

FACTS ABOUT WOMEN AND THEIR SAFETY:

**1.8 million women are severely assaulted each year by a male.
1 in every 8 women will be a victim of forcible rape.**

(Source: National Victims Center, NCVV.org)

DO YOU KNOW WHAT TO DO TO STAY SAFE?

Seven Keys to Personal Safety

1. Believe in Yourself: When you believe in yourself, you'll trust your wisdom and your strength.
2. Understand Reality and FACE IT: Don't think it can't happen to you because it can.
3. Stay Aware: Stay aware, wherever you are, whatever you are doing.
4. Trust Your Intuition: If your intuition is warning you, there IS something wrong. Trust it, and act to increase your personal safety
5. Develop Your Body's Strength: Being strong and confident makes you MUCH less likely to be targeted.
6. Fight Back: Fight with 100% conviction in your right and ability to protect yourself.
7. Learn Practical Self-Defense: Practice makes perfect. Keep working toward getting stronger, more confident and able to defend yourself and your family at any time or any place

Self-defense is NOT violence! A Safety Tip from Michael Linehan

We have, at times, spoken to women who were initially reluctant to learn truly effective self-defense because they thought of it as violent – as lowering themselves to the attacker's level.

A surgeon can wield a knife (scalpel) to save someone's life. A predator can wield a knife to harm someone. "Wielding" your self-defense skills to preserve your life, and to return to those who love you and need you, is a powerfully positive and life-affirming action. It has NOTHING in common with the actions of those who prey on others for their own pleasure.

So, if you haven't made a decision about this before, please consider it now - because, when you are in the middle of a situation it might be too late to think about these matters and to decide what you are willing to do. Give yourself permission - right now - to do what you need, to defend yourself. Then, if you ever need to, you'll be prepared to act immediately, decisively and powerfully to protect yourself.

FACT: 8.2 million women will be stalked during their lifetime.

(Source: National Victims Center. NCVV.org)

LEARN REAL SELF-DEFENSE BEFORE IT'S TOO LATE.

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