

## TRUTH

When can it happen? When no one is present to interrupt the offender.

Where does it happen? Anywhere while no one is around.

Will you be alone? Yes. He will not get near you when you're with a friend.

## INTRODUCTION

Most men do not encounter many violent situations in their lifetimes. Statistically speaking, 1 in 3-4 women will experience a sexual assault. Though these are staggering odds, what is even more troublesome is the fact that **EVERY** woman will encounter some form of sexual harassment at least once. Every time, this will be a turning point in their life. The ability to fight and know how to defend oneself, is second to only the women's need to allow themselves to hurt another. To actually fight back and not surrender is a physiological barrier that must be overcome, both, emotionally as well as physically (hello Krav Maga)! There is a common assumption amongst women that resisting and counter attacking the sexual predator, might cause him to become aggravated and more violent. This assumption is incorrect. Women should know how to defend themselves, thus making them a "hard target" ... rapists are looking for the easy target. The decision whether or not to act, is up to you. However, it is better to have the tools and not need them, than to need them, and not have them.

## THE DEFINITION

A problem understood is a problem half solved. Before we discuss the tips, strategies and techniques that will keep you safe in our unpredictable world, we need to define sexual assault, review the statistics and review the immediate actions you should take if you or someone you know is sexually assaulted. The National Center for Victims of Crime defines sexual assault as follows:

*Sexual assault takes many forms including attacks such as rape or attempted rape, as well as any unwanted sexual contact or verbal threats. Usually a sexual assault occurs when someone touches any part of another person's body in a sexual way, even through clothes, without that person's consent. Some types of sexual acts which fall under the category of sexual assault include forced sexual intercourse (rape), sodomy (oral or anal sexual acts), child molestation, incest, fondling and attempted rape. Sexual assault in any form is often a devastating crime. Assaultants can be strangers, acquaintances, friends or family members. Assaultants commit sexual assault by way of violence, threats, coercion, manipulation, as well as other forms of pressure & trickery.*

## THE NUMBERS

### How often do sexual assaults take place?

- In 2000, 246,000 women survived rape and/or sexual assault... 28 women every hour. (2)
- 1 in 4 college women report surviving rape (14%) or attempted rape (11%) since their 14<sup>th</sup> birthday. (1)
- A survey of female high school students found that 1 in 5 girls had experienced forced sex (rape). Half of these girls told no one about the incident. (3)
- Rape is common worldwide, with relatively similar rates of incidence across countries, with 19%-28% of college women reporting rape or attempted rape in several countries. In many countries, survivors are treated far worse than in the United States. (4)
- Among developmentally disabled adult females, as many as 83% are the victims of sexual assault. (17)
- The National Violence Against Women Survey found that rape is a crime committed primarily against youth. Of the women that reported being raped sometime in their lives, 21.6% were younger than age 12, 32.4% were ages 12-17, 29% were ages 18-24 and 16.6% were over 25 years old. Thus, 54% of women victims were under age 18 at the time of their first rape and 83% were under the age of 25. (18)

## Who are the perpetrators?

- According to the National Crime Victimization Survey conducted by the U.S. Department of Justice in 2009, 78% of sexual assaults were committed by non-strangers (ie friend, acquaintance, intimate partners or relatives); strangers committed only 22%.
- 60% of men who rape are caucasian. (5)
- 8% of men admit committing acts that meet the legal definition of rape or attempted rape. Of these men who committed rape, 84% said that what they did was definitely not rape. (1)
- More than 1 in 5 men report “becoming so sexually aroused that they could not stop themselves from having sex, even though the woman did not consent.” (6)
- 35% of men report at least some degree of likelihood of raping if they could be assured they wouldn’t be caught or punished. (7)
- Sexual assault offenders were substantially more likely than any other category of violent criminal to report experiencing physical or sexual abuse as children. (5)
- Nearly 1 in 4 women may experience sexual violence by an intimate partner in their lifetime. (11)
- In a study of elder female sexual abuse victims, 81% of the abuse was perpetrated by the victim’s primary caregiver and 78% by family members of which 39% were sons. (12)

## What are the circumstances?

- 57% of rapes happen on dates. (1)
- 75% of the men and 55% of the women involved in non-stranger rapes were drinking or taking drugs just before the attack. (1)
- About 70% of sexual assault survivors reported that they took some form of self-protective action during the crime. (5)
- 55% of gang rapes on college campuses are committed by fraternities, 40% by sports teams and 5% by others. (8)
- More than half of all rape and sexual assault incidents occurred within one mile of the survivor’s home or in her home. (5)
- In 29% of rapes, the offender used a weapon. (15) NOTE: in 2020, this number was reduced to approximately half (ie 15%), with about 4% using a knife.

