

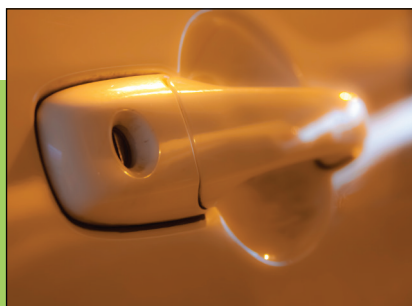


SELF-DEFENSE

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As college students, we have a lot to think about — keeping our grades up, paying for tuition, having a social life, maintaining our health, building a resume, and so on — and it can become all too easy to forget about something crucial, like personal safety. Most of us do not *really* think about our safety until we feel we absolutely have to, which makes us easy targets in violent situations.

The most important element of effective self-defense is **PREVENTION**. There is a wide variety of steps you can take to lessen your chance of becoming the victim of an attack; here a few of the basics:



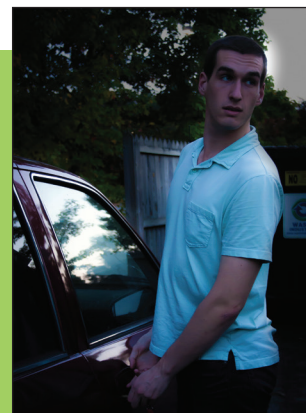
## LOCK your doors.

It is important to keep your door locked whether you are inside or not — in both your place of residence and your vehicle. Periods of absence present an opportunity for someone to enter the room or car and wait for you to return. Students who live in dorms with flex passes should still lock their doors. Even if you feel comfortable with your hall, there are a lot of people who could access your room while you are alone, away, or asleep.

## Be AWARE of your surroundings.

This may sound obvious but people often put themselves in situations that prevent them from using all of their senses.

- Take out your headphones! Or at least keep the volume down low enough to hear your own footsteps.
- Stay in well-lit areas, especially at night, so that you are more likely to see a potential threat before it is too late.
- Alcohol dulls the senses and lowers our inhibitions. If you are going to be drinking somewhere new or unfamiliar, or are going to be with people you do not know very well, it is crucial that you monitor your alcohol consumption more than usual.
- Check under your car before approaching it.



## Social NETWORK safely.

Social networks are great for communicating to friends, but, depending on your personal privacy settings, also create a perfect way for dangerous people to know where you are and when you are there.

- If your profile is not private, or if you do not trust one of your followers or friends, be sure to turn off location settings (Many cell phones enable location information to be shared by default).
- Avoid putting detailed personal schedules, or even fragments of them, on public sites. It may be nice to compare your classes with a friend, but not at the expense of your safety.



## Be PREPARED for anything.

An attack can happen to anyone at anytime, but simple precautions can drastically lessen the risk of your attacker succeeding.

- Keep your keys out. Not only does this limit time scrambling around looking for them in a dangerous situation, but keys can also serve as effective weapons when used correctly.
- Let someone know where you are going before you leave, and let them know when you think you will be back.
- Program numbers of campus resources into your phone in advance (see *Campus Resources*).
- Purchase a pepper-spray keychain to carry with you at all times.



Whether we like it or not, sometimes prevention just isn't enough to stop violence; sometimes, we need to fight back. Self-defense is defined as force needed to prevent injury or death. The force must appear to be needed to prevent the attack, and must be proportionate to the severity of the attack. This does not mean you have to wait for someone to harm you before defending yourself. Lawful pre-emptive self-defense is striking first when a situation has reached a point of no return, and tends to give the defender a better chance of surviving. Fighting back in self-defense is particularly important in preventing rape. It is said that in instances where women used force or a self-defense product (like pepper spray or a Taser), only 31 percent of attempted rapes resulted in completed ones.

If you feel your safety is threatened, be sure to follow these **SELF-DEFENSE** tips:



Draw attention to yourself in any way possible in order to increase the chances that someone will hear you and call for help.

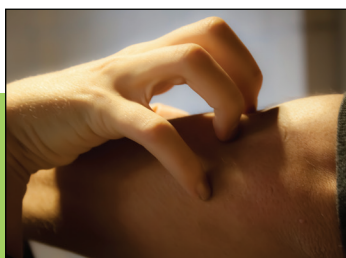
Get **LOUD** and push back.

Go for easy **TARGETS**.

Body parts like the eyes, nose, ears, neck, groin, and knees tend to be more sensitive to impact, so striking in these areas will allow you to conserve your energy for running away after a successful hit.



**TAKE** off your gloves.



→ Use your nails! If your attacker manages to get away and you were able to scratch your attacker's face or skin in some way, police will be more likely to identify him or her later. You not only mark them visibly, but you could potentially get traceable DNA under your fingernails.  
→ Get angry. This is no time to be nice. It does not matter if you are "not a fighter"...you are also not a victim.

## CAMPUS RESOURCES:

If you are on campus, UNC has a wide variety of resources geared toward keeping students safe. For more information, check out the Department of Public Safety's website at [www.dps.unc.edu](http://www.dps.unc.edu). For general information during business hours, call 919-962-3951. For non-business hours, or non-emergency assistance, call 919-962-8100.

**RaveGuardian: 888-728-4687** → After entering your information and setting up a pin online at [www.getrave.com/login/UNC](http://www.getrave.com/login/UNC), you can call the number above to set a timer. If you do not call back and deactivate it before the time runs out, campus police are contacted. This is a great service to use when going for runs or walking back to your dorm late at night. There is even an option where you can give details about the route you are taking and what you are wearing, so the police can find you more easily if they need to.

## TRANSPORTATION SERVICES

**SafeWalk: 919-962-SAFE (7233)** → Every Sunday through Thursday from 11 p.m. to 3 a.m., you can call this number and a male-female pair of DPS-trained students will keep you company on your walk to any on-campus destination.

**P2P Express Evening Shuttle: 919-962-PTOP (7867)** → During the fall and spring semesters, the P2P offers a shuttle service around campus from 7 p.m. to 3 a.m. Show your student ID to board at a designated bus stop, or call the dispatch number above to get to a certain location not on the route.

## TRAINING SERVICES

**MMA Self-Defense Club** → This club was formed to teach mixed martial arts, and to promote an atmosphere of community and self-empowerment through the martial arts.

**RAD Program** → The Rape Aggression Defense program is a national, comprehensive, women-only course that focuses on realistic self-defense tactics and techniques. The program is held every semester through the campus Department of Public Safety. Visit the DPS website for more information. ■