

Sexual Assault How To Defend Yourself

Staying Safe - I. NKenge Toure 1984

How to Protect Yourself from Crime - Ira A. Lipman 1990-02

How to Protect Yourself Against Sexual Assault - 1979

Self-defense - Katy Mattingly 2007

Hone your senses, increase awareness, and learn the techniques that could save your life. Self-Defense: Steps to Survival will teach you to identify danger, avoid assault, and defend yourself and others against attackers in a variety of situations. Based on the proven strategies and techniques taught on campuses and in metropolitan areas worldwide, Self-Defense: Steps to Survival is both practical and immediately applicable for men, women, and teens regardless of previous experience. You'll learn these skills: -Assess your surroundings, notice warning signs, and remove yourself from potential harm. -Use the power of your own voice to thwart an attack. -Recognize warning signs of violence in an intimate relationship. -Resist and escape physical and sexual violence by strangers and acquaintances. -Free yourself from an assailant's grasp. - Develop an arsenal of strikes, kicks, and defense techniques for countering physical attacks. -Defend yourself against weapon attacks and multiple attackers. Don't live in fear! Self-Defense: Steps to Survival will change the way you approach everyday life, giving you the assurance that you'll be prepared for the unexpected. See all the titles available in the Steps to Success Series.

Defend Yourself: Developing a Personal Safety Strategy - Tim Toterhi 2016-01-01

Defend Yourself! offers the latest prevention, empowerment, communication, and self-defense methods designed to assist you in preparing for and successfully dealing with a dangerous encounter. The physical techniques presented are complemented by an in-depth analysis of potential attackers including a description of each offender type and the various modus operandi employed. Each lesson concludes with a series of questions and exercises that will assist you in developing a Personal Safety Strategy that coincides with your physical capabilities, legal rights, moral responsibilities, psychological needs, and spiritual beliefs. The book also contains a follow-up plan to help you keep your skills current.

When There's Only You - Henry F. Shovic 2005-08

You have a right to a safe life! You have a right to walk where you want, protect your identity from theft and your computer from viruses, and feel safe when alone or with a partner. But how do you enforce those rights? Henry Shovic shows you how to take control. Not in an over-done, over-specific, self-defense lecture, but in an instructive, illustrated, easy-reader guide to daily safe living. We all have stories where we felt uncomfortable or unsafe. Dr. Shovic addresses these with no-nonsense, rock-solid solutions. * You grew up learning to be nice. But know when not to be nice! * Build awareness, confidence, training, and your support networks * Protect yourself in a "lawyer-friendly" way * Everyday scenarios and solutions * Simple but effective techniques for any size and strength And for men . Buy this book for your wife. And your daughter. And your son. And for you. It's legal. And it works.

SAFE DEFENSE On Rape Matters - Chimauchem Okpalaeke 2019-07-31

Rape, Sexual Abuse, Sexual Assault, Molesting and Domestic violence had become a predominant thing in the world that nobody has provide a viable solution to it. People are no longer afraid of going to jail on rape matters and it keep increasing in every blessed day both in urban and ruler area. Our Trusted Agencies were not able to control the rate of rape cases and most of this rapist had not been brought to book. Some cultures in the world also practices and promote Rape, Sexual Assault/harassment and domestic Violence and leave the women with no right to their selves to decide their faith on what they want and what they don't want. Teen girls are given out to marriage at the age of 13 without their approval. They are sexually assaulted, abused and molested and their parent claimed that that is culture. But this time those things will be over with the help of this book. I have in this book the ways which every girl's child will defend their selves from being raped, assaulted, harassed and molested. I have released a strong weapons for safe

Defense on rape matters in this book and also Teen/children Sex Education guidelines. If you can do what I taught you in this book you will no longer be afraid of any man. You will no longer be a slave to any man no matter how strong he is. You will be in control of your want. You are to gather courage and put your heart at your back and be superior than them. You can be able to defend yourself by yourself at any given time no matter how many men involved to clamp you down, they will be the one to be afraid of you. Get a copy now

Krav Maga for Women - Darren Levine 2012-02-28

Three leading Krav Maga instructors outline a street-tested program for women on how to defend themselves while neutralizing an attacker, explaining how to use the Israeli personal defense system to turn an aggressor's size and strength against him while providing illustrated guidelines for life-saving strikes, kicks and throws. Original.

Self-defence for Women - Diana Warren-Holland 1987

Not only are practical techniques fully demonstrated in both words and picture sequences, but the sociological background is explored, important statistics are provided and the psychology of the violent male is presented in a comprehensible light. Sympathetic advice is also given to those who have already suffered - or who may suffer - from violent assault.

How to Protect Yourself Against Sexual Assault - 1979

How to Protect Yourself Against Sexual Assault - Take a Bite Out of Crime - United States. Department of Justice 1979

Representation of Women who Defend Themselves in Response to Physical Or Sexual Assault - Elizabeth M. Schneider 1978

