

“JUST YELL FIRE”



Strategies to Stop Predators For Girls between 11-19

- What does “Just Yell Fire” mean?

If you are ever in a situation that you need immediate help, sometimes screaming, “NO”, “Stop it”, “Help” are not the words that people will always listen and react to. They may think your having a fight with a parent, boyfriend, friend and may not want to get involved.

BUT.....

When you yell “FIRE, FIRE, FIRE” at the top of your lungs, as loud as you can yell it, people will stop and pay attention because it has a connection to *their* safety and they will run to see what’s happening.

FACT

- 75% of children will die within 3 hours of their abduction
- 1 out of 4 Middle School Girls will be date raped before graduation
- There are 549,038 Registered Sex Offenders in the United States
- Sexual Predators have had more than 100 victims before being caught
- 4 Million convicted child molesters live in the United States

KEYS TO PREVENTION

- 1: Don't put yourself in a dangerous situation.
- 2: Always trust your intuition.
- 3: Never jog or walk in the park alone.
- 4: Don't *ever* get in a vehicle with someone you don't know.
- 5: Do not drink alcohol.
- 6: Do not skip school.
- 7: Keep your personal music player at a low volume so you are aware of your surroundings.

WHAT CAN I DO ?

1: If someone is asking for directions, ignore them and walk away.
Do not go near the vehicle !

They can ask an adult for directions. Adults know better than to stop and ask a young girl.

2: Predators look for things like Ipods, Cell Phones, Expensive jewelry and clothes. Be aware !

3: Walk with confidence !

4: Try to always travel together. Stop only at well lit bus stops.

5: Be aware of your surroundings.

6: Jogging: Vary your route; always jog/walk with a partner

7: Malls: Never leave a mall alone. Do not go there alone.

8: Dating: No means "NO". Know your rights. No means "NO" !

Top Martial Artists Designed these techniques for you to “Fight Like A Girl”

- 1: **Bite** - It is instinctive- Use it. Bite and don't let go until they let go.
- 2: **“Fire”**- Yell it and this only as loud as you can.
- 3: **Pull away** – Mental trigger-
- 4: **Kick** – In the groin of knee up into the groin
- 5: **Gouge** – 3 Middle fingers into the eye. Causes temporary blindness
- 6: **Ear** – Slap it hard or grip & pull towards you.
- 7: **Stick-em-up** - If you are grabbed from behind, raise your arms over your chest, stick them way up and turn around quickly to break their hold.

Date Rape

- What is the difference between date rape, acquaintance rape and rape?

THERE IS NO DIFFERENCE AND SHOULD
BE REPORTED TO A PARENT, TEACHER
OR ADULT AS SOON AS POSSIBLE.

Strategies to Prevent Date Rape

- Always believe in yourself: “No” means “No”
- Know that your assailant will take you to the ground somehow.
- Know you will get punched or hit in the face and ANTICIPATE IT instead of being dazed.
- Self-Defense Tactics:
 - 1: Yell “ FIRE”
 - 2: Gouge his eyes
 - 3: Bite him: Lock onto his face like a pitbull and don't release until they release
 - 4: Pull or grab onto his ear.
 - 5: Kick or knee him in the groin.
 - 6: “NO” means “NO”

Using De-escalation

- Attackers aren't always strangers who jump out of dark alleys. Sadly, teens can be attacked by people they know. That's where another important self-defense skill comes into play. This skill is something self-defense experts and negotiators call **de-escalation**.
- De-escalating a situation means speaking or acting in a way that can prevent things from getting worse. The classic example of de-escalation is giving a robber your money rather than trying to fight or run. But de-escalation can work in other ways, too. For example, if someone harasses you when there's no one else around, you can de-escalate things by agreeing with him or her. You don't have to actually *believe* the taunts, of course, you're just using words to get you out of a tight spot. Then you can redirect the bully's focus ("Oops, I just heard the bell for third period"), and calmly walk away from the situation.
- Something as simple as not losing your temper can de-escalate a situation. Learn how to manage your own anger effectively so that you can talk or walk away without using your fists or weapons.
- Although de-escalation won't always work, it can only help matters if you remain calm and don't give the would-be attacker any extra ammunition. Whether it's a stranger or someone you thought you could trust, saying and doing things that don't threaten your attacker can give you some control.

