades after dark and never dress in front of windows.

Get the CircleOf6 app on your phone to quickly notify your friends discretely

- Use your last name and initial only on your door, mail box or in the phone book. Advertising with a note on your door saying you are not at home is asking for trouble.
- Ask to see the "ID" of policemen, salesmen and repairmen before unlocking door. Strangers should stay outside. They can go someplace else to make a phone call, or you can call for them.
- Elevators can lead to trouble. Wait for an empty elevator vehicle rather than get on with a stranger.
- Notify the police about anonymous phone calls made repeatedly at certain hours, someone may be checking to see if you are at home. If you receive an obscene call quietly hang up and notify police.
- Keep a pet in the house to alert you and your neighbors to intruders, as animals have greater sound sensitivity than humans.
- Plan several emergency escape routes. Place a phone in a "safe" location with emergency numbers displayed or keep your cell phone on you at all times.

Call the **Domestic Violence Hotline**
1.800.799.SAFE (7233)

Dorm safety

- Lock your door when you go to sleep and when you are not in the room.
- Keep your window locked (especially if it is easy to enter from the ground).
- If people constantly prop open the main dorm door, tell an authority about it.
- If your dorm has an elevator, try to stay near the button dashboard so that you have easy access to the emergency button. Also, if you feel threatened, you can push the button for the next floor and leave immediately instead of waiting for the elevator to reach the floor where you live
- Avoid isolated areas (stairways, laundry rooms, basement, etc.) when you are alone

Domestic Violence

Think about how you would get away and what you would need in an emergency.

- Have a place to go to such as a friend or relative's apartment or house or a domestic violence or homeless shelter (if there are not any domestic violence shelters in your area, and you are contemplating leaving the town, you may want to consider going to a homeless shelter or a church). If the dangerous situation involves a partner, go to the police, campus safety or a shelter first.
- Think ahead about options for transportation (car, bus, train, etc.)
- If you need to get away and there is no public transportation in your area, try to find someone who will allow you to use their car if you do not have one at your disposal.

What to Bring

- Have important papers and documents: birth certificate, social security card, license, passport, medical records, lease, bills, etc. and house keys, car keys, cash, credit cards, medicine, important numbers, cell phone ready.
- If you are bringing children with you, remember to bring their important papers and legal documents.
- Keep all of these things in an emergency bag and hide the bag. Probably best if not in house or car. If the bag is discovered, call it a "hurricane", "tornado" or "fire" bag.
- Call the Domestic Violence Hotline.

Traveling Safety

Taking the public transportation or getting a ride

- Be alert at stops when waiting for your ride to arrive.
- Use the transit schedule to avoid waiting for a long time at a stop.



- Plan your route to use the busiest, best-lighted stops possible.
- If someone is bothering you on the bus or subway, tell the driver.
- If you feel uneasy about getting off at your usual stop, stay on until the next stop or wait until your circle around to your usual stop the second time.

While Driving

- When driving or when you park, lock the doors of your vehicle. Check quickly in and around the vehicle before entering it. Always have your keys in hand ready to unlock the door.
- Avoid vacant, secluded or poorly lit and desolated areas when parking or sitting. Park out in the open near the most frequently used buildings in shopping areas. Park near stairways or elevators in underground parking garages and avoid parking near concrete pillars. At night, park in lighted areas.
- Ask a trusted person to accompany you if there is any question about your safety in approaching your parked vehicle. Don't approach your vehicle if a suspicious person is loitering in the area.
- Attract attention by flashing your lights and sounding your horn if someone attempts to enter your vehicle. If you are stopped at an intersection, quickly evaluate the danger. Go through the red light if possible. Exit your vehicle and scream to draw attention to your situation if you are in a peopled area.
- Go to a busy, well lighted area or police station if you are followed while driving. Flash your lights and sound your horn.
- Avoid using outside phone booths. If this is your only option, park your vehicle so that you can exit the booth into your vehicle quickly. Better to have a cell phone and keep the battery charged.
- If you breakdown, do not accept a ride to a service area. Use your car or cell phone to call for help. Many emergency programs are available to vehicle owners. Get one and use it.
- Use your cellphone and call the police if you see someone in trouble along the road. Don't stop to help.
- Keep your vehicle gassed (at least ½ full) and in good operation order. Have extra car necessities (oil, jumper cables, etc.) Carry money, blankets and food for emergencies.
- Plan your route and know what "safe" places are on it (police stations, hospitals, etc.) Keep valuables locked in your trunk. Keep your purse out of sight under a seat or in the trunk.
- Give only the key to your vehicle ignition to a parking attendant. Retain the keys to your residence. Conceal your vehicles registration.
- Never pick up a hitchhiker even if the person appears to be injured. Use your cell phone and call for help.

When walking

- Avoid putting music headphones in both ears so that you can be more aware of your surroundings, especially if you are walking alone. Do not text. Besides the obvious attention to safety, you may not be aware of suspicious circumstances.

