

The
S exual
H arassment
A ssault
R ape
P revention

Course For Women
Instructor Outline

DEFENSE TO AND FROM A VEHICLE

Besides being aware of her surroundings, one of the very first habits a woman should develop when either leaving her home or any building, is to KEEP HER CAR KEYS IN HER HAND and not in her pocketbook or pocket. She must be able to have it available if she is to successfully defend herself at a moment's notice. It is almost impossible to get to a key, or any other type of weapon, when you are suddenly grabbed or approached by a would-be rapist, especially if the keys are in your pocketbook or pocket. Now, you might be saying to yourself. "Well, I'm not always going to my car" or "I don't own, or drive, a car". This makes no difference whatsoever. A key, house, car, or otherwise, makes one of the most effective weapons I know of, when used properly. It is much better than a gun, chemical, or anything of that nature. The main reason for this is twofold. First, since most rape is premeditated, the rapist can see something dangling from your hand or key-chain, or can see a can of chemicals, which can be rendered harmless by the mere throwing of his coat or jacket over it. Then what? Carrying just a key is normal, and we certainly don't want to go through life carrying a gun or a can of chemicals every time we go out of our homes. We want, and should want, to lead a normal life, BUT BE AWARE AND READY if something happens. The same as in a fire, or a drowning incident, you can be taught to save yourself. The key is small in size and very sturdy. It can penetrate the back of someone's hand - it can go into the throat or the eyes, or be struck into the temple, or any place in the face, causing sever injury. It can be used in the rib cage and groin area very effectively, and can even be fatal. It will not just scratch someone, it will stop someone. If you can drive a key into an apple or an orange, you can stop anyone. There is no rule that says you can only hit once, and remember, if a man gets into your car, he must bend over to get in. This makes a perfect target of his face or throat. Also, if he grabs you, his hands are vulnerable to the key. Try the key on your own temple, throat, backs of your hands, and you will see just how painful it can really be. Do it gently, of course. Remember, surprise is half the element of success, so practice using a key as a weapon. Start with an apple in a lighted room. Hold it at arm's length and stab it with a key. Then try the same thing in a dark area, then try it in your own car. you will soon become quiet proficient in its use. By this time, you are probably saying that this is hideous. But rape is hideous too, and the rapist does not wear a sign, telling you what kind of a rapist he is. You could be a victim that ends up in the morgue, but by then it's too late, isn't it? I am not telling you to kill someone, but I am telling you how to survive, and not become another victim. You have been taught what to do in a fire and how to swim, or put on a life-jacket - well - you can be taught how to stop or survive rape.

Captain James A. Smith