How to Protect Yourself Against Sexual Assault -

Rape Culture Hysteria - Wendy McElroy 2016-06-08

Rape Culture Hysteria: Fixing the Damage Done to Men and Women offers a comprehensive overview and debunking of the "rape culture" myth that has devastated campuses and is spilling into Main Street America. An ideological madness is grotesquely distorting North America's view of sexuality. The book applies sanity to the claims that men are natural rapists and our culture encourages sexual violence. Written by a libertarian feminist and rape survivor, Rape Culture Hysteria opens with a highly personal appeal to depoliticize rape and treat it instead as a crime. Victims need to heal. Politicizing their pain and rage is a callous political maneuver that harms victims, women and men. Chapter One: The Fiction of the Rape Culture defines the "rape culture" and explains why it does not exist in North America. It glances back at how the fiction became embedded into society, especially in academia. Then it looks forward to an emerging rape culture trend that will deeply impact daily life: microaggressions. Chapter Two: Intellectual Framework and Myth History of Rape Culture. The myth did not arise in an intellectual vacuum. In a straight-forward manner, Chapter Two explains the theories upon which the rape culture is based, including social construction, gender, patriarchy, post-Marxism, and social justice. It rejects three of the rape culture's founding beliefs: rape is facilitated by society; men have created a mass psychology of rape; and, rape is a part of normal life. Chapter Three: Dynamics of the Hysteria and Psychology of Rape Culture True Believers. The dynamics of rape culture politics are exposed through the behavior of its social justice warriors. A recent travesty is used to showcase those dynamics. On November 19, 2014, Rolling Stone accused members of a University of Virginia fraternity of gang-raping a female student. The accusation was quickly revealed as untrue. The unraveling at U-Va. is a perfect vehicle to illustrate how rape culture dogma is maintained even when it is revealed to be untrue. The chapter discusses effective tactics with which to handle social justice warriors. Chapter Four: Data, False and True. The rape culture myth is based on untrue and unfounded "facts," which have been repeatedly refuted. Yet they lumber on as zombie stats, kept alive by those to whom the lies are useful and so are repeated like a mantra that drowns out contradicting evidence. This chapter examines of some of the more prevalent zombie stats such as "one in every 4 or 5 women will be raped in their lifetimes." Where did the faux "facts" originate? What

evidence, if any, supports them? Which stats better reflect reality?

Chapter Five: Comparative Studies and Surveys. This chapter compares and contrasts four of the most important, frequently cited studies and surveys on rape: National Crime Victimization Survey; National Intimate Partner and Sexual Violence Survey; Campus Sexual Assault Study; and, Uniform Crime Reporting Program. They are analyzed independently but also compared to each other, including major strengths and weaknesses. Lesser studies are also analyzed in passing. Chapter Six: Harms of the Rape Culture. The gender war must end. Chapter Six offers in-depth analysis of the extreme damage it inflicts on innocent people, with emphasis on the damage done to victims of rape. Victims are a focus because rape culture adherents claim to be their greatest champions; the opposite is true. Chapter Seven: Solutions to Rape Culture Hysteria. Moving Toward Sanity. We can fix this. This is the ultimate message of the book. Undoing the damage is not only possible but also within reach. The solutions offered range from radical suggestions, such as abolishing the Department of Education, to more modest ones, such as recognizing rape as a criminal matter to be handled by police. Defend yourself and your children against rape culture zealots. Demand sanity.

When There's Only You - Henry Shovic 2005-08-01

You have a right to a safe life! You have a right to walk where you want, protect your identity from theft and your computer from viruses, and feel safe when alone or with a partner. But how do you enforce those rights? Henry Shovic shows you how to take control. Not in an over-done, over-specific, self-defense lecture, but in an instructive, illustrated, easy-reader guide to daily safe living. We all have stories where we felt uncomfortable or unsafe. Dr. Shovic addresses these with no-nonsense, rock-solid solutions. * You grew up learning to be nice. But know when not to be nice! * Build awareness, confidence, training, and your support networks * Protect yourself in a "lawyer-friendly" way * Everyday scenarios and solutions * Simple but effective techniques for any size and strength And for men . Buy this book for your wife. And your daughter. And your son. And for you. It's legal. And it works.

Simply Self Defense - Andre Herbert 2020-06-08

Here's How You Can Be Prepared & Defend Yourself With Confidence!
We live in an era that can be best described with one simple word; chaos.

And the only way to protect yourself from chaos is to be prepared. So Here's The Million- Dollar Question: How Prepared Are You? How Prepared Are Your Loved Ones? How Prepared Is Your Daughter, Niece Or Granddaughter? Introducing The Simply Self Defense Guide For Young Women Moving Out For The First Time By Andre Herbert. Leaving home for college is one of the happiest (and stressful) moments in a woman's life. Everything changes overnight. You meet strangers. You make new friends. You visit places for the first time. And you have to make it on your own. And it can be scary. Especially when sexual assault on college campuses has reached an all-time high during the last few years. In many cases, those assaults go unreported but the ugly truth is that it's a jungle out there for young women. Learn How To Defend Yourself With Confidence: By the end of this easy-to-follow, fluff-free, self defense guide for young women, you will be able to: Understand How To Protect Yourself & Avoid Potentially Dangerous Situations Discover Simple Yet Effective Ways To Defend Yourself Against Attackers Develop A Mindset Of Confidence And Preparedness Why Choose This Personal Defense Guide For Women? Unlike other self defense books that promise to turn you into a deadly warrior overnight, this practical self defense training guide will help you gain an in-depth understanding of how to avoid attacks, how to face assaults with confidence and presence of mind, and how to enjoy the happiest years of your life without feeling scared. Looking For A Way To Keep Your Daughter, Niece Or Granddaughter Safe? Surprise her with a copy of the Simply Self Defense guide for young women and help her stay on the safe side when it comes to on-campus sexual assaults. What Are You Waiting For? You Can Never Be Too Safe! Click "Buy Now" & Grab Your Copy Of The Simply Self Defense Guide Today!

Stay Safe - Arkansas. Division of Aging and Adult Services 1986

Fight Back - Dominick DiVito 2007-09-03

A self-defense expert empowers readers with techniques anyone can use to fight back against a physical attack.

Sexual Assault - Dan Lena 1990

Recommends ways to prevent sexual attacks and to develop the self-esteem for successful resistance, and suggests defensive techniques.

Protect Yourself! - Jessica Davies 1990

Sexual Assault How To Defend Yourself:

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