

Defensive Tactics for Women



Graham Police Department





Statistics

★ Targets:

- Women are TEN times more likely than men to be victimized
- Young Women, Women who are separated, divorced, single, or of low income are disproportionately victims of Assault or Sexual Assault
- Domestic Violence is five times higher in families that are below poverty levels





Statistics (cont.)

★ Domestic Violence:

- Every day FOUR women die in this country as a result of Domestic Violence, approximately 1,400 a year
- The most conservative estimate by the FBI indicate that 2 to 4 MILLION women of all races and classes are victims each year

★ Stalking:

- Over 1 Million women are stalked each year
- 78% of all stalking victims are women
- 94% of these women are being stalked by a male



Statistics (cont.)

★ Sexual Assault:

- FBI surveys show 18% of Women in the U.S. admit to being victim of a completed or attempted Sexual Assault
- Of those women 54% were under the age of 17
- Every year approximately 132,000 report they have been victims of Sexual Assault and more than half knew their attacker
- The most conservative estimate by the FBI indicate that 260,000 to 792,000 women a year are victims of Sexual Assault and do not report it



Definitions

★ Rape

- (A Violent Act) Sexual intercourse with another without their consent by physically abusive FORCE, threat or intimidation

★ Sexual Assault

- Intentionally or knowingly having sexual or deviate sexual intercourse without the effective consent of the other person



The Keys to Self Defense

★ Prevention

- Rape is a crime of opportunity
- Lack of prevention practice is the most dangerous factor to self defense





Prevention Techniques



★ Home

- Replace all locks when moving into a new home or when you loose a key
- Install a dead bolt and door viewer
- Require all strangers to show ID and call their place of employment to verify
- Never allow a stranger in your home to use a phone, call for them or call police to assist them





Prevention Techniques

★ Home

- Never admit you or a neighbor are home alone
- Use initials on mail boxes
- Leave on your outside lights at night
- Hang up on obscene phone calls, do not talk
- Report prowlers and suspicious people in your neighborhood
- If you hear something at night call police
- Lock all doors even when you are home



Prevention Techniques (cont.)

★ Auto

- Lock all doors even when traveling, Park in well lighted areas
- Have your keys in hand when going to the car and check the backseat
- Travel on well-lighted busy streets, avoid shortcuts and allies
- Never leave your keys, purse, checkbook or other personal items in the car
- If you believe you are being followed drive to the police station or fire department, then park and honk until assisted





Prevention Techniques (cont.)

★ Auto

- Keep your car in good working condition
- Never stop to assist a stranded motorist, call police to assist them
- If you are the stranded motorist do not get out of your car, call police for assistance
- If a stranger stops to assist you have them call police but do not allow them in your car





Prevention Techniques (cont.)

★ Walking

- Never walk alone, walk in well-lighted and populated areas
- Avoid short cuts through vacant lots or deserted areas
- Don't hitchhike or ride with strangers
- If asked for directions by a stranger don't approach the car





Prevention Techniques (cont.)

★ Walking

- If you are being followed go to the nearest public place and call police
- If a car harasses you turn and walk the opposite direction
- Hold your purse tight and not dangling loose
- Have your keys ready when you arrive at your car or house





Psychological Preparation



- ★ How far will you go to protect yourself?
 - Are you willing to hurt someone to live?
 - Some people never recover from the trauma
 - The Psychological effects of Sexual Assault or Rape
 - Fear
 - Guilt
 - Shame



Weapons for Protection

★ Guns

- Legal Ramification
- License to Carry (Handgun)
- Pros
 - Lightweight
 - Concealable
 - Maximum stopping power
- Cons
 - Can cause death
 - Needs training
 - Requires practice





Weapons for Protection (cont.)

Section 46.01 Texas Penal Code

- ★ "Chemical dispensing device" or Pepper Spray means a device, other than a small chemical dispenser sold commercially for personal protection, that is designed, made, or adapted for the purpose of dispensing a substance capable of causing an adverse psychological or physiological effect on a human being.





Weapons for Protection (cont.)

★ Pepper Spray

- Lightweight
- Portable
- Concealable
- Very effective
- Easy to Use
- Non-Lethal Force





Weapons for Protection (cont.)

★ Purse — The most efficient weapon ever devised

- Keys
- Perfumes
- Hairspray
- Nail File
- Lighters
- Pens
- Anything in your purse





Weapons for Protection (cont.)





Weapons for Protection (cont.)

★ Other Items

- Stun Guns
- Personal Alarms
- Car Alarms
- Cell phones
- Whistles
- Anything that can draw others attention





Levels of Resistance



★ No Resistance

- To Submit to the authority of others



★ Passive Resistance (Thinking & Talking)

- Try to talk to
- Argue with
- Refuse to follow directions





Levels of Resistance (cont.)



★ Active Resistance (Physical Resistance)

– Breaking Holds

- Strike to the Face
- Strike to the Joints

– Disabling Techniques

- Gouging the Eyes
- Gouging or striking the testicles
- Scratching at the Eyes
- Kicking the Knees or Groin
- Open hand strike to the nose
- Closed hand strike to the throat
- Knee strike to the thigh





Becoming a Victim



- ★ If you become a victim:
 - *Don't Panic
 - *Get somewhere safe
 - *Report the crime to the Police
 - *Get medical attention
- ★ Information Police need most
 - *Try to remember as many details as you can
 - Car License Plate, make, model, color, sounds (loud pipes, music, etc.)



Becoming a Victim (cont.)