## What happens after the sexual assault?

- The National Crime Victimization Survey has reported that approximately 30% of rape survivors over the last 10 years reported the incident to the police. (2)
- Of those rapes reported to the police, only 16% result in prison sentences. Therefore, approximately 5% of the time, a man who rapes ends up in prison... 95% of the time, he does not. (2)
- 30% of rape survivors contemplate suicide after the rape. (1)
- 82% of rape survivors say the rape permanently changed them. (1)
- The adult pregnancy rate associated with rape is estimated to be 4.7%. (9)
- Each year, an estimated 25,000 American women will become pregnant following an act of sexual violence. (13)
- There is at least a 50% likelihood that a woman will develop Post Traumatic Stress Disorder (PTSD) after being raped. Sexual assault is also closely associated with depression and anxiety disorders. (14)
- In a survey of victims who did not report rape or attempted rape to the police, 43% thought nothing could be done, 27% felt that it was a private matter, 12% were afraid of a police response and 12% felt the assault was not important enough to report. (16)
- Rape survivors who had the assistance of an advocate were significantly more likely to have police reports taken and were less likely to be treated negatively by police officers. These women also reported that they experienced less distress after their contact with the legal system. (19)

## **IF IT HAPPENS (20)**

If you are sexually assaulted, it is critically important that you understand that, no matter what you did, where you were, what time of day it was, or what you were wearing, the assault was in no way your fault. Sexual assault has little or nothing to do with passion, lust, or sexual arousal; it is primarily based on the perpetrator's need to control, dominate, abuse and humiliate.

Survivors of sexual assault react in many different ways following the assaults(s). The first and most important step following an assault is to call a friend, relative, partner, the police or an advocate specifically trained in assisting survivors of sexual assault.

The decision to report a sexual assault is yours. If you intend to report the assault to law enforcement, attempt to preserve as much evidence as possible. Do not:

- Shower, bathe or douche
- Throw away any clothes that were worn at the time of the assault
- Brush or comb your hair
- Use the restroom
- Brush your teeth or gargle
- Put on makeup
- Clean or straighten up the crime scene
- Eat or drink anything

If possible, you should immediately record everything you can remember about the incident including:

- Physical description (i.e. height, weight, hair color, clothes, scars, tattoos or any other recognizable features)
- Statements, voice characteristics
- Evidence of intoxication or drug use
- Description of weapons
- Details of sexual activity

This detailed documentation not only helps to identify and prosecute the assailant, but can also restore a victim's confidence by providing an active role in the investigation and trial.

If someone you know is sexually assaulted, here are some things you can do to help:

- Listen without judging
- Let them know the assault was not their fault
- Let them know they did what was necessary to survive
- Reassure the survivor that they are cared for and loved
- Encourage the survivor to seek medical attention
- Encourage the survivor to talk about the assault with an advocate, mental health professional or someone they trust and let them know they do not have to manage this crisis alone

## **STREET SMARTS**

Now that you understand the problem, we are ready to solve it. In this section, we will review personal safety strategies. Then, we will dissect the most common tactics used by sexual predators – both, strangers and non-strangers, to ensure that you are always one step ahead of them!

Through out this course, we teach you a series of simple, yet highly effective self defense techniques for use during an assault. However, "Self-Defense" begins long before the fight gets physical. Your first and most important line of self defense is a heightened sense of awareness and to ALWAYS trust your intuition (more on that topic later). A

“heightened state of awareness” includes awareness of yourself, awareness of your surroundings and awareness of the assailant’s strategies.

The element of surprise is a criminal’s greatest advantage. Sexual predators, in particular, are known for targeting women who appear unaware of what is going on around them. By simply being attuned to your surroundings and “walking strong”, you can prevent most, if not all, assailants from targeting you. Remember... these guys are looking for the “easy target”. The following awareness principles and safety tips can help you win the fight before it starts. That said, remember that while lists of “do’s and don’ts” are useful, the underlying mindset that informs them is even more useful. If you understand the mindset, you will naturally behave in ways that will minimize your risk of assault.

The mindset is defined by ***your commitment to protecting yourself by staying alert and aware of your surroundings, taking reasonable precautions against realistic risks, trusting and acting on those instincts!*** You must practice to develop and practice to maintain the mindset – so start now! As you read the following list of safety tips drawn from police department websites, think about how each reflects that mindset. Later, you’ll have a chance to interpret them in the context of the *Triangle of Victimization*.

### **The Basics**

- Wherever you are – on the street, in an office building or shopping mall, driving, waiting for a bus or subway – stay alert and attuned to your surroundings
- Send the message that you’re calm, confident and know where you’re going
- Trust your instincts... If something or someone makes you uneasy, avoid the person or leave
- Know the neighborhoods where you live and work. Check out the locations of police and fire stations, hospitals, restaurants or stores that are open late
- Working late? Make sure others are in the building and ask someone (a colleague or security guard) to walk you to your car or transit stop. If you’re a college student, don’t hesitate to use your campus escort service.
- If you think that someone is following you, switch directions or cross the street. Walk toward an open store, restaurant or lighted house. If you are scared, yell for help.
- Never post on social media in real time... you’re letting the world know where you are and that you are not home!

