

# Self Defense

JEFFERSON  COUNTY COLORADO

Open Space



PRESERVE, PROVIDE, PROTECT

# Statistics

- 1 in 4 women and 1 in 17 men, in Colorado, will experience a completed or attempted sexual assault during their lifetime.
- 43.9% women have experienced (non-rape) sexual violence
- More than 700 people are sexually assaulted in the US each day.
- Nearly two-thirds of sexual assaults are committed by someone the victim knows.
- 97% of rapists will never spend a day in jail.
- More than half of all victims of sexual assault are under the age of 18.
- More than 90% of juvenile sex abuse victims know their perpetrator.

Statistics from Centers for Disease Control and Prevention, 2010 & US Department of Justice, 2010

# We can make a positive Change

- Educated
- Prepared
- Aware
- Help others



# People don't protect themselves because...

- Fearful
- Taught to be polite, accommodating, kind, soft spoken...
- Don't know it's wrong/ illegal
- Feel powerless
- Denial = unprepared + lack of action
- Don't want to hurt someone
- Their fault / won't be believed
- Embarrassed
- They have been deceived
- Don't know how to protect themselves

We instinctively want to protect ourselves but we need to learn the strategies & skill to do it!

# Your Body Your Rules!

# Perpetrators choose their victims

- **Access:** physical, digital, social media, phone
- **Isolation:** physically, psychological isolate you from others, separate you from support
- **Control:** physical, chemical, etc

# Body Language

- Posture
- Eye contact
- Body movements
- Facial expressions





Your body won't go where your mind  
has never been.

# Be prepared

- Crime can happen anywhere
- Know where you are going
  - park name, address, town/county, jurisdiction
- Bring: phone, park map
- Cell phones don't work everywhere
- Let somebody know where you are going

# Know your numbers

- 911
- Non emergent local numbers
  - Jefferson County 303-277-0211
  - Lakewood 303-987-7111
  - Arvada 720-898-6900
  - Denver 720-913-2000
  - Arapahoe County 303-795-4711
  - Douglas County 303-660-7505
- Sexual Assault Hotlines
  - Blue Bench #303-322-7273 (DMA)

# Be prepared

- Stay calm, breathe
- Rehearse possibilities
- Don't apologize
- Their emergency is NOT yours

# Strong & Powerful Voice



Practice...

# Weapons

- Your voice
- Whistle
- Panic alarm
- Pepper spray
- TASER
- Improvised Weapons
  - keys



# Be Aware

- Know what trail you are all at all times
- Safe places (trail close to road, coffee shop, etc)
- Look people in the face & greet them
  - Take note of appearance (make it a game)
  - They know you have seen what they look like
- Where you parked your car
  - Near a light, in area of unobstructed view
- Type & level of activity
  - JeffCo OS parks closed 1 hour after sunset – 1 hour before sunrise
  - Places change from day to night

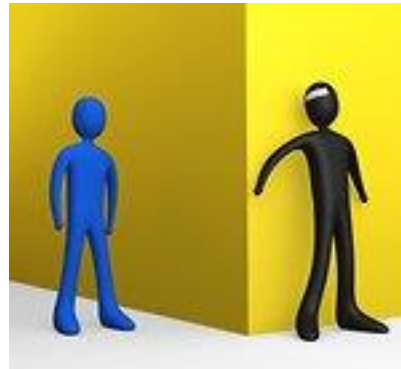
# Speak out for others





# Instinct

- Always follow your gut feeling!!!
  - If you feel unsafe act on that feeling



# Self Defense Recap

- Your body your rules!
- Be educated, prepared, aware, help others
- Follow your instincts
- Psychological & physical strength
- Courage ~ you have the power!

Break time...

# Physical Self Defense



# Standing Tactics

- Stance/ movement
- Signals/ clues
- Target



Strikes: elbows, palm heel, straight punch, hammer fists





# Chokes:

from behind



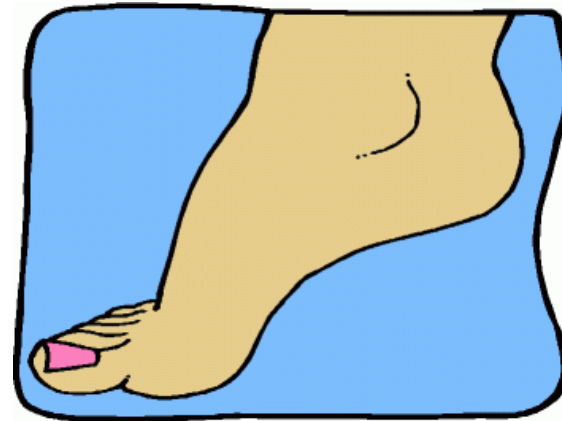
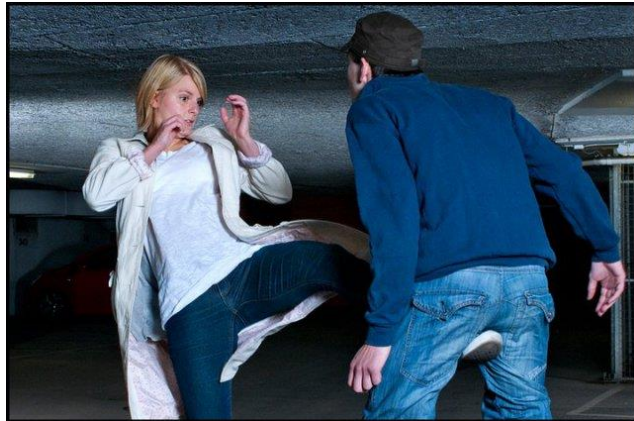
front choke



# Grab from behind



# Kicks:





# Ground Tactics

Bucking



Ground Kicks



Getting up



Thank you for participating in  
JeffCo's Self Defense Program