★ Information Police need most:

– Suspect Description

- Race, Age, Hair (color & length), Eyes, Scars, marks or tattoos, Clothing including jewelry

★ If you become a victim of a sexual crime

*Don't bathe or shower until you have a medical exam.

*Don't straighten up the crime scene

-Such as bedding, towels, rags or anything left behind or touched by assailant.



Becoming a Victim cont.



★ Postpone going to the restroom until you have had a medical exam.



★ Don't be ashamed (no one asks to be assaulted)



★ Report the crime (you don't want someone else to become a victim.

★ Remember no one has the right to touch you in any way that you don't consent to



Sex Offender Registration

★ Purpose

- Creating a registry to assist Law Enforcement in investigations
- Establish legal grounds to hold offenders found in suspicious circumstances
- Deterring Sex Offenders from committing new offenses
- Offering citizens information so they can protect themselves





Sex Offender Registration

(cont.)



★ Guidelines

- Prior to release from the court the offender is advised of what department he must register with
- The offender has 7 days to contact a register
- The offender is fingerprinted, photographed, and registers his residence, work, employer address, and all phone numbers



Sex Offender Registration *(cont.)*



★ Guidelines

- All information, after verification, is forwarded to DPS and then to FBI where it is entered into the state and national database
- The department then sends full name, address, what offense and the age and sex of the victim to all public and private schools in the district



Sex Offender Registration

(cont.)



★ Guidelines

- Depending on the age of the offender the same information is sent to the newspaper with the greatest circulation in the county
- If the offender is convicted of “A SEXUALLY VIOLENT OFFENSE” they will register for life
- If a non-violent or juvenile offender they register for 10 years



Sex Offender Registration

(cont.)



★ Guidelines

- Local officers do random checks at the residence of offenders to assure that they do live there and who is living with them
- Sex offenders are required to update their registration and renew their drivers license every year or they will be charged with a state jail felony which will revoke their probation or parole





Sex Offender Registration *(cont.)*



- ★ Where to find the information needed
 - Graham Police Department
 - Limited information can be released depending on if the offender qualifies for public notification
 - Request needs to be in writing
 - Texas Department of Public Safety – Crime Records
 - www.txdps.state.tx.us
 - The Internet
 - www.openrecords.org
 - Always double check your information




TEXAS DPS (APP STORE)



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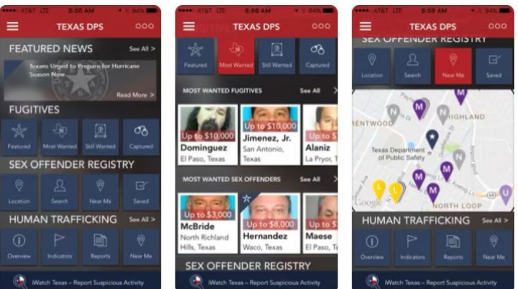


Texas DPS

Lifestyle

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OPEN

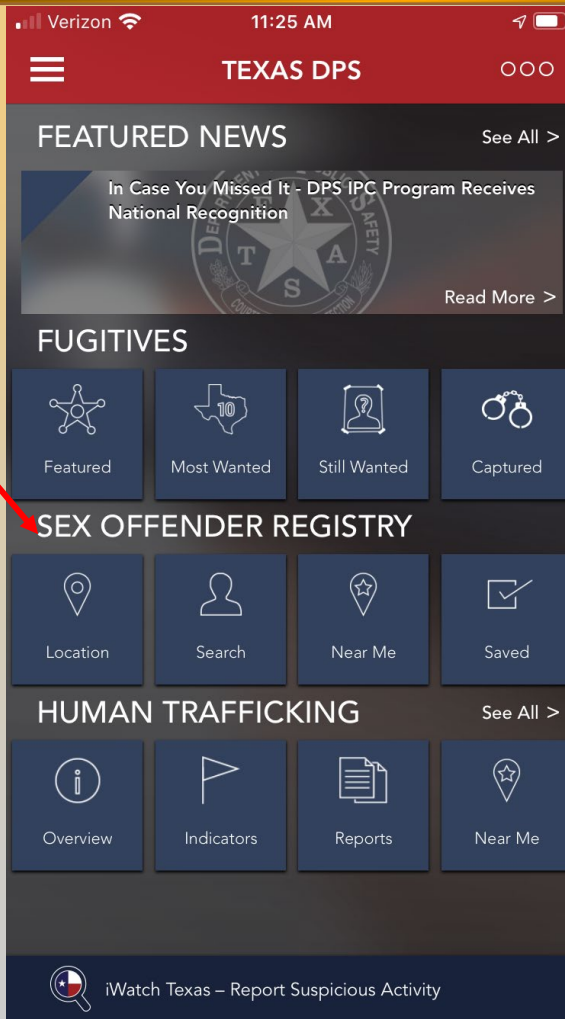


Today Games Apps Arcade Search



TEXAS DPS (APP STORE)

Search for
Sex
Offenders
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TEXAS DPS (APP STORE)



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TEXAS DPS

SEX OFFENDER REGISTRY

Location Search Near Me Saved

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Sex Offender Registration

(cont.)



- ★ Be aware of who is in your neighborhood
 - Know who is living around you
 - DPS will notify everyone in a one to three mile area of any sex offender moving into that area



Conclusion

- ★ The issue of self defense is a complicated one and could easily become a three or four night class.
- ★ The most important thing to remember is that **PREVENTION** is the single biggest deterrent factor in protecting you from becoming a victim of a violent crime.