### **To the Car and On the Road**

- When walking to/from your car, walk with a purpose and try to have your hands free. Be alert, don’t be distracted on your phone.
- Approach your car with the key in hand. Look around and inside the car before entering
- Be wary of people asking for directions or handing out flyers
- Trust your instincts – if something makes you feel uneasy, get into the car quickly, lock the doors and drive away
- Keep your doors locked and windows rolled up (as much as temperature will allow), no matter how short the distance or how safe the neighborhood
- Don’t stop to assist a stranger whose car is broken down. Drive to the nearest safe location and call the police to help
- Park in well lit areas, near sidewalks or walkways. Avoid parking near dumpsters, woods, large vans or trucks or anything else that limits your visibility.
- Park as close to the store as possible. Try and park in a populated and well lit area.
- If you ever find yourself in a scary situation where you feel that you are being followed (either in or out of the store) go into the store and ask for help to your car. The same goes if you find something lodged in your wiper blades or something near your tires. Always trust your gut! If something doesn’t feel right, it probably isn’t.
- If you walk out to your car and there is a “sketchy” vehicle parked next to your driver’s side, walk back to the store and ask for help.
- The SECOND you get in your car, get in the habit of locking your doors.

- Do everything you can to keep a stranger from getting in your car or to keep a stranger from forcing you into their car
- When entering your car, avoid sitting in your car texting or calling someone else. If you must text or call someone, drive to a different location, then make the call or text.
- If using a key fob to unlock your car, make sure that you are only unlocking the driver's door. Consult the car dealership or manufacturer for directions on programming your fob for this function. Having all doors unlock can lead to entry by someone hiding on the passenger side of your car
- Watch out for the ol' "Bump & Rob (or worse)"... often times, criminals will gently bump you from behind, hoping that you will pull over and get out of the car, especially on a less traveled road. If this happens, rather than pulling over, drive to a well lit/populated location, call 911 and stay in your car and wait for the police to arrive. Stay alert in case you have to drive away suddenly.
- Stay alert for possible carjacking situations. Carjackings most often occur between 10:00pm – 2:00am. They occur when you get into or out of your car. They often occur in a business parking lot. Many times, one guy will approach requesting help with some sort of problem (his cell phone died, he's lost, etc). While he distracts you, a second individual will approach you from behind... most likely, both will be armed.
- Gas Stations/EV Charge Stations have their fair share of issues as well. Make sure that all your doors are locked. Place your keys and credit cards in some sort of Faraday cage so that they can't be read by criminals with scanners.
- If you ever get in your car and there is something lodged in your window wiper blades, do not turn on the wipers because you may end up smearing something on the window so you can't see.

#### **Public Transportation or UBER type of transportation**

- Use well lit, busy bus and subway stops
- On buses and subways, stay alert! Don't doze or daydream.
- If someone harasses you, don't be embarrassed to loudly say, "Leave me alone!" If that doesn't work, hit the emergency device
- Watch who gets off the bus and/or subway with you. If you feel uneasy, walk directly to a place where there are other people.
- Travel with a group of friends if possible.
- Try not to be distracted and have your head buried in your phone.
- Sit in a position where you can see everyone so you can be alerted early.
- Carry pepper spray
- Never wear flashy jewelry or designer bags that will draw attention.
- For UBER rides, always make sure that the car you are about to enter really is the car that you called... Always check the license plate, make/model of the car and ask the driver to confirm your name.
- Make sure you always have a "check-in" person to share your trip info with so they know when to expect a call from you.
- Before getting in the back seat, make sure that there are door handles. If not, do NOT get in.
- Try and sit directly behind the driver
- Do not share an UBER with someone you just met... you do not want them to know where you live.

#### **At Home**

- Make sure you have your key out as you approach your door
- Make sure your entrance area is well lit (Your entire house should be well lit)
- If you live in an apartment or dormitory, don't be polite and hold the lobby door open for a stranger who has been waiting
- List only your last name and first initial in/on your mailbox

- Sleep with your car's keyfob by you so that if anyone tries to break into your house, you can set off your car's alarm. The loud noise will draw attention to your home and maybe the bad guy will leave.
- Install a security system and cameras
- Get to know your neighbors!
- If you are on vacation, have someone you trust to pick up packages, mail, stuff left on your door, etc
- Mind your garbage! Be careful about having an expensive TV box sticking out of your garbage. You never want to draw attention to your home.
- Never make it known that you live alone

### On the Town

- Do not accept drinks from anyone if you did not see them prepared
- Do not leave your drink unattended for any period of time
- Always inform a family member or friend of your whereabouts
- When entering a bar or club, always know where the emergency exits are located in case of fire or other emergencies
- Do not drink & drive or accept a ride from anyone who has been drinking. Designate a driver who will not drink.
- Do not leave your bag/purse unattended
- Arrange a buddy system with a friend and always watch after each other
- Never leave a bar or club with a stranger
- Always carry your cell phone... call 911 if you are being harassed
- Speaking of your phone, use a pin number to unlock your phone. If you become incapacitated, criminals can use your face to unlock your phone and gain access to a wealth of information.
- Always carry enough money for a taxi or driving service.
- Have a "safe word" that you can share with your parents or trusted friends that, when received, it's a code word for them to come pick you up.
- Never answer your phone when it is from a number that you do not recognize. Artificial Intelligence (AI) can be used to record your voice. Once your voice patterns are recorded, criminals can use this to make calls to relatives and friends of yours under the hoax that you are in trouble and they need to send money. The voice on the phone is yours so your family/friends are easily fooled. Have another "safe word" that your family can ask for that will tell them if it is indeed really you.