Getting Out Of Uncomfortable or Scary Situations

1. Remember that being in this situation is not your fault. You did not do anything wrong, it is the person who is making you uncomfortable that is to blame.
2. Be true to yourself. Don't feel obligated to do anything you don't want to do. "I don't want to" is always a good enough reason. Do what feels right to you and what you are comfortable with.
3. Have a code word with your friends or family so that if you don't feel comfortable you can call them and communicate your discomfort without the person you are with knowing. Your friends or family can then come to get you or make up an excuse for you to leave.
4. Lie. If you don't want to hurt the person's feelings it is better to lie and make up a reason to leave than to stay and be uncomfortable, scared, or worse. Some excuses could be needing to take care of a friend or family member, not feeling well, or having somewhere else that you need to be.
5. Try to think of an escape route. How would you try to get out of the room? Where are the doors? Windows? Are there people around who might be able to help you? Is there an emergency phone nearby?
6. If you and/or the other person have been drinking, you can say that you would rather wait until you both have your full judgment before doing anything you may regret later.
7. Use the [CircleOf6](#) app to notify your friends for the kind of help you will need.



- Make sure your cell phone (if you have one) is easily accessible and fully charged.
- Plan your route and know what “safe” places are on it (police stations, hospitals, etc.)
- Remain mentally alert and aware of your surroundings. Knowing where you are and who is around you may help you to find a way to get out of a bad situation.
- Try not to load yourself down with packages or bags as this can make you appear more vulnerable.
- Walk with someone. Most muggers will be discouraged if you have company, male or female. Try to avoid isolated areas. It is more difficult to get help if no one is around. Avoid dimly lit places and talk to authorities if lights need to be installed in an area
- Stay in well lighted areas and near the curb away from alleys, entry ways and bushes where someone could be hiding. Avoid short cuts through parks, vacant lots and other deserted places. Take major, public streets and paths rather than less populated shortcuts. Walk with purpose. Even if you don’t know where you are going, act like you do.
- Stay near people! Don't allow yourself to be isolated with someone you don’t trust or someone you don’t know.
- Don't accept rides with strangers. If a driver stops to ask you directions, avoid getting too close to vehicle, you could be pulled inside. Move away if the driver gets out of the vehicle to approach you.
- Being followed by someone on foot? Cross the street, change direction, vary your pace. If the follower persists, go to a lighted store or home and call police.
- Being followed by someone in a vehicle? Turn around and walk in the other direction. If you continue to be followed, record the license number and call police.
- Have your key ready when you return home to open the door without delay. Turn outside light on when you leave so you can see anyone who might be waiting for you.
- Avoid carrying a short strapped bag that dangles from the forearm because they can easily be grabbed and often entangle the arm. Purses that are comfortably clutched to the body (including shoulder bags with shorter straps) are best choices. Carry your shoulder bag underneath your coat.
- Avoid carrying a large amount of cash and all the credit cards you own. Take only what is needed. Keep a record of credit card numbers.
- Avoid walking through groups of men. Keep your hands out of your pockets and free of parcels. As you walk notice possible hiding spots where someone may be lurking. Also, notice secure places and avenues of escape.
- Ignoring suspicious sounds and behavior is dangerous. Trust your instincts. If you feel uncomfortable there is usually a valid reason. Become secure by altering your situation.

On Campus

- Walking back from the library very late at night is sometimes unavoidable, so try to walk with a friend
- If walking feels unsafe, try calling campus security. Many campuses offer safe ride programs
- Be familiar with where emergency phones are installed on the campus.

When Partying

- When you go to a social gathering, go with a group of friends. Arrive together, check in with each other throughout the evening, and leave together. Knowing where you are and who is around you may help you to find a way out of a bad situation.
- Do not leave with someone you have just met and be careful of escort offers. Keep one person in your group sober. Check with each other frequently especially if you feel strange or intoxicated.

Date Rape and Alcohol

Because of date rape drugs and alcohol steps need to be taken to lower your risk of becoming a victim. Rape is more common with friends and acquaintances (80-90% depending on source) than it is from a stranger jumping out at you. One source reports 35.5% of completed rapes (43.5% of attempted rapes are committed by a classmate and 34.2% (24.2% of attempted rapes) are committed by a friend. Further, on college campuses, 60% take place in the residences, 31% in living quarters and 10.3% in a fraternity.



