

HOW TO AVOID A RAPIST!

No 23 in a Series of Security Tips

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PROVIDING INTELLIGENT SECURITY SOLUTIONS

HOW RAPISTS ATTACK

- 1) A prowler would most likely go after a woman with a ponytail, bun, braid or other hairstyle that can easily be grabbed. Women with short hair are not common targets.
- 2) A prowler will look for women whose clothing can be removed quickly. Very often razor sharp knives have a dual purpose – to threaten and subdue a victim through fear and to slice off clothing.
- 3) They target off-guard women who are distracted or talking on their cellphones, searching through a purse or busy with other activities. They can be easily overpowered.
- 4) Such a prowler is most likely to attack & rape in the early morning but a sizeable percentage seeks their victims at night, in dimly lit areas or attack select single women in their homes.
- 5) The number one place women were abducted from/attacked was parking lots or public rest-rooms. Lately attacks inside the home of the target increased, especially single women.
- 6) When overpowering a woman in an outside area, these criminals intend moving her quickly to another location - they don't want to worry about getting caught.
- 7) If the targeted female shows determination to defend herself and starts yelling, the prowler or attackers often decide she is not worth the risk and run away.

There are several self defense methods to avoid an attack:

If someone is following you on a street or in a garage or is with you in an elevator or stairwell, look them in the face and ask them a question or make general small talk: Now you've seen their face and could identify them in a line-up; you often lose appeal as a target.

If someone is coming toward you, hold out your hands in front of you and yell "STOP!" or "STAY BACK!" Most rapists agreed that they'd leave a woman alone if she yelled to attract attention or showed that she would not be afraid to fight back. Again, they are looking for an EASY target.

If you carry pepper spray yell "I HAVE PEPPER SPRAY" and just by displaying and aiming the can it will be a deterrent.

If someone grabs you, you can't beat them with strength but you can by outsmarting them. If you are grabbed around the waist from behind, pinch the attacker either *under* the arm (*between the elbow and armpit*) OR in the upper *inner* thigh VERY, VERY HARD. Dig your nails into the soft flesh. It really hurts.

After the initial hit, always GO for the GROIN. You might think that you'll anger the guy and make him want to hurt you more, but rapists want a woman who will not cause a lot of trouble. Start causing trouble, and he's out of there.

When the guy puts his hands up to you, grab his first two fingers and bend them back as far as possible and with as much pressure as possible, push down on them.

Of course the usual warnings still apply: Always be aware of your surroundings, take someone with you if you can and if you see any odd behaviour, don't dismiss it, go with your instincts!!!