

The
S exual
H arassment
A ssault
R ape
P revention

Course For Women
Instructor Outline

VERBAL ASSAULT

The very first thing that a woman usually thinks of when we talk about a verbal assault is usually...“I don't know if I could even speak I'd be so scared if I knew someone was following me or coming towards me.” If you find yourself in a position where you can't seek safety which is the very first thing we teach all women, turn and face your follower and with a loud voice tell him. “GET THE HELL OUT OF HERE” pointing your finger at him at the same time. You should also have your car keys in your hand, especially while walking to and from your car or home. You will be surprised to find out that many attackers will not see you as the willing or pleading victim they expect, but one will give them quite a hassle and possibly attract attention to the area. You will be surprised to know that many women have used this assault very effectively a 74 year old woman who attended one of my two day seminars went home the first night after the seminar and was walking her small dog in her backyard. Two men drove in to the alley behind her home and jumped over her fence. They were between her and the house began using obscenities concerning a woman of her age and what they wanted. Normally, she told the class, she would not have been able to speak; but she didn't like the alternative and she used the verbal assault. She looked directly at them and screamed as loud as she could “You get the hell back over that fence, now?” To her amazement they jumped back over the fence and drove off. She could hardly believe it and couldn't wait to tell the class about her experience. Of course this may not work in all cases, but you can't loose anything by trying it. It has worked for many women. This is a defense that has been used for years and has been written about in many books.

Rape does occur in elevators. I asked my class in the St. Louis area how many of the several hundred women who attended had heard the elevator alarm go off: Almost all the women in the audience said they had heard the elevator alarm sound; but when I asked them how many did anything about it, not one woman raised her hand. If you must use an elevator at night time and a man gets on or is already in the elevator and you feel uncomfortable: do not turn your back to him. If you cannot get off, turn and face him, have your keys in your hand and stand by the phone. Pushing the alarm button will only start a bad situation, he can not only stop the elevator but also turn off the alarm. If this should occur you will at least be facing him. Your keys are small in size and very deadly. you can drive the key your holding straight into the face or throat or strike his hands as they grab you, then strike any part of the face. You can strike more than once. The telephone can also be used as a weapon. It is virtually unbreakable and when it is struck against the side of the head is very deadly and can be fatal.

Don't try to use the phone for help. SEEK SAFETY FIRST, then call for the local authorities. There are many methods which can be used this is just one of them and it works. Always remember, however, that if a weapon is used, you will have to submit. There IS a defense which can be used during the assault and is shown in the book “Rapists Beware” but due to the age of some of the readers of the column this information you will have to obtain from the book itself. The book covers rape on your back with your hands tied or restricted, as well as rape face down.

Captain James A. Smith

27