- Avoid giving out your personal information (phone number, where you live, etc.). If someone asks for your number, take their number instead of giving out yours.
- Trust your instincts. If you feel unsafe in any situation, go with your gut and leave. If you see something suspicious, contact law enforcement immediately. Local authorities can be reached by calling 911 in most areas of the U.S.
- Be aware of rape drugs^{ix}. Don't leave your drink unattended at any time. If you've left your drink alone, just get a new one.
- Get your own drinks. Drink only from un-opened containers or from drinks you have watched being made and poured. If you choose to accept a drink, go with the person to the bar to order it, watch it being poured, and carry it yourself. Always hold your own drink. Do not leave your drink unattended or out of site. If so, get a new one. Do not drink from the punch bowls or other large, common open containers. Drink moderately and slowly. Keep track of how many drinks you have had. Know your limit as alcohol will lower your inhibitions.
- Cover your drink. It is easy to slip in a small pill even while you are holding your drink. Hold a cup with your hand over the top, or choose drinks that are contained in a bottle and keep your thumb over the nozzle
- If you feel extremely tired or drunk for no apparent reason, you may have been drugged. Find your friends and ask them to leave with you as soon as possible
- Watch out for your friends, and vice versa for unusual behavior. If a friend seems out of it, is way too intoxicated for the amount of alcohol they've had, or is acting out of character, get your friend to a safe place immediately.
- If you suspect you or a friend has been drugged, contact law enforcement immediately and go to a hospital and ask to be tested. Be explicit with doctors so they can give you the correct tests (you will need a urine test and possibly others). The window period to collect evidence of drugs (either through a urine sample or blood) is extremely short.
- Your body is yours, protect it. If you choose to be sexually active, bring and use condoms and other latex barriers. Follow your instincts and leave if something does not feel right. Respect yourself and others will also.
- Check out the CircleOf6 app on iTunes. It is specially designed to help you out in difficult situations.

Stalkers

If you are being stalked you should:

- Avoid all contact with the stalker.
- Inform family, friends, supervisors, and co-workers of what is going on.
- Report the stalking to your local police in as much detail as possible
- Keep an accurate journal or log of all incidents connected to the stalking.
- Keep all evidence received from the stalker such as letters, packages, taped telephone messages, electronic communications, etc.

You may need to anticipate and respond to a predator's actions. Be conscious of places the predator frequents (work schedule, favorite places to go, social events, where they like to eat, what clubs they belong to, what sports activities they like, etc.) and know which people the predator usually hangs out. Plan what you would say and do if you came into contact with the stalker.

Internet Safety

- Do not share personal information in public spaces anywhere online.
- Do not use your real name or nickname as your screen name or user ID.
- Pick a name that is gender and age-neutral.
- Do not post personal information as part of any user profiles (i.e. Facebook, MySpace, and Twitter).
- Use a "nonsense" password that has no relation to you as a person; use a combination of numbers, symbols, and letters and make sure it is at least 6 characters long. Also, try to change your password frequently and avoid using the same password for multiple accounts.



- Be extremely cautious about meeting online acquaintances in person. If you choose to meet, do so in a public place and take along a friend.
- Make sure that your Internet Service Provider (ISP) and Internet Relay Chat (IRC) network have an acceptable user policy that prohibits cyber stalking.
- If a situation online becomes hostile you should log off and or surf elsewhere and cancel the account.
- Do not share passwords to email or social networking sites with friends or acquaintances.
- Activate password protection on cell phones and mobile devices.
- If a situation places you in fear, contact a local law enforcement agency.
- Find a Safe Computer. Take a moment to think about whether your computer is safe. This is particularly important if the person abusing you may have access to your computer.
- Know how to:
 - Edit Privacy Settings on Facebook, Twitter and other social media. Review steps you can take to manage your personal information on websites especially Facebook.
 - Clear History and Cache including browsing history on computers and mobile devices.

What to Do If You Are Being Cyber Stalked

Make clear to that person that you would like them not to contact you again and block or filter messages from the harasser over the internet. Although formats differ, a common chat room command to block someone would be to type: /ignore. In some circumstances (such as threats of violence), it may be more appropriate to save the information and contact law enforcement authorities. If harassment continues after you have asked the person to stop, contact the harasser's Internet Service Provider (ISP). To obtain more information on how to report an Internet crime such as stalking, harassment, or exploitation, visit the U.S. Department of Justice website Computer Crime and Intellectual Property Section.

Cyber Stalking

Cyber stalking is threatening behavior or unwanted advances directed at another using the internet and other forms of online and computer communications.

- Threatening or obscene emails
- Live chat harassment or flaming (online verbal abuse)
- Harassment through texting
- Hacking and or monitoring a victim's computer and internet activity
- Forming a website in honor of a victim
- Includes off-line stalking or harassments such as following a victim or actual physical contact between a stalker and their victim

While cyber stalking is a specific kind of stalking, the possible severity of its emotional and physical threat is similar to the fear caused by offline stalking, with the same potential consequences. As a result of their victimization, many victims have physical and emotional reactions.

Evasion

Evasion is best when you think you are being approached by a predator that may lead to a more difficult circumstance. Look for an escape routes, cross the street and or change directions if being followed. Go to a populated area such as a restaurant, store or lighted house and try to enter. If the assailant is closing in break a window. In commercial establishments a broken window may activate fire and burglar alarms. Be aware that running away may not be your best choice. If there are no good escape routes available it could actually make matters worse. The attacker is liable to chase you and catch you in a more unfavorable location. If you find yourself face to face in an uncomfortable situation, consider using verbal tactics.



