

VICTIMISED

- Although your safety is maximized when you follow security precautions, you may still be the victim of attack.
- Your reaction can affect whether or not you are physically harmed. You will have to make snap decisions, so you should think NOW about how you might react under a variety of circumstances.
- Are you prepared to scream or yell? Will you use physical force? What might you use as a tool of defence?
- If you are facing an armed criminal, the risk of injury may be minimized by co-operating with his/her demands.
- Avoid sudden movements and give the criminal what he/she wants.
- If you think your life is in immediate danger, use any defence you can think of (screaming, kicking, or running).
- In a violent crime, it is generally ineffective for the victim to cry or plead with the attacker. Such actions tend to reinforce the attacker's feeling of power over the victim.
- Other types of resistance, however, have often been successful; you need to decide in advance what actions you are prepared to take. Self-defence training is one method by which you can learn avoidance strategies and resistance techniques. You should choose those actions you are most comfortable with.