

A HANDBOOK TO HANDLE SEXUAL HARASSMENT



Krav-Maga SreeRam's
10-A s of
Personal Safety
for Women



Rs.50 to the cause of

Women Against Harassment & Rape

The essence of this book can be summarized as -

**An Intelligent person knows
how to get OUT of a situation.**

**A WISE person knows
how NOT to get IN a situation**

1st A - AVOID

Avoid a Situation

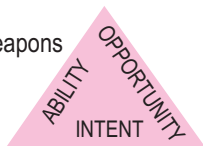
“How will I realise when I am in danger.”

3 elements have to come together to make you a victim.

Look at the A.O.I Triangle.

A.O.I Triangle

- **ABILITY** - The attacker is confident he can control you; by strength / by numbers / by weapons
- **OPPORTUNITY** - The Place and Situation is favourable for him to attack you.
- **INTENTION** - The person's Intention is not innocent or predictable.



The moment you realize all these 3 elements are coming together - Leave the place with somebody reliable. If you can't leave, make phone-calls for assistance. Inform where you are.

Try and avoid association of people with high risk behaviour – who have problems with alcohol, drugs, sex or who are emotionally unpredictable.

If YOU are the one having high risk habits, ensure you are with dependable friends who can take care of you.

2nd A - ACCESS

Prevent access to you

“How will I prevent becoming a target”

Prevent easy Physical access

- At home it may mean locked windows and doors - which are 2 layered, so that you can see clearly who is outside.
A grill gate on the outer side is safer.



- **If habitually alone**

Install an intruder alarm system

Have a pet dog.

Trim garden plants which can hide intruders

Have window curtains that prevent clear view from outside

Lock car doors when driving alone.



Prevent online exposure & access

- In Social media like Facebook -
Control access using Privacy settings
Don't expose personal details
Don't post your pictures for all to see
- Instal a valid anti-virus, which will prevent a system compromise.

- **Remember, criminals hide their true identities online and leverage any vulnerability you expose - especially the lonely & less confident.**

Create as many levels of safety possible, between a threat and you

3rd A - ATTITUDE

Don't look and act vulnerable

"How can I project the message 'Don't mess with me'"

Don't behave like a soft target

- As we see in TV nature programs, the predator always tries to pick the easiest prey. So, appearing as a soft target emboldens the criminal to select you as the Victim.
- Remember the criminal is keen to get his job done with minimum fuss. So, If he feels you are going to resist and prolong the struggle, he will lose interest and leave you.



Understand Body language of confidence

- Don't droop shoulders. Have them square with straight back
- Don't appear lost. Even if you are confused or have lost your way be discreet about it.

Eye-contact

- A major sign of confidence is eye-contact. Look at people straight but avoid staring
 - Another advantage is its an early warning, since criminals generally avoid sustained eye-contact. They don't want to be remembered.
 - **But, Don't be overconfident & fool hardy**



Purposeful walk + Erect back + Straight look = Confidence

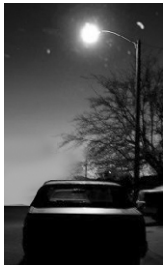
4th A - AWARE

Be aware of your surroundings

“How to read signals of danger in advance”

Be aware of people around and their behavior

- If something is out of the routine, your antenna should go up. For instance -
- If you see a parked car with people inside on a lonely stretch, you better take a detour
- Or men sitting on bikes with helmet on, concealing their identity.
- They may even act like appearing to be attending to a problem in their vehicle.



Mobile Phones & iPods.

- While on road, avoid getting engrossed in your mobile phones or listening to iPods, oblivious to the world at large.
- You can be easily surprised, if targeted

Do men create opportunities to be alone with you?

- This often happens in work place and you may not be able to question the intentions up front. At least tell your friends your apprehensions and ask them to keep a tab on you.

Notice early, any behavior which is out of routine

5th A - ANTICIPATE

If you feel something is wrong, be prepared to Fight or Flee.

“How to avoid getting confused in a crisis”

Listen to your gut feel, if something makes you uneasy

Don't ignore your natural instincts. If you feel uneasy in a situation or a person, leave the place without delay.

- Somebody could be extremely nice, but if the smile looks artificial and doesn't reach the eyes, your antenna should go up.