The Interview

Understanding a predator's characteristics and motivations may help you to identify an approach. It may also help you to cope with a potential rape or other violent situation by using appropriate verbal tactics. Usually there is a preliminary encounter or interview before an attack while the assailant builds up to committing violence or sizes you up as a possible victim. You may be able to sense impending hostility. If someone looks suspicious, keep your distance and stay away. Deal with catcalls, unwanted comments or questions by walking away, or making your feelings known by telling the harasser to stop the behavior. If you need to respond to a situation in a verbally assertive manner - do so. The best response is a simple "No" while making momentary eye contact. Project an attitude of "Buzz off." Keep the harasser in your peripheral vision and perhaps sticking your hand ominously into a pocket, waistband, or lapel and leaving it there as though you have a weapon readied. If your bluff is called by, say you'll slowly hand your money over and then slowly hand over your money, and instantly flee.

Verbal Tactics

Your voice is your first line of defense. Talking can be useful to lower the level of aggression, to stall and gain valuable time to think and plan, ascertain the assailant's state of mind, learn the reason for the assault, and to gain details to aid in identification. There are no golden rules here. Whatever verbal response you use should be based on how you read the predator's motives. Study facial expressions. Do they show hate or low self-esteem? The FBI says that the best way to deter a threatening predator is by distracting them in an abstract discussion in the present tense. The more you get a predator to talk, the less the chances that you will be attacked.

THE PROCESS OF VERBAL SELF-DEFENSE

1. Acknowledge the other person.
2. Ask for what you want.
3. If you don't get agreement; clarify your point of view & ask for what you want again.
4. If you don't get agreement; explain how it will benefit them & ask for what you want again.
5. If you don't get agreement; ask them what they need in order to give you what you want & ask for what you want again.
6. If you don't get agreement; Change tactics, do something different or take action and react with clarity, purpose, determination and confidence.

Passive, Aggressive and Assertive Responses

There are three ways to use verbal tactics: passive, aggressive, and assertive.

Passive

Passive tactics are rarely successful. This is because being passive is often confused with being weak or fearful. If your attacker believes that you are fearful or too weak to fight, then they will definitely target you. People who are being too passive will normally have their head down and avoid eye contact. It is as if they want to actually disappear into the background. Softening a command statement by putting it in question form or apologizing will come across as docile.

Aggressive

Be careful of dangerous people. Aggressive verbal or non-verbal tactics can also instigate a confrontation. Aggressive tactics often include being loud, humiliating, finger pointing, and drawing attention to yourself. The problem with this approach is that the attacker may have a dominant or alpha mindset. When approached with another aggressive or alpha-type

person, conflict will likely increase. This is because the attacker is not being given a way out. They would rather fight than back down, if only to save face.

Assertive

Acting assertive cannot only help you avoid the situation; it can also help you diffuse a situation when it does arise. For verbal self-defense tactics, assertive is the best choice. Being assertive means being direct, blunt, demanding, and never apologizing. Match your tone-of-voice and volume to suit the situation with short, to-the-point commands. Do not justify yourself, don't leave room for bargaining, and don't answer any questions. Act tough and show no fear. An



extreme situation may require fierce talk such as hissing, snarling, cursing, and bellowing profanity. And, do not be afraid to take an assertive posture with give short clear commands. That is, raise your hands in a “Stop!” gesture, and fiercely say "Stop! Go Away!"

Give Clear Messages

In many attacks, the victim's initial opportunity to avoid the attack occurs in conversation. This is particularly true of acquaintance rape. A person must have the courage to be verbally assertive in a situation where an acquaintance attempts to undermine integrity and self-respect. It is important to send clear communication messages. A "no" means "NO"! You need to say it, mean it, and not worry about the other person’s feelings. You need to observe if the person is receiving your message and is ignoring it. This will help to identify the potentially dangerous person. Most rapes are acquaintance rapes and the ability to say no is very important. A predator wants an easy mark. Assertively saying no and meaning it can go a long way to getting out of a tricky situation.

Escape

The need to escape occurs in a situation where the assailant can contain, grab or attack you. If you are unable to evade the “grabbing situation”, then you must consider whether you can escape. If escape is not possible, then attack or submit will be your only options. In escape the goal is to increase the distance between you and your assailant. Flee to a well-lighted area or a place where a passerby may notice a disturbance to confront your attacker. Avoid trees and shrubs, stairwells, and other structures that inhibit voice transmission. Remember, look for a way out and keep your distance. Many escapes are not actually escapes; they just change the location of an attack and keep it prolonged until help is available. If a confrontation is inevitable it is better that you choose the location. Your odds of survival are greater if you can prevent being transported to a secondary location. The element of surprise is a must for escape. Indecision often breaks down the surprise factor and loosens the effectiveness of the escape technique.

ESCAPE METHODS

When you are grabbed you may try a number of strategies in combination to escape. Multiple strategies include verbal tactics, screaming, disengagement techniques, fainting, and lastly direct physical attack which is discuss under *Attack* below. Multiple strategies used together increase the odds of survival. General escape points to remember:

- Where am I escaping? Is there a safer place to go to?
- Can I run? How far? Am I dressed such that I can run away?
- Who is my opponent?
- Where is the assault occurring?
- Can I attract attention? Scream, blow a whistle, or raise a commotion?
- Keep the element of surprise.
- Do I have a weapon available? Anything at hand can be a weapon: purse, book, keys, comb, hand or foot, objects lying around, cell phone.