### Dating Tips (First Date)

- Never give a guy YOUR number, take his number instead. Your number has a lot of personal information associated with it that a simple reverse lookup will divulge.
- Never let a guy pick you up on the first (though he should offer... it's the gentlemanly thing to do). You never want to give someone your address. The same thing goes if he offers to call an UBER for you for the way home... you'll be giving him your address.
- Share your plans with a relative or close friend... the guy's name, where you are going, and when they should expect you home. Make sure you always have a "check-in" person at the end of the night. If anything should happen, time is of the essence.
- Always meet someplace well populated... Never isolate yourself.
- When it comes to online dating, the less profile you give the better. Never post your full name, the city you live or the place you work. This goes for dating profile pics... don't have your car or place you live/work in the background.

Review these Street Smart tips often and share them with your friends. While most of these tips seem like common sense, they are not necessarily common practice. If you tell 10 people about these tips, each hears them once, but **YOU** will hear them 10 times. Following Street Smart tips will dramatically reduce your vulnerability to attack by increasing your awareness.

## THE TRIANGLE OF VICTIMIZATION

The Triangle of Victimization (see figure below) graphically summarizes the vital role that heightened awareness plays in your personal safety:



The triangle depicts the three components of a sexual assault: a predator, a target and an opportunity. If one of the three components is missing, a sexual assault cannot take place. For example, you could be at your local grocery store standing right next to a rapist. But, he can't sexually assault you because you are in a well lit store, surrounded by people. In other words, there is a predator, a potential target, but no opportunity, so the triangle is incomplete. If, however, you leave the grocery store and venture into a desolate parking lot, without scanning your surroundings or asking for an escort, the predator will have the opportunity to complete the triangle and carry out the assault.

The predator is an independent variable, so you can only influence the triangle by making yourself less of a target and by minimizing opportunities. Although a sexual assault can occur under many circumstances, studies show that the five most likely locations are:

- Your home
- Mall parking lots
- ATMs
- Gas Stations and Convenience Stores
- College Campuses

We realize that you cannot avoid all these locations. That is why it is extremely important for you to train yourself to be aware of assault opportunities at all times. A determined sexual predator seeks to create opportunities, so it's up to you to stay one step ahead and ensure the assailant cannot complete the Triangle of Victimization.

## STRANGER STRATEGIES

There are two types of sexual predators: Strangers and non-strangers. While both types of predators have a common objective, they employ different strategies. In this section, we will discuss the four-phase strategy most commonly used by strangers and describe the defensive tactics that apply in each phase of their assault. We'll cover how to handle non-strangers in the next section.

Sexual assault studies and survivor reports indicate that nearly all stranger related assaults follow the same four phase strategy:

1. Identify an unsuspecting target
2. Subdue the target
3. Exhaust the target
4. Execute the sexual assault

### Phase 1: Identify an Unsuspecting Target

Assaults by strangers rely heavily on the element of surprise. This requires that they approach their target undetected. Accordingly, they target potential victims who are distracted, inattentive, physically weak and/or timid, and select

locations that enable them to strike quickly and out of view of potential rescuers. Phase 1 ends when the predator has selected a target.

### **Phase 1 Survival Strategies**

The most important phase 1 defensive strategy is heightened awareness. Practicing the Street Smart mindset and understanding the Triangle of Victimization will reduce your vulnerability by limiting opportunities for the predator to surprise you. Develop the habit of constantly scanning your surroundings, making direct eye contact with the people around you and maintaining an alert posture. These practices will project confidence and readiness that will deter potential attackers seeking vulnerable targets.

### **Phase 2: Subdue the Target**

Once within striking range, the predator will seek to subdue the target. Phase 2 begins with the initial contact. The nature and severity of the contact can range from coercive language to physical assault. Sometimes, the predator will verbally threaten or grab the target to gauge resistance. More often, a stranger will attempt to overwhelm the target with tremendous force, and then move the victim to a secluded site. Phase 2 ends once the predator gains control and forces the target to the ground.

### **Phase 2 Survival Strategies**

Phase 2 survival encompasses all actions that prevent the sexual predator from gaining physical control. In the STAY AWAY! Program, we teach you how to escape and defend against the most common attacks, as well as verbal strategies that establish boundaries prior to physical contact. If the predator gains control of you, attempt to remain on your feet and avoid abduction at all costs. If the predator cannot get you to the ground or remove you from public view, he cannot advance to Phase 3.

