

The Women's Empowerment Model of SELF DEFENSE



- ∞ Self-defense begins with self-respect, the acknowledgement of your rights and your ability to defend those rights. You are worth defending!
- ∞ Learning self-defense does NOT guarantee that you will not be assaulted. Learning self-defense gives you options and choices to help you prevent and survive an assault.
- ∞ Any decision a woman makes in order to survive must be respected. No matter how a woman chooses to survive an assault, it is the right choice for her.
- ∞ Sexual assault is NEVER the victim's fault, regardless of whether or not they fought back!

INTUITION

- ∞ Trust your gut feeling. What signals are you receiving?
- ∞ How do we separate our potential biases from real danger?
- ∞ Learn to understand your body's responses to your surroundings

CONFIDENCE

- ∞ Project your confidence outward!
- ∞ Keep your head up, back straight, shoulders back, make eye contact, and keep your body balanced
- ∞ Practice displaying your confidence while sitting, standing, and walking in your daily life

BEING ASSERTIVE

- ∞ Take tips from other women you think are strong and assertive. Note others' responses to assertive women
- ∞ Practice being assertive in easy situations. Try it over the phone, face-to-face, or practice with a supportive friend
- ∞ Decide what you want to accomplish, choose and commit to the words you will use, and rehearse. Check yourself for confident posture. State what you need in a clear, straightforward manner. Afterward, analyze what happened
- ∞ Try more difficult situations as you become more comfortable with being assertive

AWARENESS

- ∞ Awareness is key! Be aware of your surroundings, who is inhabiting and sharing the space around you
- ∞ Keep your eyes, ears, and other senses alert

COMMUNICATION

- ∞ State the obvious, ex. "I don't want you to touch me", "Stop harassing me!"
- ∞ Keep your facial expression consistent with what you are saying
- ∞ Communicate with your body language. Create distance, alter your body positioning, and express your boundaries using your body
- ∞ Use your voice. It is a powerful tool of expression. Keep it steady, appropriately loud, and confident. Commit to what you are stating

BOUNDARIES

- ∞ Define and maintain your boundaries
- ∞ Portraying confidence and self-respect can help expand your personal space that others will then respect
- ∞ Express the limits of your boundaries if someone is closer than you're comfortable with

Tips taken from **Self Defense: the womanly art of self-care, intuition, and choice**

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