Verbal Strategy

If you are in a situation where you are trapped (a grabbing) you may be able to use your verbal skills to provide an avenue for survival. No one can tell you exactly what to say in a given situation, but the below are some strategies. The best verbal ploy is to pretend to cooperate until you can find a chance to escape. Be very ready to instantly shift gears and choose another tactic, including fleeing, surrendering, or fighting.

- Welcome the assailant and invite the assailant to a place of your choice
- Act repulsively or insane, urinate, pick your nose, drool, or pretend to be sick by gagging and or vomiting.
- Act like you’re a raging maniac, howling loon, or barking madwoman.
- Don't argue. Instead, simply apologize to placate the assailant. One-third of all homicides arise from petty altercations.



- Befriend the assailant. If you treat the assailant respect, it might be harder for the assailant to depersonalize and attack you.
- Rather than argue and dictate your wishes – ask the predator what they wants.
- Appeal to pride. Act like you expect honorable behavior.
- Say, “God is watching you. Now is your chance to redeem yourself in His eyes by leaving peacefully.” Some criminals, believe it or not, are very religious.
- Ask, “Is this really necessary?” This simple question might stop a criminal who ponders it.
- Pretend friends are about to arrive or are waiting for you nearby.
- Look at an escape route and yell, “Officer! Officer!” Then run toward your imaginary rescuer. Criminals usually look around before pouncing but are quick to believe a cop suddenly arrived.
- Pretend the police have already been called and are about to arrive, “Oh, you’re the guy they called the cops for! They’re looking all over for you! You’d better run!”
- Claim to be a witch and threaten to cast a spell. Many people are superstitious and gullible.
- Fake insanity, an epileptic seizure, heart attack, asthma attack, or pretend to faint.
- Sometimes, a thunderous command to “STOP!” as parent to a child – will dissuade an attack.
- Talking and acting tough (blustering) is a "street" strategy to scare others into obeying (or keeping their distance). Though it sometimes escalates to actual violence, tough talk is intended as a bluff to avoid the need for violence.

Avoid the following

- Never trust and do not believe in promises. After all, a criminal survives by lying.
- Do not beg nor show fear, it emboldens the predator and tempts the predator to abuse newfound power.
- Do not insult a predator’s dignity. That will certainly provoke.
- Do not try to reason with a criminal. Their values are very different than yours.

Do not say such things as

- “You’ll go to jail for this.” You do not want to get the only witness killed (you).
- “I have VD” or “I am pregnant” as it might reinforce belief that women are “bad” and deserving of rape and death.
- “What if I was your mother, sister, or daughter?” might trigger hatred of them.

Group Attack

Verbal responses to a group attack are similar to the other suggested tactics. However, dealing with a group presents special difficulties.

- Find the leader of the group. This is usually the one doing all the talking.
- Try to get the leader alone. Just getting the leader, or another group member, away from the peer pressure may give the leader a way out of committing violence.
- Once you have divided one attacker from the rest, you have a better chance of escape.

Rules for Verbal Tactics in Escape

The goal is to lull the predator and get the predator’s guard to drop so you can disengage and flee.

- Show no emotion, don't appear frightened or arrogant, and keep the tension low.
- Avoid begging as it can arouse a predator.
- Guard against mirror imaging - projecting your values onto a predator. You tend to see and hear what you want to see and hear hoping for the best while trusting a deceptive predator.
- Appeal only to the predator’s self-interest, never to the predator’s mercy.
- A predator uses selective honesty and partial truths, plays dumb, and gets victims to play with the cards they deal. You can be selectively honest, play dumb, and refuse to play with the cards dealt.
- Mix truth and lies together.



- Never trust a predator's promises.

Screaming

The scream is designed to do several things:

- Clear your head and break a moment of panic and other effects of the adrenal rush.
- Gain control of the adrenaline rush to make you stronger.
- Attract attention

A power yell which comes from the stomach will tighten muscles around your midsection to help you withstand a blow without injury. A yell may scare off the attacker. A yell might even summon help. Yell and run the moment you sense approaching danger. Even if you are not certain of the danger, don't be afraid to look silly. That's far better than taking a risk. Yell the instant you sense danger, before anyone has hands on you. When you scream make sure that anyone listening understands that you want help. Yelling "fire" is your best bet. If you simply yell "help" and your scream sounds like trouble others may fear getting involved.

Disengagement Techniques - Take Action the Instance You Are Grabbed

At this stage of the encounter you are being contained or have already been physically grabbed. You are probably chosen as a victim because the assailant believes you will be an easy target. You have the advantage of catching the predator off guard because the predator expects you to submit without a struggle. The focus of your thoughts must be on the assailant, their actions and potential avenues for your escape. Keep calm and breath. Evaluate your situation directing your thoughts away from panic stricken assumptions to specific facts that will help you understand the situation.