Dating Bill of Rights

- I have a right to:

Ask for a date

Refuse a date

Suggest activities

Refuse any activities, even if my date is excited about them

Have my own feelings and be able to express them

Say, "I think my friend is wrong and his actions are inappropriate."

Have my limits and values respected

Tell my partner when I need affection

Refuse affection

Be heard

Refuse to lend money

Refuse sex any time, for any reason

Have friends and space aside from my partner

I have the responsibility to:

- Determine my limits and values
- Respect the limits of others
- Communicate clearly and honestly
- Not violate the limits of others
- Ask for help when I need it
- Be considerate
- Check my actions and decisions to determine whether they are good or bad for me
- Set high goals for myself

Teen dating violence often is hidden because teenagers typically:

- are inexperienced with dating relationships.
- are pressured by peers to act violently.
- want independence from parents.
- have "romantic" views of love.

Teen dating violence is influenced by how teenagers look at themselves and others.

Young men may believe:

- they have the right to "control" their female partners in any way necessary.
- "masculinity" is physical aggressiveness
- they "possess" their partner.
- they should demand intimacy.
- they may lose respect if they are attentive and supportive toward their girlfriends.

Young women may believe:

- they are responsible for solving problems in their relationships
- their boyfriend's jealousy, possessiveness and even physical abuse, is "romantic."
- abuse is "normal" because their friends are also being abused.
- there is no one to ask for help.

Teenagers can choose better relationships when they learn to identify the early warning signs of an abusive relationship, understand that they have choices, and believe they are valuable people who deserve to be treated with respect.

Early warning signs that your date may eventually become abusive:

- Extreme jealousy
- Controlling behavior
- Quick involvement
- Unpredictable mood swings
- Alcohol and drug use
- Explosive anger
- Isolates you from friends and family
- Uses force during an argument
- Shows hypersensitivity
- Believes in rigid sex roles
- Blames others for his problems or feelings
- Cruel to animals or children
- Verbally abusive
- Abused former partners
- Threatens violence

Common clues that indicate a teenager may be experiencing dating violence:

- Physical signs of injury
- Truancy, dropping out of school
- Failing grades
- Indecision
- Changes in mood or personality
- Use of drugs/alcohol
- Pregnancy
- Emotional outburst
- Isolation

DATING SAFETY:

- Consider double-dating the first few times you go out with a new person.
- Before leaving on a date, know the exact plans for the evening and make sure a parent or friend knows these plans and what time to expect you home. Let your date know that you are expected to call or tell that person when you get in.
- Be aware of your decreased ability to react under the influence of alcohol or drugs.
- If you leave a party with someone you do not know well, make sure you tell another person you are leaving and with whom. Ask a friend to call and make sure you arrived home safely.
- Assert yourself when necessary. Be firm and straightforward in your relationships.
- Trust your instincts. If a situation makes you uncomfortable, try to be calm and think of a way to remove yourself from the situation.

DATE RAPE

- When people think of rape, they might think of a stranger jumping out of a shadowy place and sexually attacking someone. But it's not only strangers who rape. In fact, about half of all people who are raped know the person who attacked them.
- Most friendships, acquaintances, and dates never lead to violence, of course. But, sadly, sometimes it happens. When forced sex occurs between two people who already know each other, it is known as date rape or acquaintance rape. However you call it, it is still Rape.

- You may hear some people say that those who have been raped were somehow "asking for it" because of the clothes they wore or the way they acted. That's wrong: The person who is raped is not to blame. Rape is always the fault of the rapist. And that's also the case when two people are dating - or even in an intimate relationship.
- One person never owes the other person sex. If sex is forced against someone's will, that's rape.
- Healthy relationships involve respect - including respect for the feelings of others. Someone who really cares about you will respect your wishes and not force or pressure you to have sex.



