Self Defense & The Law

Individuals have a right to defend themselves when it is necessary, with as much force as necessary to escape an attacker and ensure their safety when assaulted or detained against their will.

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 McClellen Campus 382-2222

Emergency Telephone Numbers

Campus Safety
(518)388-6911
E-mail: simmonsl@union.edu

United Against Crime

R.E.S.I.S.T
Rape Education
Safety Instinctive
Self-Defense Techniques

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

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

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.

Trust your instincts. They may save your life someday.