### **Phase 3: Exhaust the Target**

Phase 3 begins after the predator has subdued the target. The predator will attempt to physically and psychologically “break” the target’s will to resist by pinning the victim to the ground or striking the victim. In Phase 3, the predator expects the victim to panic and fight wildly to escape. This behavior hastens exhaustion, and it feeds the predator’s need to control and dominate the target. The predator knows that a demoralized and exhausted target will more easily succumb to the sexual assault. Phase 3 ends when the predator believes that the target has mentally and physically surrendered.

### **Phase 3 Survival Strategies**

In Phase 3, your primary objective is to escape and flee. Although we recommend explosive responses in phase 2 while the predator is trying to subdue you, a different approach is required should the attack advance to phase 3. The keys to survival in this phase are to avoid panic, conserve energy and strike/defend yourself when the opportunity arises. You may have to fake compliance before finding yourself in a more opportunistic state.

### **Phase 4: Execute the Sexual Assault**

Phase 4 begins when the predator attempts to rape the target and ends with the completion of the crime. During this phase, the assailant will rely on the target’s exhaustion, demoralization and fear to maintain control.

### **Phase 4 Survival Strategies**

As hinted in the phase 3 survival strategies response, if you are unable to escape during phase 3, a “false surrender” signaling that you can or will no longer resist may create additional opportunities. Use verbal and physical cues to convince your attacker that you will cooperate using phrases like, “I give up,” “Please don’t hurt me,” and “I’ll do whatever you want.” When the assailant shifts from physically restraining you to preparation for the phase 4 assault, you will have an opportunity to apply several techniques learned in the STAY AWAY! Program to facilitate escape or incapacitate the predator.

**The Bottom Line**

Your ability to adjust your survival strategy to match each phase of the assault is vitally important. Note that the applicable techniques and your mindset change dramatically in each phase. If you select the wrong strategy, your actions may be ineffective or even counterproductive. Use your Street Smarts to heighten awareness and reduce your chances of being targeted, but perfect the techniques (ie by training) and master the principles presented in the STAY AWAY! Program to ensure that you have a realistic and reliable action plan if assaulted.

## NON-STRANGER STRATEGIES

According to a National Crime Victimization Survey conducted by the U.S. Department of Justice in 2009, non-strangers committed 78% of all reported sexual assaults. Put simply, people who are familiar to the target (friends, acquaintances, colleagues, relatives, etc) conduct 4 out of 5 sexual assaults. While the objective is the same as that in a stranger-related sexual assault, the methods used by non-strangers are very different, especially during the first three phases. The strategy is more insidious and usually is in play over a longer period of time. The four phases are:

1. Intrusion
2. Desensitization
3. Isolation
4. Execute the Sexual Assault

### Phase 1: Intrusion

Non-Stranger assailants take advantage of their existing relationship with potential targets and initially appear non-threatening. They generally select targets that are timid, weak, drunk, susceptible to the predator's influence or otherwise unlikely to resist their advances. Once the target has been identified, the assailant will begin by probing the target's boundaries by testing tolerance for inappropriate behavior. The intrusion will include everything from suggestive sexual comments and questions to inappropriate physical contact. Often, the influence of drugs or alcohol will contribute to both the predator's boldness and the target's willingness to accept the behavior. Phase 1 ends once the predator believes that the target accepts the initial intrusive behaviors.

#### Phase 1 Survival Strategies

The most important Phase 1 survival strategy is to carry yourself with confidence and to establish strong boundaries. First, know your metaphorical and physical boundaries. How much interaction are you interested in? How much personal space do you need? How much physical contact is OK? The answers will likely vary depending on your age and the social circumstances. At all times, however, you have the right to assert yourself and express your disapproval if the predator says or does something inappropriate. In response, the predator will often attempt to make you feel guilty for "making a big deal out of nothing," but stand your ground. If the behavior makes you feel uncomfortable, then it's inappropriate. If it's inappropriate, it should stop. Bottom Line: A well-meaning person will not insist on making you uncomfortable.

### Phase 2: Desensitization

Phase 2 begins with repeated verbal, physical or psychological intrusions on personal boundaries in those areas where the predator found exploitable vulnerabilities. This process, which may last a single evening or several months, desensitizes the target and emboldens the predator. Once the original intrusive behaviors become commonplace in the relationship, the predator will gradually introduce new, more intrusive behaviors to further desensitize the target while creating a level of intimacy that would not exist in a healthy relationship. Phase 2 ends when the predator believes the target is sufficiently desensitized to maneuver to an isolated site without suspicion or resistance.

#### Phase 2 Survival Strategies

Because someone you know commits this type of sexual assault, it is easy to dismiss or forgive the initial intrusive behaviors based on the belief that the person would not harm you. The key to Phase 2 survival is to understand that even though you may have initially overlooked the predator's inappropriate gestures, you need not continue to do so. As soon as you feel uncomfortable or detect bad intentions, express your concerns, define your boundaries, and end it. For most people, the greatest challenge in this phase is openly expressing concerns about previously tolerated behaviors. When your safety and well-being are at stake, you can't afford to be concerned with anyone else's feelings or public image, including your own; The longer you allow the inappropriate behavior to continue, the more desensitized and vulnerable you will become. So, it's important to stop the behavior as soon as possible.