Always order your own drinks and watch them being made. Drugs can be slipped into both alcoholic and non-alcoholic drinks at parties or in bars without a person knowing. And don't drink from your glass if it has been left where you can't keep an eye on it.

Alcohol and Drugs

- Alcohol is often involved in date rapes. Drinking can loosen inhibitions, dull common sense, and - for some people - allow aggressive tendencies to surface.
- Drugs may also play a role. You may have heard about "date rape" drugs like rohypnol ("roofies"), gamma-hydroxybutyrate (GHB), and ketamine. Drugs like these can easily be mixed in drinks to make a person black out and forget things that happen. Both girls and guys who have been given these drugs report feeling paralyzed, having blurred vision, and lack of memory.
- Mixing these drugs with alcohol is highly dangerous and can kill.

Protecting Yourself Against Date Rape

- Avoid secluded places (this may even mean your room or your partner's) until you trust your partner.
- Don't spend time alone with someone who makes you feel uneasy or uncomfortable. This means following your instincts and removing yourself from situations that you don't feel good about.
- Stay sober and aware. If you're with someone you don't know very well, be aware of what's going on around you and try to stay in control. Also, be aware of your date's ability to consent to sexual activity - you may become guilty of committing rape if the other person is not in a condition to respond or react.
- Know what you want. Be clear about what kind of relationship you want with another person. If you are not sure, then ask the other person to respect your feelings and to give you time. Don't allow yourself to be subject to peer pressure or encouraged to do something that you don't want to do.
- Go out with a group of friends and watch out for each other.
- Don't be afraid to ask for help if you feel threatened.
- Take self-defense courses. These can build confidence and teach valuable physical techniques a person can use to get away from an attacker.

Getting Help if you were Raped

- If you're injured, go straight to the emergency room - most medical centers and hospital emergency departments have doctors and counselors who have been trained to take care of someone who has been raped.
- Call or find a friend, family member, or someone you feel safe with and tell them what happened.
- If you want to report the rape, call the police right away. Preserve all the physical evidence. Don't change clothes or wash.
- Write down as much as you can remember about the event.
- If you aren't sure what to do, call a rape crisis center. If you don't know the number, your local phone book will have hotline numbers.
- Don't be afraid to ask questions and get information. You'll have lots of questions as you go through the process - such as whether to report the rape, who to tell, and the kinds of reactions you may get from others.

Rape isn't just physically damaging:

- it can be emotionally traumatic as well. It may be hard to think or talk about something as personal as being raped by someone you know.
- But talking with a trained rape crisis counselor or other mental health professional can give you the right emotional attention, care, and support to begin the healing process.
- Working things through can help prevent lingering problems later on.



Trust Your Instincts

When the elevator doors open, does that shifty-looking character in the corner make you feel uneasy? Don't get on (or get off if the person who makes you uncomfortable is getting on). If you're riding the elevator and you start feeling afraid, get off on a floor where you know you'll find other people. Your safety is all about trusting your own judgment.

Use Your Head

- *Self-defense is all about using your smarts — not your fists.*
- One way to avoid a potential attack before it happens is to trust your instincts. Your intuition, combined with your common sense, can help get you out of trouble. For example, if you're running alone on the school track and you suddenly feel like you're being watched, that could be your intuition telling you something. Your common sense would then tell you that it's a good idea to get back to where there are more people around.

Just Yell “Fire” Post-Test: please complete and turn in to your Program Consultant

A: Why yell “Fire” instead of “Help” ?

B: List 5 techniques to fight back like a girl?

1:

2:

3:

4:

5:

C: What is the difference between date rape, acquaintance rape and rape?

D: Give an example of De-Escalation from this training:

E: Reference 3 statements from “ The Dating Bill of Rights”

1:

2:

3:

F: List 4 Early Warning Signs that your date may become abusive:

1:

2:

3:

4:

G: Trust your _____!

Name: _____

Date: _____