Self Defense

PRESERVE, PROVIDE, PROTECT
Statistics

• 1 in 4 women and 1 in 17 men, in Colorado, will experience a completed or attempted sexual assault during their lifetime.
• 43.9% women have experienced (non-rape) sexual violence
• More than 700 people are sexually assaulted in the US each day.
• Nearly two-thirds of sexual assaults are committed by someone the victim knows.
• 97% of rapists will never spend a day in jail.
• More than half of all victims of sexual assault are under the age of 18.
• More than 90% of juvenile sex abuse victims know their perpetrator.

Statistics from Centers for Disease Control and Prevention, 2010 & US Department of Justice, 2010
We can make a positive Change

• Educated
• Prepared
• Aware
• Help others
People don’t protect themselves because…

• Fearful
• Taught to be polite, accommodating, kind, soft spoken…
• Don’t know it’s wrong/ illegal
• Feel powerless
• Denial = unprepared + lack of action
• Don’t want to hurt someone
• Their fault / won’t be believed
• Embarrassed
• They have been deceived
• Don’t know how to protect themselves
We instinctively want to protect ourselves but we need to learn the strategies & skill to do it!
Your Body Your Rules!
Perpetrators choose their victims

• **Access**: physical, digital, social media, phone

• **Isolation**: physically, psychological isolate you from others, separate you from support

• **Control**: physical, chemical, etc
Body Language

• Posture
• Eye contact
• Body movements
• Facial expressions
Your body won’t go where your mind has never been.
Be prepared

• Crime can happen anywhere
• Know where you are going
  • park name, address, town/county, jurisdiction
• Bring: phone, park map
• Cell phones don’t work everywhere
• Let somebody know where you are going
Know your numbers

• 911

• Non emergent local numbers
  • Jefferson County 303-277-0211
  • Lakewood 303-987-7111
  • Arvada 720-898-6900
  • Denver 720-913-2000
  • Arapahoe County 303-795-4711
  • Douglas County 303-660-7505

• Sexual Assault Hotlines
  • Blue Bench #303-322-7273 (DMA)
Be prepared

• Stay calm, breathe
• Rehearse possibilities
• Don’t apologize
• Their emergency is NOT yours
Strong & Powerful Voice

Practice...
Weapons

• Your voice
• Whistle
• Panic alarm
• Pepper spray
• TASER
• Improvised Weapons
  • keys
Be Aware

• Know what trail you are all at all times
• Safe places (trail close to road, coffee shop, etc)
• Look people in the face & greet them
  • Take note of appearance (make it a game)
  • They know you have seen what they look like
• Where you parked your car
  • Near a light, in area of unobstructed view
• Type & level of activity
  • JeffCo OS parks closed 1 hour after sunset – 1 hour before sunrise
  • Places change from day to night
Speak out for others
Instinct

• Always follow your gut feeling!!!
  • If you feel unsafe act on that feeling
Self Defense Recap

• Your body your rules!
• Be educated, prepared, aware, help others
• Follow your instincts
• Psychological & physical strength
• Courage ~ you have the power!

Break time…
Physical Self Defense
Standing Tactics

• Stance/ movement
• Signals/ clues
• Target
Strikes: elbows, palm heel, straight punch, hammer fists
Chokes:

from behind

front choke
Grab from behind
Kicks:
Ground Tactics

Bucking

Ground Kicks

Getting up
Thank you for participating in JeffCo’s Self Defense Program