



Campus Safety Services

Santa Clara University

SELF DEFENSE TIPS

BE EDUCATED

Prevention seems to be the rational answer. Date rape prevention involves educating both young men and young women. People need to know that NO means NO, not maybe or yes; that the only thing they are owed for a date is thank you and that a woman/man has the right to change their mind. People need to know that they have the right and responsibility to communicate clearly—to say what they mean and want. They need to trust their instincts and learn to stay out of risky situations.

PLAN AHEAD

- Find out about a new date. Ask others who know or have dated the person. Date with friends before accepting a single date. Make definite plans in advance.
- Take your own vehicle or meet at the destination. Carry money for a phone call or fare home.
- Avoid parties where men greatly outnumber women. Don't leave a group setting with a person you don't know.
- Be wary of behavior that makes you feel uncomfortable. If it persists, leave.
- Avoid secluded places where you are put in a vulnerable position.
- Be careful when inviting someone to your residence or accepting an invitation to theirs.
- If someone is pressuring you, say that you don't like it-and mean it.
- It is okay to refuse a date. Trust your instincts.

BE ALERT

It is important to be alert where you live, in your vehicle and when walking alone in order to prevent risky situations. Making sure the doors are locked or having a telephone with a lighted key pad are a few ways to be prepared.

AT HOME

- Be sure the doors of your residence are locked when you are there as well as when away.
- Use peepholes to identify people before opening the door.
- Make sure that all windows are properly secured.
- Never indicate to anyone that you are alone.
- Never let strangers inside your residence to use the phone. Offer to make the call for them.
- Use blinds or draperies for privacy.
- Avoid being in isolated areas such as laundries or parking areas alone especially at night.
- List your initials instead of your first name on your mailbox and in the telephone directory.
- Always have your key ready for quick entry.
- Have a telephone with a lighted key pad readily available near your bed for quick use at night.



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- If you find a door or window open or signs of forced entry upon arriving at your residence, don't enter. Go to the nearest phone and call Campus Safety (for campus residents) x4444 or the Police 911.

IN YOUR VEHICLE

- Have your keys ready when you approach the vehicle.
- Check inside your vehicle before entering.
- Always lock your doors, both when driving and when parked.
- Park in well-lighted areas.
- Avoid isolated roads and shortcuts.
- Keep your vehicle in good repair and make certain you have enough fuel.
- If your vehicle breaks down, raise the hood or display a sign. Stay in the vehicle with the doors locked and the windows rolled up. If someone stops to offer you help, roll the windows down slightly and ask the person to call for assistance.
- If you are followed, drive to the nearest open business for help, or go to the police or fire station.
- If involved in a minor collision at night or in an isolated area, do not stop to inspect the damage or contact the other driver. Signal the other driver with your lights, and proceed to the nearest lighted and occupied business or police station.

WHEN WALKING

- Avoid walking alone. If on campus use the Escort service (call x4441).
- Stay in well-lighted areas, away from alleys, bushes, and entryways.
- Walk on the side of the street facing traffic.
- If a driver stops to ask directions, avoid getting close to the car.
- If a car appears to be following you, turn and walk in the opposite direction.
- Don't hitchhike and only accept rides from people you know well.
- Always be alert and aware. If someone bothers you, don't be embarrassed to attract attention to yourself. Yell!
- Always try to let someone know where you are going and when you expect to return.

WAYS TO REACT TO A SEXUAL ASSAULT

You must decide yourself the best defense method for you based on your capabilities. Knowing about defenses such as passive resistance, active resistance, yelling, fighting back and submitting to an attack will help you assess which is best for yourself.



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KNOW YOUR DEFENSES

Anyone can be a victim/survivor of sexual assault. You should think about the kinds of defense you would be willing to use. A 1989 FBI study shows that there is no correlation between a victim who resists and the amount of physical injury she sustains.

Because all people and all situations are different, there is no ONE way for you to protect yourself. People have different capabilities, and you must decide yourself the best defense method for you.

WAYS TO REACT TO A SEXUAL ASSAULT

Passive Resistance

- The goal of passive resistance is to think and talk your way out of the situation.
- Try to calm the attacker. Try to persuade him not to carry out the attack.
- Try to discourage the attacker. Pretend to faint, cry hysterically, act mentally incapacitated or insane.
- If you are at your residence, tell the attacker a friend is coming over or that your spouse or roommate will be back soon.

Active Resistance

Active resistance is intended to distract or temporarily injure your attack to create an opportunity for escape. Nobody can tell you whether or not active resistance will be the right thing to do. A decision to resist actively, however, is irreversible. Your goal is to escape, not to win. Here are some pros and cons regarding the most common types of active resistance:

Yelling

Yell, don't scream; screaming comes from the throat and can be mistaken for playful banter. Screaming is also associated with fear. Yelling comes from the diaphragm, the center of a woman's power. It is an empowerment action that attracts attention and cannot be mistaken for a playful scream. Yelling also prepares her body to accept a blow, if necessary, without having the wind knocked out of her. A yell can surprise or frighten an attacker away if he fears people will come to help.

Fighting Back

A forceful struggle may also discourage an attacker. If you are not afraid to hurt someone, and can land a strong kick or hit, fighting back may give you the opportunity to escape. All hits and kicks must be forceful and aimed at vulnerable areas, such as the groin, eyes, or instep.

Weapons

Some people carry weapons to ward off attackers. Unless you are trained and not afraid to use these weapons, they can be very dangerous. The attacker might be able to turn them against you. Also, some weapons cannot be legally carried, so check with local law enforcement authorities.



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Chemical sprays have become available as a means of self-defense. Unfortunately, they can provide a false sense of security. Consider the following:

- Wind direction is a factor (the wind can blow the spray on you)
- Effective range is questionable
- As with any weapons, user may be liable for its use
- The possibility that these sprays may not work on all assailants
- Shelf life of products should be considered
- Must be available in potential victim's hand at all times
- Effectiveness of individual products is questionable

Submission

If you believe you might get hurt defending yourself or if you're afraid to fight back, don't. Sexual assault is still an assault and still crime, even if you do not have a single cut or bruise. Victims who do not resist should never feel guilty; it is the assailant who committed the crime.

RAPE AGGRESSION DEFENSE SYSTEMS (R.A.D.) CLASS

This system is designed to help women learn self-defense. It consists of tactics that help women become more aware of the possible dangers that can develop at any time. It is dedicated to teaching women defensive concepts and techniques against various types of defense/martial arts tactics.

The system is thorough and will provide all women with the necessary skills to make a confident and educated decision about defense. Our courses are taught by certified R.A.D. instructors.

It is currently being taught at many colleges and universities. It is growing at a rapid pace due to its simplicity, effectiveness, and flexibility. It demonstrates a unique teaching methodology with solid research.

For more information or to register for the next class, call Santa Clara University, Campus Safety at (408) 554-5082.