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## Bibliography

Women's Rape Crisis Center

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"forced intimacies"  
learn self-defense  
woman to teach it }

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IF YOU ARE RAPED AND DECIDE TO PROSECUTE, REMEMBER THESE FIVE THINGS:

- 1) Call the Police Immediately. A delay to regain composure will drastically weaken your case.
- 2) Call a Female Friend. Have her stay with you before the police arrive as well as throughout the interrogation. Give her complete details so she can help you remember everything. Any change in your testimony will destroy your case.
- 3) Go to the Hospital with the Police. If you refuse to go, it counts heavily against you in the trial, no matter what the reason.
- 4) Under No Circumstances Bathe or Administer First Aid Before the Hospital Examination (unless, of course, its a matter of life and death). You will destroy the only evidence the courts will accept.
- 5) Seek legal counsel as soon as possible.

Police want proof of penetration, force, lack of consent:  
(This is a test to tell whose sperm)

"Sheff" a spray for protection - legal in Fla. Get at gun store;  
Carrying stuff you have a right to have won't be considered a weapon; eg. rat tailed comb, key  
striking bet. fingers + scratch SOME PROTECTION TACTICS  
his face. \*\*\*\*\*

As women we must daily face the possible threat of rape or other physical assault. And as women, we've been taught to be passive and have accepted screaming as our only defense. Our clothing is often restrictive. Tight skirts or pants, high heels, clogs, large purses, capes and ponchos all limit our mobility.

We must learn to fight back, to protect ourselves from the abuses of rapists. The obvious answer is self defense training for all women. But until you yourself can realize this possibility, there are several precautions you can take.

-Use your initial rather than first name on your door, mailbox, and phone listing. Make sure entrance-ways are properly lit.

-Have your key ready before you enter your apartment building.

-Have your key ready when you reach your car, and before you enter your car, make sure no one is inside, perhaps crouched down behind the back seat.

-Always ask service men, repairmen, and deliverymen for identification before you let them in. If skeptical, ask for his supervisors name and phone number. Leave him outside while you make a quick call.

With woman raped, friend: be empathetic, not symp.; let her say all; don't let her get into a guilt trip; let her talk. 2/ she wants a what she wants.

## PROTECTION TACTICS CONTINUED:

- At work avoid deserted or poorly lit stairwells. Check for suspicious persons before entering or leaving an elevator.
- On the street wear clothing that allows you to move as freely as possible. If you find yourself in danger, yell "FIRE" rather than "HELP" or "RAPE". It elicits a much better response. Carry a whistle with you in your hand, or wear one dangling from your wrist. Sometimes a whistle can save you when vocal cords fail you.
- If you feel that someone is following you, LOOK! It isn't racist or anti-humanitarian to turn around to see if you are in danger! To verify suspicion, try changing your pace or crossing the street. If the other side of the street looks unsafe, walk down the center of the street.
- Once you have determined that someone is following you, look for a safe place--any inhabited or lighted area. Make sure that if you are going to run that you can get there safely before your attacker can catch you. If you decide to run, then do it as fast as you can, all of a sudden, and yell every step of the way.
- If he just wants your purse, give it to him!

## WEAPONS:

1. A lighted cigarette - smash out in eye or area surrounding eye.
2. Pen or Pencil - holding securely, stab at face, neck.
3. Plastic Lemon - can squirt juice up to 15 feet. Juice can be replaced with ammonia.
4. Aerosol Can - spray directly into eyes.
5. Umbrella - place one hand near the center of the umbrella and the other hand slightly behind it; use in a quick jabbing fashion with a quick upward thrust.
6. Stiff Hair Brush or Steel Comb - use in slashing or raking motion across the face or tendons on the back of the attacker's hand.
7. Hard-Bound Book or Purse - Hold with both hands and smash its flat surface into the attackers face, or hold with one hand and strike the bound edge into the side of his neck or throat. A big wind-up will give the attacker time to get into a position to block your blow or possibly grab the purse or book away from you.
8. High heels or wedge shoes - Grind your heel into the attackers foot.
9. Keys - with keys sticking out between the fingers, use a fist blow to the face and neck, or scrape the keys across the tendons of his hand.
9. Tear Gas - pens and mace cartridges are illegal in many states. Remember--that mace can get just as easily into your face, especially if it is windy.

REMEMBER THOUGH THAT THESE WEAPONS SHOULD BE USED TO PROVIDE AN OPPORTUNITY TO FLEE FROM THE ATTACKER. UNLESS YOU ARE TRAINED IN SELF DEFENSE, IT IS ABSOLUTELY SENSELESS TO STICK AROUND. AND, IF FACED WITH A GUN, FORGET USING WEAPONS.

We would like to thank the Rape Crisis Center (Washington, D.C.) for allowing us to reprint this information.