- What is the primary motivation? Intimidation and submission or initial phase of hostility?
- Will violence be used? Will I be seriously injured?
- Is the assailant armed?
- Where is the assailant vulnerable?
- What are the assailant's plans?
- How can I attract attention?
- What are my options?
- How can I gain time?
- Where can I escape to?

You may break loose from a grabbing using a disengagement technique. However, these do take practice. In general, concentrate on physical techniques that require minimal skill and strength. Techniques should focus on the parts of the body that are most accessible and where damage will result in the assailant's immediate disablement. Swinging objects cause the attacker to flinch or pull back, making the retrieval of the grabbed part much easier. A kick has a similar value. Chemicals, deodorants, pepper or mace sprayed or blown into the face are useful in making it difficult for the attacker to follow a fleeing victim. Whistles, hand sirens and Freon horns are good for creating a commotion that makes a continued attack more difficult.

Fainting

You could also pretend to faint as a last resort to try to prevent being taken to a secondary location. Your body becomes limp from fainting and it is difficult to move a limp body.

Attack

If you are unable to prevent, evade or escape the situation, approach or grabbing, then you are forced to decide whether you will fight an assault or submit. It helps to think through this decision in advance. The choice to fight or submit is your personal choice. While you may think you would submit and not fight, you may think differently if loved



ones are threatened. Statistics show that there is a greater chance of survival if you fight back. Predators do not want a difficult victim. Surrendering only puts you at the predator's mercy.

The Attack

Attack is the least understood for women. You must have absolute willingness to be brutal and cause severe trauma. Attack techniques are intended to kill or destroy the capacity of the assailant to continue the assault. Many women think they could not apply such a vicious attack, but in defense of their lives or the lives of their loved ones. A person facing assault can never be sure if the predator intends "only" to rob or rape without further harming or even killing afterward. If a rapist does become violent with a submissive victim, the escalation is usually sudden and explosive. While reading this, you may feel that maiming a rapist is too gruesome an act for you. That, of course, is your decision – though you'll likely feel very differently during an actual attack or if loved ones are at stake. If you attack, respond with an eye-gouging, throat-piercing, testicle-shredding kill or be killed fight for your life that may well be your best chance for survival.

When to Attack

Attack is paramount if there is life in jeopardy and there is nowhere to escape. Attack attempts to close the distance, whereas, in escape, maintaining the distance is desirable. When attacking take time to pick the moment, if possible waiting for the predator to be distracted. If you can find a weapon, anything can be a weapon, grip it firmly. Determination is a key point. Fight like the meanest dog. Go for broke shouting or swearing to break adrenal paralysis and do not quit. Physically it is more effective to attack when very close as it is harder to recognize an attack. Perhaps you can lull the predator using your verbal tactics striking when his guard is down. You may need to attack during the actual assault if that is when the predator is distracted.

The Fight

When it becomes clear that forced violence is inescapable, the task is to survive the attack. Fighting may work. If you are going to fight then fight with all everything you have! Struggling will only get you injured as the predator tries to subdue you. As you attack, use your weapons in direct attacks smart, fast, and hard! In an attack, you want to close the distance between you and the assailant. If you determine that the assailant has no weapon and you want to resist, remember that the aim of the fight is not to knock out; you are merely fighting to escape, for a chance to pull away, to run and attract someone's attention. If you fight you will most likely be injured, with bruises and cuts or more. This is not a game. You must be ready for a blow, take it, and then go on. In a confrontation you probably won't be aware you have an injury until it's all over with and you are recovering to your senses. Generally, those who resist run no greater risk of injury than those who submit and resistance may provide the chance to escape.

How to Attack

A vital strike must stun, stop or destroy the vision of the attacker. The woman who hopes to weather an assault must have the capacity to endure the initial mental or physical shock. The temporary mental and physical paralysis of being grabbed or assaulted is definitely against any successful escape attempt. Therefore, getting very close, selecting only very vital targets, shouting and wearing and stomping to break or transfer the shock effect. Weapons are used because they take a mere mental effort in place of physical skill and are more easily applicable to direct use than the bare hand or foot. The barrier to weapons usage is the fear or loathing of letting the opponent come within functional range of the weapon. This is shown in the

Submission

If you submit to the assault, take a few deep breaths. This will help calm you down and recover from panic. Dissociate yourself from the situation. Focus your attention on some specific thought to keep your mind off the reality of the event. Remember the attacker's face and anything that will help catch and identify him. Use your voice. Talk to the person and keep reminding that you also are a person. Try verbal discussed above tactics. These may calm the assailant and avoid further demands. You can form a plan to escape. Concentrate on what you will do afterwards. Don't struggle if you are submitting. During the actual rape struggling may only prolong the attack. Prayer may be helpful.



often premature application of the attack weapon before a vital strike can be assured. For example, a 60 year old housewife should not emphasize the same escape techniques as an agile teenager--the results could be disastrous.