### Phase 3: Isolation

In Phase 3, the predator will attempt to isolate the target to reduce the likelihood of interference with the planned assault. Isolation also ensures that no one witnesses the predator's actions. Phase 3 ends when the predator has isolated the target.

#### Phase 3 Survival Strategies

The key to Phase 3 survival is to avoid being isolated with anyone you suspect might have malicious intentions. Trust your instincts! Be aware that non-strangers are extremely surreptitious and will say or do anything to isolate you. Note that a sexual predator may skip phases 1 & 2 if the opportunity for isolation exists. If isolated with a suspicious individual, return to a populated site as quickly as possible. If the predator attempts to detain you, then use your STAY AWAY! Techniques to escape.

### Phase 4: Execute the Sexual Assault

In Phase 4, the predator will leverage the false intimacy of the relationship to disguise his intentions and execute the planned sexual assault. Because the target may have tolerated inappropriate sexual comments or touching, the predator will insinuate that the proposed sexual advances are the natural progression of the relationship. If the target resists, the predator may use verbal strategies to coerce the potential victim into remaining. For example, he might make the target feel guilty for "leading him on." The level of violence used to execute the sexual assault will usually vary in proportion to the level of resistance from the target. At this point, the attack may begin to mirror that of a stranger-related assault as described in phases 2-4 of the previous section.

#### Phase 4 Survival Strategies

The bottom line is that you are never obligated to engage in sexual activity! This is the core of Phase 4 survival. If forced to engage in sexual activity, then you have every right to resist regardless of the nature of your relationship. If the predator pins or traps you, then the situation mirrors a stranger-related sexual assault. Use your STAY AWAY! Self-defense techniques and the same strategies described for sexual assault by a stranger to escape from or incapacitate your assailant. When you decide to act, do so with confidence and conviction to ensure your safety.

### Instrumental Violence vs. Gratuitous Violence

In order to disguise their intentions, non-stranger sexual predators use "instrumental violence," a level of violence that is appropriate to the level of resistance. Strangers, in contrast, use "gratuitous violence" or "extreme violence." Alcohol is the weapon of choice for non-stranger sexual predators as it impairs the target's judgement, weakens defense mechanisms and facilitates the assault.

### The Undercover Sexual Predator

The non-stranger is an "undercover" sexual predator. The non-stranger's actions are very different than those of the stranger sexual predator, but are just as illegal, just as harmful and just as punishable. Imagine that a stranger and a non-stranger sought to poison you. The stranger would likely wait in hiding, then strike with suddenness and inject you with the poison. On the other hand, the non-stranger's approach might entail an enjoyable evening dinner date and friendly discussion over a bottle of wine. When you excuse yourself to go to the restroom, the predator swiftly pours an odorless, colorless poison into your drink. The methods differ but the crime is the same.

One of the reasons why sexual assault is such an underreported crime is because non-strangers perpetrate most assaults. Sadly, in many cases, **the survivor doesn't realize that a sexual assault occurred**. Although stranger related sexual assaults are far less likely than non-stranger assaults, they receive far more media attention. When a person is sexually assaulted in a way that does not fit the media driven stereotypical mold of a stranger related sexual assault, they may question whether or not what happened constitutes sexual assault. "We were both a little drunk and got

carried away.” “One thing just led to another and I didn’t know how to say ‘no.’” If consent was not fully and freely given (and it cannot be if the person is incapacitated by drugs or alcohol), it’s sexual assault – and may be rape.

Even though non-stranger sexual assaults, such as date rape, do not fit the conventional view of a violent sexual assault, they are just as wrong and just as punishable as anything you might see on the news. You have the right to defend yourself against non-strangers with the same confidence and conviction you would use to fight off any stranger who tried to violate you.

## VERBAL SELF-DEFENSE

### The Three-Part Statement

When dealing with non-stranger sexual predators, especially during intrusion, desensitization and isolation, it is critically important to use verbal assertiveness to establish and reinforce your boundaries. If someone says or does something that makes you uncomfortable, then use this Three-Part Statement to draw or reinforce the boundary:

- Step 1: **State the behavior**
- Step 2: **State how it makes you feel**
- Step 3: **State the desired outcome**

#### Example 1

“When you ask me about my personal life, it makes me feel uncomfortable. Please don’t do it anymore.”

#### Example 2

“When you touch me like that, it makes me feel violated. Please stop doing that.”

#### Example 3

“When you insist on me drinking, it makes me feel disrespected. Please leave me alone.”

When delivering the Three-Part Statement, stand tall with your shoulders back, present a calm, serious face and use a firm voice to stress the gravity of the situation and your commitment to countering the predator’s behavior. If the predator senses any degree of sarcasm or hesitation in your statement, he may misinterpret or intentionally dismiss your statement. If the predator ignores your request, use the “Broken Record” strategy – simply repeat your statement, at progressively higher intensity levels, until the predator acknowledges the boundary.