Be rude if in doubt

- **You are under no obligation to be nice**, if all your instincts are crying out “There is something phony about this guy”
- If you can't be rude, **fake a urgent phone call and leave asap.**

Don't be fooled by decent looks



This couple raped & murdered 8 girls

Another major assumption is a criminal will look like a criminal. Actually many serial murderers, rapists or paedophiles look very decent and friendly.

Remember, criminals develop great acting skills to fool victims. They are fluent liars.

Trust you instincts and don't hesitate.

6th A - ASSERT

Both your verbal & body language should be assertive.

“How to avoid being ambiguous”

Mark your boundary. Don't allow a criminal to close the distance

Don't allow a stranger to close the distance between you and him. The common trick is to come near you, under a pretext - like asking for directions.

- If alone, give a stranger clear instructions to be at least 6 feet away and ask whatever they have to.



Avoid last moment shock

- By giving him clear boundary, you will know early that his intentions are criminal if he crosses that 'lakshman rekha'

Be clear in your communication

- Subtle hints do not work with men who are drunk or sexually excited.
- Speak clearly that you dislike what they are doing.
- Teach this to young girls, because they are also confused, when a familiar person behaves dirty.
- Teach small kids what is a 'Bad touch'



Be Clear and precise in your communication

7th A - AGILE

Simply RUN

“ How to avoid being a docile & easy victim ”

Run away as fast as you can

- Many may wonder, what so novel about this suggestion.

Well, the reality is, when in shock many people get rooted into a comatose state.

- Run towards crowded places.



Make it as difficult as possible for the man to follow you



- If possible keep changing directions since it is difficult for a drunken attacker to comprehend and switch directions fast.
- Create as many obstacles as possible for the attacker.

Call for help asap

- At the earliest opportunity start calling emergency contact numbers.
- If you are vulnerable due to your habits or work-timings **keep the emergency numbers on fast dial.**



Increase the distance from the Threat. Reach somebody.

8th A - ATTENTION

Draw people's attention to yourself when in crisis

“How to get help”

When in trouble make sure people around know that

- Normally the public is also confused about how to react when they see a conflict.

- **Ask for help clearly.** Don't assume people around understand.

Be Simple and Be Coherent

- The problem is most can't shout anything coherent in fear. The easiest is to keep on repeating loudly, a small phrase like **“Get off”**. **“Go away”** **“Rape!”**. Just keep repeating it as loudly as possible.

Teach kids

- Teach kids to scream **“Help! Help!”** if accosted by a stranger.



- Teach small kids to memorize name & contact details of parents.
- Teach small kids to Bite a stranger's hand & Run.

Shout, Run. Let people around know you are in trouble

9th A - ACT

Appear non-compliant

“How to make the attacker hesitate ”

Majority of the woman assume they can't do anything against an aggressive man

I ask those women “ Will you be a mute spectator if you see your daughter or sister being molested?”



When a woman can jump in to help others , why should she hesitate to take care of herself too!

Don't give the criminal the 'Window of Opportunity'

- A criminal is looking for a soft target, who gives him the assurance that he can get his job done easy and fast.
- If he feels that you are not going to be as easy as he assumed and this may result in a prolonged confrontation, he loses interest.



Go for the soft targets

- Extreme aggression is a powerful deterrent even if it is faked.
- Act Defiant. Shout loudly. Kick, Scratch, bite.
- Hit the Eyes and Groin.

Don't give up, assuming you can't do anything

10th A - ARMED

Be prepared

“How to defend yourself physically ”

Use available objects

- In KravMaga we teach women to use any available object -
Shield like - Bags, Chairs
Stick like - Umbrellas, Broomsticks
Knife like - Pens, Forks, Scissors
Stone like- Paper weights, artifacts, Vessels
Blinding - Alcohol, Sand, Perfume/Deodorant

If you are constantly exposed to extreme threat scenarios, invest in a **pepper spray**, depending on local laws.

- **Learn a practical street smart self defense. like KravMaga.**



KravMaga SreeRam is the Self-defence Instructor in Chennai, for KravMaga India (IKMF). He teaches Civilians, Police, Pvt. Security and conducts corporate workshops.

W.A.H.R (Women Against Harassment & Rape) is a non-profit organization intent on equipping women to avoid / handle sexual aggressors.

**For training & corporate workshops
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Facebook - WAHR



Women Against Harassment & Rape

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