Types of Attack

The most vulnerable points on the body are the eyes, throat and testicles. Other attacks are striking behind the ear, smashing the nose, poking something up the nose or in the ear. Depending on the choice, availability and circumstance these targets can work effectively. If attacking the eyes, poke, gouge or rake them. Keep pressure on if you can. The predator will have to respond perhaps opening up other targets such as the groin or leaving go. If a male is the predator, attack the testicles with your knees or squeeze and twist the testicles with as much force as you can. If the predator protects the groin, look for the eyes or other vital targets. Using a weapon to smash the head or striking the groin or poking the eyes will work well. Hitting with the palm will work better with than the fist. So does your elbows. Just remember to get in close before attacking so that the attack moment is not given away. If on the ground fight the same way you would if you were standing. If you are on the ground brace yourself and kick furiously at any target including the knees of a standing predator. Cupping the palms and smashing them over years can break the eardrums. Whatever you do, go for broke. Give as much trouble as you can and do not worry about fair fighting.

Biting and Bodily Fluids

Any time a victim fights back the exchange of blood or other bodily fluids is possible. Few predators have HIV/AIDS, less than 1 percent of the general population does so the chance is not great. If you're forced to perform fellatio, a penis or testicles can easily be bitten off. Either biting or tearing the genitalia will cause a rapist to suffer severe pain, blood loss, reactive shock, and panic. A person biting a rapist with HIV/AIDS/STDs has no more risk of becoming infected than if they were raped (again, exchanging bodily fluids). The decision to fight is yours. If survival is your goal, then fighting and biting may be your best choice.

Against A Weapon

If the assailant has a dangerous weapon your response must be to calm the assailant. First, keep yourself calm. Then keep the predator from getting agitated, calming the predator down if necessary. Try to gain time. Get the assailant to verbalize what they want. Evaluate whether the assailant is in control mentally and physically. If you believe you are going to be killed, you probably will decide to look for an opportunity to make a direct physical attack. If you believe you are only being threatened, you may decide that resisting could cause accidental injury and it is better not to take the risk.

Should you carry a Weapon?

Guns, knives, PPD's (personal protective devices), etc. can easily be turned against you if you are not well versed in their usage. If you choose to carry such a weapon, you should get and continue to get training in the use of that weapon. In some cases it may be illegal for you to carry such weaponry. At least be aware of this point. Even if you only choose to carry a chemical spray such as ammonia in a spray bottle or "mace", you need to practice using it as under adrenal stress. It is difficult to find the weapon and put your finger on the trigger. Some women choose to carry a personal attack alarm called a "PAAL." Whatever you carry, get training in its use and be committed to use it. To deter a predator beforehand you could carry a Personal Security Alarm (screamer or noisemaker) & Pepper Spray in plain sight. Most predators will consider you too much trouble and look elsewhere for prey.

Physical Defense and the Law

Under the laws of most states, a person has the right to respond to an attack with the kind of force necessary to repel the attack and protect their person or the person of others. Broad direction is given to protect yourself, but you must act "reasonably" as defined by your state law. In some states, before using deadly force there may be a duty to retreat. You need to get the laws of your state and understand how they apply especially if you are carrying a weapon.



Afterward

Believe in yourself. Know that when you are forced to have ANY form of sexual contact without your consent, it is not your fault.

Get Free Of Assailant

After an attack, the immediate task is to get free from the assailant. In some cases you may have to plan, bargain, or fight for your freedom. It is best to remain calm and make a mental assessment of your situation. Do not panic and work through an escape plan step by step

Bargain for Freedom

Often the survivor must negotiate with the assailant through a bargaining process. The assailant may apologize and try to get the survivor to promise not to tell or may give the survivor orders and instructions like, "I'll kill you if you go to the police"! During the bargaining process you may cope by remaining silent or agreeing to instructions.

Fight for Freedom

A survivor may physically have to get free from the situation (for instance, if you have been tied and gagged). If you feel the assailant will not let you go and your life is threatened, look for an opportunity to make a violent direct attack.

Immediate

Find a safe environment anywhere away from the attacker. Contact someone immediately but do not shower, bathe, douche, change clothes brush teeth or straighten up the area of the assault. You may destroy important evidence. If on campus, use the resources that your campus offers for sexual assault. Ask someone you trust to stay with you for support.

Get Medical Attention

It is vital for a victim of sexual assault to receive medical attention, regardless a decision to report the crime to the police. For the victim's health and self-protection, it is important to be checked and treated for possible injuries to determine if internal injuries were sustained such as tearing or bruising even if none are visible, and to weigh the risks of STDs and pregnancy. Going to the hospital does not mean you have to notify the police. It is for your medical safety to be examined.

National Sexual Assault Hotline

If you are unsure what to do, call the National Sexual Assault Hotline, operated by RAINN, for free, confidential counseling, 24 hours a day: 1-800-656-HOPE. You will be connected to your local Rape Crisis Center. An advocate may be available to meet you at the hospital.

Preserving & Collecting Forensic Evidence.