## The Conversational Web

Predators may use the “Conversational Web” during the early phases of an assault. This play involves the predator sidestepping your attempts to set boundaries and draw you into a conversation. For example, you might say, “When you ask me about my personal life, it makes me feel uncomfortable. Please don’t do it anymore.” The predator responds with, “I’m not trying to make you feel uncomfortable – I just want to get to know you better. After all, I’ve told you personal things about myself.” You can see how easy it would be to get tangled up in a whole new conversation.

Common indicators of the Conversational Web are someone asking you to justify your position on an issue, trying to change your decision, or simply staying on topic after you’ve stated your decision. The predator’s ultimate goal is to engage you in a conversation long enough to eventually persuade you to do something you don’t want to do. The key to defending against it is to recognize it as it develops, and then use a strong Three-Part Statement to draw the line and end the conversation.

## COLLEGE CONCERNS

A national survey found that 83% of the women who reported being raped at some point in their lives were under the age of 25 at the time of the incident. This indicates that college women have a much higher risk of being sexually assaulted than the rest of the population. In fact, a recent study entitled, “The Sexual Victimization of College Women”

revealed that approximately 28% of all college female students have been sexually assaulted and that non-strangers conducted 90% of the reported sexual assaults. In this section, we will explore some additional statistics and safety tips that, when used in combination with the non-stranger survival strategies discussed in the previous section, will increase awareness and optimize safety for female college students.

### Who Are the Perpetrators?

The study on the sexual victimization of college women provided a detailed breakdown of the victim-offender relationship in all the reported incidences of non-stranger sexual assault.

Relationship	Completed Rape Percentage	Attempted Rape Percentage
Classmate	35.5	43.5
Friend	34.2	24.2
Boyfriend/Ex-Boyfriend	23.7	14.5
Acquaintance	2.6	9.7
Other	4.0	8.1

### Where do the Assaults Take Place?

According to the study, most of the sexual assaults reported by college women occurred off campus in bars and nightclubs or in student residences close to campus. Of the assaults that took place on campus, the majority of sexual victimizations, especially rapes and physically coerced sexual contact, occurred in living-quarters. Almost 60% of the completed rapes that occurred on campus took place in the target's residence, 30% occurred in other living quarters on campus and about 10% took place in a fraternity.

### Who is Most Likely to be Targeted?

Not surprisingly, predators targeted specific groups of college women. The most significant factor is the frequency of alcohol consumption. Predator's targeted women who were frequently drunk more than other women. They also targeted freshmen and sophomores more than upper classmen. This too is not surprising... younger women are less likely to know their own boundaries and possess the necessary skills to maintain them. Of course... alcohol reduces the ability of anyone to resist an assault.

### Be Strong, Be Smart, Be Safe

If you are a student, the most important thing to keep in mind is that campuses are potentially dangerous places. With "classmates" or "friends" conducting over half of all assaults, it's clear that having a male acquaintance over for an evening study session can be risky. Here are five critical things you can do to ensure that your college experience is safe and positive:

1. **Consume Safely:**

Alcohol is the most commonly used "date rape drug." Students who are mentally and physically impaired by alcohol are less able to identify risky situations, are less able to make good decisions and are less able to respond physically when/if they are assaulted. Although the best option is to avoid alcohol altogether, if you're going to drink, make sure you have a trusted friend serving as a "designated defender" at the gathering. This friend's job is to remain sober and to ensure that you are not isolated from the crowd or caught off guard by anyone, regardless of how familiar they may be.

2. **Trust Cautiously:**

With non-strangers (classmates, friends, boyfriends, acquaintances, etc) conducting 90% of all sexual assaults, it is imperative that you never let your guard down. If someone you know has malicious intentions, they will go to extraordinary lengths to build an intimate relationship that they can exploit through sexual assault. Make friends, enjoy life, but trust your instincts... if someone makes you feel uncomfortable, don't trust them.

### 3. **Invite Carefully:**

With 60% of on-campus rapes taking place in the target's residence, it is crucial that you are very careful with whom you allow into your house, apartment, dorm, etc. Meet with a classmate in a public space. If you must bring someone into your place of residence, then make sure you have one or more trusted friends there with you.

### 4. **Establish Boundaries:**

The strongest boundaries are those that you establish long before they are tested. Decide now what you will and won't tolerate from the various people in your life (friends, classmates, acquaintances, etc) so that it will be much easier to speak out when someone crosses the line. If someone says or does something that makes you feel uncomfortable, immediately and clearly tell them how you feel. This should not be difficult to do with true friends. Keep close friends, but remember that no one is more responsible for your safety than you.

### 5. **Defend Relentlessly:**

Do not hesitate to defend yourself using verbal assertiveness strategies and your physical self-defense techniques if someone violates your boundaries. Don't let the familiarity of a fellow college student cause you to second guess your actions. Regardless of what you permit, overlook, or dismiss in the early stages of a relationship, you always have the right to prevent further advances or intrusion. If trapped against your will, use any means to escape.

