

Self Protection Methods

Because all people and all situations are different, there is no ONE way for a person to protect him- or herself. People have different capabilities, therefore you must decide for yourself the best defense method for you. Basically, there are three alternative techniques:

1. Martial Arts are for self protection. They are designed to maim and/or kill your attacker. Your goal is to incapacitate and then escape. Martial arts require much practice to become proficient. Although an excellent means of self defense, martial arts will not work in all situations, such as if an attacker has a gun to your head. Training is available in most cities through specialized schools.

2. Active Resistance is not an art form and can be learned relatively quickly. It is designed to distract or temporarily injure your attacker, not to incapacitate him. Your purpose is to react immediately to startle or surprise your attacker. Active resistance involves the use of any weapon you may have available (hair spray, nail file, pins, keys), as well as the use of your body (screaming, kicking, running). A self-defense course would outline vulnerable parts of the body and how to kick, hit, jab or use a weapon to injure your attacker. Active resistance necessitates that your forceful reaction be immediate. Seldom will such resistance incapacitate your attacker, therefore you will have only moments to escape. Most law enforcement agencies have the capability of teaching a basic self defense course, but if yours does not, there should be some books available on the subject from your public library.

3. Passive resistance gives you a method of self defense which, if it fails, will not cause physical harm. Its philosophy is that the rapist is a violent, dangerous person who will meet your resistance with violence and injury to you. The goal of passive resistance is to think and talk your way out of the situation. Advocates of passive resistance believe that under no circumstances should you do anything that might endanger your personal safety unless you believe your attacker is going to kill you. The method teaches you to remain calm and use your head. Passive resistance, like the other methods of self protection, will not work all the time.

4. Concealed Weapons Law - The state allows persons who qualify to carry a concealed weapon. A person must test and pass at a certified center to be eligible to carry a concealed weapon. It is strongly recommended that a person practice and feel physically and emotionally capable of using a gun before buying one.

These are brief outlines of alternatives available to you. Additional instruction will be necessary to take full advantage of any of these methods. For more detailed information about self protection contact your local law enforcement agency and rape crisis center.

Reporting a Sexual Assault

The police can only arrest a criminal if they are made aware of the offense. If you are sexually assaulted, call the police IMMEDIATELY, and if available, call your local rape crisis center.

DON'T CHANGE CLOTHES OR TAKE A BATH OR SHOWER. All physical evidence, including seminal fluids, hair, blood types, and scrapings of flesh from the victim's nails are used in court.

Information most needed by police:

1. Car license, make or model, color
2. Race of assailant
3. Approximate age, weight and height
4. Hair color and length
5. Color of eyes
6. Clothing
7. Any unusual marks, scars, tattoos, rings, etc.



Practice being observant so that, if you are sexually assaulted or attacked, you will be able to remember and identify the assailant.

Important Phone Numbers

Emergency: 9-1-1 **Victim Assistance:** 817-459-5340

Hair (color-cut) _____	
Hat (color-type) _____	
Eye (color) _____	
Glasses _____	
Complexion _____	
Tie _____	
Coat _____	
Shirt _____	
Pants _____	
Shoes _____	
Race _____	
Sex _____ Age _____	
Height _____ Weight _____	
Tattoos _____	
Scars/marks _____	
Weapon type _____	
right or left hand _____	

Auto (license-make-color) _____ Direction of escape _____



Crime Prevention Unit



817-459-5725
Arlington Police
Department



Sexual Assault is Not a Selective Crime

It happens on streets; in cars; in schools; in parks; in alleys. The rapist has no regard for age, race or social status. A few years ago, law enforcement officials estimated sexual assault to be one of the least reported crimes of violence. Today, sexual assault is the fastest rising violent crime in our country.

What is being done?



Across the state, police departments, hospitals, and prosecutors' offices have revised and updated their policies and procedures. Legislators have amended laws to provide protection and encouragement for the victims of sexual assault. Citizen groups have organized rape crisis centers to provide support and counseling to victims and their families.

Personal safety, however, must begin with the individual. This booklet was prepared to help you, the citizen, take steps to protect yourself from sexual assaults.

Personal Safety Tips

Be aware of the possibility of being sexually assaulted...it could happen to YOU!

at home



- ▶ Replace or rekey locks when you move into a new home or apartment. Install a 190 degree peephole and a 1" deadbolt lock and use them. Look before opening your door to anyone. Keep doors locked at all times and instruct children to never open the door to strangers.
- ▶ Require all strangers to show identification. If you haven't called for a repairman, don't let one inside. Leave him waiting outside and call his place of business to verify his reason for being in your area.
- ▶ Don't let a stranger inside your home to use the phone; make the call for him.
- ▶ Never admit that you or a neighbor are home alone.
- ▶ Women living alone should use only initials on mailboxes and in telephone listings.
- ▶ Leave outside lights on at night and keep lights on in more than one room.
- ▶ If you receive an obscene phone call, hang up — don't react.



while driving



- ▶ Never pick up hitchhikers.
- ▶ Keep car doors locked at all times.
- ▶ Before entering your car, look into the back seat.
- ▶ Always have your keys ready to unlock the car door and enter without delay. Never walk across the parking lot digging in your purse for your keys; have them in your hand before leaving the building.
- ▶ Make certain you have enough gas to get where you are going and always keep your vehicle in good running condition.
- ▶ If possible, travel on well-lighted, busy streets and avoid isolated back roads and short cuts.
- ▶ If you are being followed, drive to the nearest open business, police or fire station for help.
- ▶ Park in areas that will be well-lighted when you return.
- ▶ Never leave your house keys with your car keys at a service station or parking lot.
- ▶ Women driving alone should never stop to aid a stranger in a stalled vehicle. Proceed to an open business and report the stalled vehicle to the police.
- ▶ If you have trouble, raise the hood and stay in your vehicle. When someone offers assistance, roll the window down just enough to talk to them. Ask them to call a relative, friend, garage or the police for you. Never get into a stranger's car.

while walking



- ▶ When possible, avoid walking alone. Walk with others, or walk in areas where other people are near.
- ▶ Stay in well-lighted areas, away from alleys, bushes and entry ways.
- ▶ Avoid shortcuts through parks, vacant lots and other deserted places.
- ▶ Don't hitchhike or accept rides from strangers.
- ▶ If a driver stops to ask you directions, avoid getting near the car.
- ▶ If you are being followed, go to the nearest business or residence for help.
- ▶ If you are harassed by the occupants of a car, simply turn and walk the other direction. The driver will have to turn around to follow you.
- ▶ Hold your purse close, not dangling, and avoid carrying extra money or valuables on your person.
- ▶ When you return home, have your door key ready so that you can enter without delay.



Above all, be aware of the people around you. Be aware of your surroundings and the total environment.

youth



- ▶ Children should be made aware of the dangers of accepting rides from or talking to strangers.
- ▶ Children should be encouraged to talk with their parents if they ever have a problem, not only with a stranger, but also with a friend or relative.
- ▶ Children should know a safe, well-traveled route to take to and from school that avoids isolated areas.
- ▶ Teenage babysitters should not accept jobs with people they do not know, or who have not been referred by people they know.
- ▶ Babysitters should call the police immediately if anything suspicious happens at the house. They should never open the door to strangers.
- ▶ Sitters should call their parents at the end of the evening to tell them the sitter will be home shortly.
- ▶ If confronted by an attacker, you will have only seconds to decide your method of defense, so you must prepare mentally for the possibility of sexual assault happening to you.