Preserving DNA evidence is a key tool for law enforcement's investigation and prosecution of a sexual assault case. It is used to prove that a sexual assault occurred and to show that the defendant is the source of biological material left on the victim's body. A forensic medical exam can be performed at a hospital or other healthcare facility, by a sexual assault nurse examiner (SANE), sexual assault forensic examiner (SAFE) or another medical professional. Prompt collection of evidence may assist in the arrest and conviction of the assailant. The actual rape protocol takes about 40 minutes, although you may be in the hospital for two to three hours. You will have to give a brief medical history and appropriate information about the assault. You will not be expected to disclose embarrassing details. The examination will include a through physical and a pelvic exam. A nurse or victim advocate can explain the Forensic Rape Kit, what it is, how it is



performed, what the process is once it is completed and the benefits of the procedure. If there was no penetration, you may still have the kit completed to obtain evidence elsewhere on your body.

Talk to the Police

Since rape is a crime, the hospital staff is required to notify the police. You are not required by law to speak to the police. However, only you can provide information needed to apprehend the assailant so the assailant will be prevented from repeating the offense against others. While waiting write down all the details you can recall about the assault and the predator, even if it is someone you know.^x If you report to police, also report the sexual assault to local law enforcement or campus authorities, even if the assault occurred in another district. An advocate can provide the information you'll need to understand the criminal justice system process that will take place.

Effects of Sexual Assault

There are many reactions to sexual assault from the initial reaction of shock, numbness, loss of control and disorientation to later fears of helplessness and a sense of vulnerability. Victims of sexual assault may experience severe feelings of anxiety, stress or fear, known as Post Traumatic Stress Disorder (PTSD), as a direct result of the assault. Victims of rape or sexual assault may turn to alcohol or other substances in an attempt to relieve their emotional suffering. Depression, deliberate self-harm, or self-injury, or feelings of suicide can occur. Borderline Personality Disorder and Dissociative Identity Disorder can occur. The Stockholm syndrome is described as a victim's emotional "bonding" with their abuser, can develop subconsciously and on an involuntary basis. There can be long term effects on the survivors of childhood sexual assault or abuse. Flashbacks are possible. On the medical side, Sexually Transmitted Infections, pregnancy sleeping and eating disorders, can occur. The stress of the memories of the abuse experienced by an individual take the form of physical problems that cannot be explained by the usual means.

Recovering from Sexual Assault

Recovery from sexual assault is a complicated and controversial concept. Some people believe that with counseling and time you can recover completely from a sexual assault. Others maintain that some aspect of a sexual assault will be with the victim of the assault forever. Some argue that recovery is the wrong term because it is associated with illness or disease and that the effects of a sexual assault should not be viewed in such a light. No matter what your perspective on this debate may be, the information provided below may help you think about different aspects of the process following a sexual assault. Recognize that healing from sexual assault or any trauma takes time. Allow yourself the time you will need to recover emotionally, mentally, and physically. There is no set time frame for your healing process.

Victims of sexual assault are:¹

- 3 times more likely to suffer from depression.
- 6 times more likely to suffer from post-traumatic stress disorder.
- 13 times more likely to abuse alcohol.
- 26 times more likely to abuse

Rape Trauma Syndrome

The act of rape is essentially violent and destructive. Forcible penetration is degrading and humiliating. It destroys the woman's psychological integrity and causes disruption of their lives. The survivor needs informed and sensitive help in order to adapt following the stress and not get stuck in "Rape Trauma Syndrome". Every survivor will feel, respond and recover in unique ways. Some survivors may experience denial, anxiety, powerlessness, helplessness, loneliness, guilt, shock, anger, fear, or depression. All of these feelings and emotions are normal. It is important that a survivor have the opportunity to vent them in a supportive atmosphere. The survivor must understand that

although the assault will always be a part of their life, they can work on putting the experience in a manageable light and go on with their life. Depression can come and go for many months. However, if it becomes evident that the survivor is "stuck" in feelings of fear, anxiety and depression, they may be experiencing "Rape Trauma Syndrome". It would be wise to seek professional counseling. You can find help and advice through your local Rape Crisis Center.



While self-defense training is always a good idea, it is important to understand that you should not only train yourself how to physically repel an attacker, but also how to avoid them altogether.

ⁱ www.rainn.org/get-information/statistics/frequency-of-sexual-assault

ⁱⁱ National Institute of Justice & Centers for Disease Control & Prevention. Prevalence, Incidence and Consequences of Violence Against Women Survey. 1998.

ⁱⁱⁱ www.rainn.org/get-information/statistics/frequency-of-sexual-assault

^{iv} www.rainn.org/get-information/statistics/frequency-of-sexual-assault

^v www.rainn.org/get-information/statistics/frequency-of-sexual-assault

^{vi} •U.S. Department of Justice. 2005 National Crime Victimization Study.

^{vii} 1. Justice Department, National Crime Victimization Survey: 2006-2010

^{viii} www.rainn.org/get-information/statistics/frequency-of-sexual-assault

^{ix} Most date rape drugs such as GBH are usually liquid, colorless, and odorless and have no taste even if mixed with water. They dissolve easily in most liquids and the effects are enhanced when mixed with alcohol.

^x At a later time, review the details you wrote and add to them. Often people in a violent encounter do not remember all the details immediately.