Your college experience should be an enjoyable time to learn and grow. Remember that popular behavior isn't always the safest behavior. The odds are that someone will test your boundaries at some point during your time at college; the sooner you define the line, the more quickly you will be able to detect and respond to inappropriate behavior. Remember... true friends will respect your boundaries.

Here are a few more safety tips while at college:

1. If you have to take a night class, try and sign up for that class with friends... safety in numbers. It's best to travel to/from class in a group.
2. Most colleges have a system in place where you can call and have someone walk you to/from class. Don't be embarrassed to take advantage of this service... there's a reason why it exists!
3. Have a "check-in" person (parent, etc) that knows what time the class starts, where it's at, what time it's done and when to expect you home.
4. Have a personal alarm keychain on you when you walk around campus... Noise is your friend. Of course, pepper spray is another great option to have.
5. If you drive to campus, park in a well lit & populated area... always be aware of your surroundings!

## **A WORD ON WEAPONS**

In most of the United States, first-degree rape carries a minimum sentence of 3-5 years. If the assailant uses a deadly weapon (ie a knife, gun, etc) during the assault, the minimum sentence jumps to 15-20 years with a maximum sentence of life imprisonment or death. This helps explain why deadly weapons are used in only about 15-30% of sexual assaults (according to a study conducted by the U.S. Department of Justice). If you are sexually assaulted, the attacker probably won't have a weapon. If he does, here are a few critical points to keep in mind:

- If the assailant is after your purse, car, etc give it to him. No material object is worth risking your life over.
- If you are in a public place and a predator attempts to abduct you with a weapon, don't go. If he's willing to kill you in public, then he's certainly willing to kill you in isolation.
- If you have been isolated against your will and are under his/her control, feign compliance until a clear escape opportunity presents itself and then make your move.
- The attacker uses the weapon to intimidate and control his target. If you can convince the attacker that he doesn't need the weapon and that you will cooperate without it, he might put it down, giving you an opportunity to escape. If you gain control of the weapon, do whatever it takes to ensure the assailant does not regain control of the weapon (or of you).

## THROUGH A RAPIST'S EYES

Finally, we will leave you with this... A group of rapists and date rapists in prison were interviewed on what they look for in a potential victim and here are some interesting facts:

- The first thing men look for in a potential victim is hairstyle. They are most likely to go after a woman with a ponytail, bun, braid or other hairstyle that can easily be grabbed. They are also likely to go after a woman with long hair. Women with short hair are not common targets.
- The second thing men look for is clothing. They will look for women who's clothing is easy to remove quickly. Many of them carry scissors, specifically to cut clothing.
- They also look for women on their cell phone, searching through their purse or doing other activities while walking because they are off guard and can be easily overpowered.
- Men are most likely to attack and rape in the early morning, between 5:00a.m. and 8:30a.m.
- The number one place women are abducted from/attacked is grocery store parking lots. Number two is office parking lots/garages. Number three is public restrooms.
- The thing about these men is that they are looking to grab a woman and quickly move her to another location where they don't have to worry about getting caught.
- If you put up any kind of a fight at all, they get discouraged because it only takes a minute or two for them to realize that going after you isn't worth it because it will be time consuming.
- These men said they would not pick on women who have umbrellas, or other similar objects that can be used from a distance, in their hands. Keys are not a deterrent because you have to get really close to the attacker to use them as a weapon. So, the idea is to convince these guys you're not worth it.
- Several defense mechanisms often taught are: If someone is following behind you on a street or in a garage or with you in an elevator or stairwell, look them in the face and ask them a question, like what time is it, or make general small talk: "I can't believe it is so cold out here", "we're in for a bad winter." Now you've seen their face and could identify them in a line-up; you lose appeal as a target.
- If someone is coming toward you, hold out your hands in front of you and yell STOP or STAY BACK! Most of the rapists this man talked to said they'd leave a woman alone if she yelled or showed that she would not be afraid to fight back. Again, they are looking for an EASY target.
- If you carry pepper spray or gel yell I HAVE PEPPER SPRAY and holding it out will be a deterrent.
- If someone grabs you, you can't beat them with strength but you can outsmart them. If you are grabbed around the waist from behind, pinch the attacker either under the arm (between the elbow and armpit) OR in the upper inner thigh VERY VERY HARD. One woman in a class this guy taught told him she used the underarm pinch on a guy who was trying to date rape her and was so upset she broke through the skin and tore out muscle strands - the guy needed stitches. Try pinching yourself in those places as hard as you can stand it; it hurts.
- After the initial hit, always GO for the GROIN. I know from a particularly unfortunate experience that if you slap a guy's parts it is extremely painful. You might think that you'll anger the guy and make him want to hurt you more, but the thing these rapists told our instructor is that they want a woman who will not cause a lot of trouble. Start causing trouble, and he's out of there.
- When the guy puts his hands up to you, grab his first two fingers and bend them back as far as possible with as much pressure pushing down on them as possible.
- Of course, the things we always hear still apply. Always be aware of your surroundings, take someone with you if you can and if you see any odd behavior, don't dismiss it, go with your instincts!!!

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