

# Personal Protection Strategies for Women

Offers information regarding:

## Myths and Facts Regarding Sexual Assault

- Sex offender/rapist profiles
- Myths regarding sexual assaults
- Strategies for preventing date rape

## Personal Protection Strategies

- When using public transportation
- Going out alone at night
- Using a parking garage
- Being home alone
- For the workplace
- Staying in a hotel

## Resisting an Assault

- The types of resistance
- Assailant target areas that maximize a defense
- Personal weapons that can be used in self-defense
- Environmental weapons and weapons of opportunity

## Personal Defense Devices

- Key chains and other impact devices
- Audio warning devices
- Pepper Sprays
- Stun guns
- Firearms

## If Assaulted or Confronted

- What to do if assaulted
- What to expect during the criminal investigation
- The criminal trial and the role of a Victim Advocate