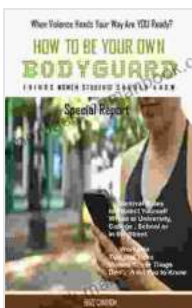


How to be Your Own Bodyguard: Essential Self-Protection Techniques for Women Students

Women students are more likely to be victims of violent crime than men students. In fact, according to the National Crime Victimization Survey, women between the ages of 18 and 24 are three times more likely to be victims of rape or sexual assault than men of the same age.

This statistic is alarming, but it is important to remember that you can take steps to protect yourself and reduce your risk of becoming a victim. One of the most important things you can do is to be aware of your surroundings and to be assertive.

Be aware of your surroundings



HOW TO BE YOUR OWN BODYGUARD. Things Women Students Should Know. Special Report: Survival Rules To Protect Yourself Whilst At University, College Or In The Street. by Buzz Champion

★★★★★ 5 out of 5

Language : English
File size : 880 KB
Text-to-Speech : Enabled
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Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 119 pages
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This means paying attention to the people and things around you. Be aware of who is following you, who is sitting near you, and who is driving by. If you see something or someone that makes you feel uncomfortable, trust your instincts and get out of the situation.

Be assertive

This means speaking up for yourself and not being afraid to say no. If someone is making you uncomfortable, tell them to stop. If someone is trying to push you into doing something you don't want to do, say no.

In addition to being aware of your surroundings and being assertive, there are a number of self-protection techniques that you can learn to help you stay safe. These techniques include:

- **Verbal self-defense** This involves using your voice to deter an attacker. You can do this by yelling, screaming, or using a whistle.
- **Physical self-defense** This involves using your body to defend yourself against an attacker. You can do this by using punches, kicks, and other physical techniques.
- **Pepper spray** This is a non-lethal self-defense weapon that can be used to incapacitate an attacker.
- **Stun gun** This is a non-lethal self-defense weapon that can be used to deliver an electric shock to an attacker.

It is important to note that self-protection techniques are not foolproof. However, they can give you the skills and confidence you need to defend yourself if you are ever attacked.

If you are attacked

If you are attacked, the most important thing to do is to try to get away. If you can, run to a safe place and call for help. If you cannot get away, you should use all of the self-protection techniques that you know to defend yourself.

Stay safe

Women students face unique safety challenges. However, by being aware of your surroundings, being assertive, and learning self-protection techniques, you can reduce your risk of becoming a victim.

Resources

The following resources can provide you with more information about women's self-defense and personal safety:

- The National Sexual Violence Resource Center: <https://www.nsvrc.org>
- The Rape, Abuse & Incest National Network (RAINN):
<https://www.rainn.org>
- The National Center for Victims of Crime:
<https://www.victimsofcrime.org>



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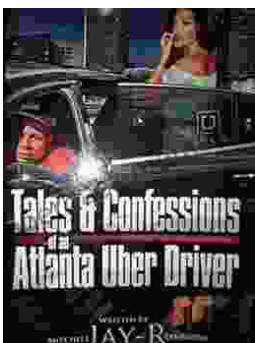
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