

Title:

Three Steps to ^Take Back the Night~

Word Count:

564

Summary:

You practice for virtually everything in your life. Why not practice what to do in the case of

Keywords:

Article Body:

^Take Back the Night~ events across the country in April are a grim reminder of just how serious

Statistics show that every two and a half minutes someone in the U.S. is sexually assaulted. A

^Take Back the Night~ events are well meaning, feel good events that typically happen on college

According to Bureau of Justice statistics 17 percent of women can expect to be raped in their

When an assault occurs most victims are, justifiably so, caught off guard, panic and don't think

As a practical matter you practice for everything else, from studying, playing an instrument,

Here are some ideas to kick around with your friends at a ^practice~ session.

When confronted by a potential attacker or rapist:

1. MAKE NOISE. Scream, yell, if you have a whistle use it, Try to attract as much attention as possible.
2. STALL. Time is on your side. Stall as long as you can. Tell your attacker you have STD.
3. GET ANGRY AND FIGHT BACK. This is not a garden party. Learn how to fight dirty. Gouge

Additionally get used to being aware of your surroundings. Be leery of strangers asking directions

And lastly get used to always carrying some sort of personal defense device-a whistle, an alarm

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