

**SELF DEFENSE &
THE LAW**

**Individuals
have a right
to defend
themselves
when it is
necessary,
with as much
force as nec-
essary to es-
cape an at-
tacker and
ensure their
safety when
assaulted or
detained**



**against
their
will.**

United Against Crime

**Emergency Telephone
Numbers**

Campus Safety 388-6911

Schenectady Police 374-7744

Safe Space ID Card Access

Schenectady Rape Crisis 346-2266

YWCA D.V. Hotline 374-3386

Ellis Hospital 1101 Nott St. 243-4121

Ellis Hospital McClellan Campus 382-2222

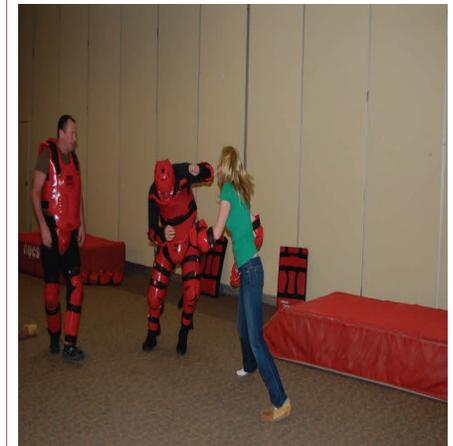
Campus Safety

(518)388-6911

E-mail: simmons1@union.edu

R.E.S.I.S.T

RAPE
EDUICATION
SAFETY
INSTINCTIVE
SELF-DEFENSE
TECHNIQUES



***Campus Safety
College Park Hall
(518)388-6911***

Empower Yourself And Stay Safe Anywhere!

Whatever method you choose, apply yourself 100%. You may get only one chance to escape.

Alert women avoid rape encounters. Being aware of yourself and your surroundings is probably the single most important aspect of avoidance. The RESIST Training is designed to teach you empowering techniques that will help you reduce the chance of becoming a victim.

Instincts

Voice Commands

Hand Techniques

Use of your Feet

Blocking Techniques

Proactive Measures You Can Take...

Be alert to your surroundings.

Use your environment to your advantage by staying in well-lighted and high traveled areas if possible.

Consciously avoid areas that are isolated and not well lighted.

Avoid walking alone at night—travel with friends.

Continually familiarize yourself with your environment, paying particular attention to emergency phones and safe spaces.

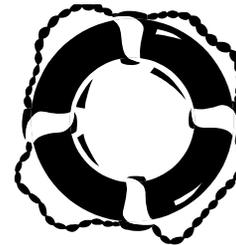
Wear clothes and shoes that give you freedom of movement.

Walk confidently, assertively, eyes looking around. An attacker looks for someone who appears vulnerable and passive.

Be cautious when people stop you for directions or help.

Watch other people and their body movements.

If you see or feel something that does not seem right, **always trust your instincts**, report it right away.



**Trust your instincts.
They may save your
life someday.**

Dorms—When in your dorm be mindful. Lock your door and carry your key/ID/ Card Access Reader at all times. Anyone who belongs can get in on their own.

Date Rape & Date Rape Drugs

Control your personal Space.

Always give yourself an out.

Use a buddy system.

Don't leave your drink unattended.

Don't accept drinks from an open source.

Don't take anything from anyone that isn't in a sealed container.

Always pay attention to your drink and if you suspect it's been tampered with, don't drink it.

Domestic Violence

Watch out for verbal harassment cues.

Don't Bluff. Say what you mean and mean what you say.

Whatever it takes! Use your words, self-defense techniques, obstacles, or even a lockable door etc. do everything in your power to stop the attack and get away.