

## 10 Self-Defense Tips For Girls and Women (And Boys, Too)

By Cheryl Rainfield, the award-winning author of *STAINED*, *SCARS*, and *HUNTED*.

We should not have to protect ourselves against rape, abduction, or violence out in the world. But since girls and women, especially (and boys, too) are attacked, it's important to protect ourselves as best we can. These tips can help increase your safety:

- 1.) **Keep alert to your surroundings.**
- 2.) **Trust your intuition.** If you don't feel right about a person or situation for any reason, listen to that.
- 3.) **Avoid any situation or person that feels wrong.** Prevention is the best option.
- 4.) **Walk confidently in well-lit areas.** This helps them know you're not an easy target.
- 5.) **Take a self-defense course;** learn how to physically protect yourself so you're ready if you need it. You can often find courses through women's centers, rape crisis centers, etc.
- 6.) **If you think you're being followed, head towards a crowded area,** or failing that, an open restaurant or store.
- 7.) **If someone threatens you, yell "Back off!" or make noise** (this lets them know you're not an easy target), and run away. Getting away is the safest self-defense.
- 8.) **If your attacker comes after you and you need to fight back, kick or punch their most vulnerable areas:** the knees (joints), groin, stomach/solar plexus, throat, eyes, nose, and temples. You can also stomp on the foot (lots of little bones there). Use anything you have with you such as your keys, an umbrella or cane, a hard book, a rolled up magazine, as a weapon.
- 9.) **Enlist people's help.** Ask people to help you or to call 911. Be specific, shout "hey you in the red shirt" and they will be more likely to respond.
- 10.) **Get away as soon as you can.** Call for help when you get away. Find someone safe to be with.

You might also want to check out these tips:

<http://lifehacker.com/5825528/basic-self+defense-moves-anyone-can-do-and-everyone-should-know>

[http://www.womenonguard.com/safety\\_tips.htm](http://www.womenonguard.com/safety_tips.htm)

<http://goo.gl/vaRG5m>



These tips are for attacks outside the home. If you're being abused, tell someone and find a way to get safe.

*In STAINED, Sarah thinks she knows what fear is—until she's abducted.  
Now she must find a way to rescue herself.*

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