

DEFEND YOURSELF! *Developing a Personal Safety Strategy*

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Introduction

Understanding the specifics of any hostile situation is a difficult job. One must examine the offender's motivations, expectations, and methods of attack. Additional attention must be placed on possible prevention procedures, opportunities to diffuse or physically stop the encounter, and the personal ramifications of the situation on the victim. These burdens are increased significantly when the attack contains a sexual component.

There are almost no conclusive facts concerning rape and self-defense. Experts disagree, statistics vary, and current proposed methods of managing a hostile situation, before, during, and after its occurrence seem to conflict at every turn. All anyone knows for sure is that attacks are too frequent and most women are ill prepared for them.

Before we begin, I think it is critical that you have a clear understanding as to the purpose of this book. It has not been designed to endorse a particular theory, teacher, or school of thought. Rather, it will explore a woman's options for preventing, diffusing, and if necessary, physically stopping an attack. While it will focus primarily on rape and sexual assault, other attacks will be explained and illustrated to demonstrate various techniques and to highlight the importance of increasing one's awareness.

Most books in this category limit themselves to citing statistical data, describing case histories, or displaying various self-defense techniques. What sets *Defend Yourself!* apart from the rest is that it effectively covers the entire issue in everyday language.

The physical techniques and practical prevention methods presented are complemented by an in-depth analysis of potential attackers. After reading this book you will have a fundamental understanding of the different offender types and the various modus operandi employed by each. You will also come to understand the most up-to-date prevention, empowerment, communication, and self-defense methods. By systematically reviewing these topics, as well as the particulars of specific attacks in a variety of settings, you will gain a thorough understanding of the subject.

Each lesson concludes with a summary of the main points and a series of questions to assist you in developing a *Personal Safety Strategy*. In many cases, these questions will be supported by exercises you can continue to do in the comfort of your home. The Afterward contains a follow-up plan that will

help you keep your skills up to date and explore new areas of self-defense. This is critical because a safety strategy is only useful if it is consistently used and continuously improved.

Over the past few years, the martial arts community discovered that much of what we thought would work is simply ineffective in today's society. This book cuts through all the fluff of fancy self-defense techniques and presents the most simple and effective ways to handle a given attack scenario.

As a self-defense instructor for over a decade, I can say that I've personally taught, discussed, and demonstrated every theory and technique in this book. I believe that every woman can increase her chances of avoiding and surviving dangerous encounters through active study and continued practical application of the techniques presented.

My female students often ask how a man can intelligently discuss or effectively educate women on rape and sexual assault. They claim that most men cannot even understand the emotional degradation experienced with sexual harassment, much less, fully comprehend the horror of rape. I agree. Empathy may be impossible for those who have not endured an attack. Human, heartfelt sympathy however, is not.

I am proud to say that one of my first martial arts instructors was a woman. She made me distinctly aware of the specific needs and concerns of female students. As I progressed in my career, I began to instruct in colleges, at women's groups, and in my local community. Today I design seminars, lectures, courses, and workshops with her original teachings in mind.

Women often balk at any mention of statistical data concerning male rape victims. Who could blame them? Cases are less frequent, rarely reported, and almost never discussed. It does happen however, and the emotional, physical, and psychological damage can be just as traumatizing.

Thankfully, I've never been a victim of a sexual assault. I have however, been forcibly attacked on two occasions. The first was by an armed assailant requesting my wallet. The second was an unarmed *grab and go*. These experiences demonstrated the realities of an attack situation and forever changed the way I looked at ensuring one's personal safety.

As you move through the lessons, you will begin to get a sense that *Defend Yourself!* is more than a punch and kick picture book. It's a tool, a guide, and at times, an *in your face* reality check.

People often confuse martial arts with self-defense. The first is a life-long journey whereby the practitioner seeks perfection and harmony of the mind, body, and spirit through the continuous practice of such developmental tools as kata, techniques, breath control, and meditation. The later is a necessary skill set developed in response to a hostile society. Therefore, while the two may have some physical components in common, their purposes and the goals of their practitioners make them as different as religion and racquetball.

Despite my extensive experience, I cannot begin to consider myself a master of any martial arts system. Many ninth and tenth degree black belts exist for those few martial arts experts seeking specific information on historic aspects of a particular art, or detailed instruction on advanced techniques. Books of note on individual arts are listed in the reference section.

This work was not designed as a substitute for professional counseling or advice. I've listed a number of excellent books concerning assailants, victims, and case studies. I've also referenced several abuse and information hotlines whose operators can answer questions and offer names of qualified professionals in your area.

I sincerely believe the knowledge passed to me in conjunction with the principles I've developed, can be of significant value to any individual who places a priority on ensuring her personal safety. As you read this book, I hope you get a sense of my total dedication to gaining and maintaining individual security through knowledge, practice, emotional control, and personal empowerment.

How-to Use This Book

Developing a Personal Safety Strategy

Personal safety is a huge topic. To help you get the most out of this book, I've developed a three-part action plan that will allow you to tackle each lesson according to your individual needs and interests. This section will describe the plan and teach you how to:

- Design an overall Personal Safety Mission Statement.
- Isolate specific goals.
- Set clear learning objectives to produce the desired results.

The action plan will form a starting point for your study efforts. It will serve as a learning guide as you move through the lessons. And it can be used as a measurement to determine your level of improvement upon completion of the book. Of course the action plan's usefulness does not end with the book. You can continue to use it to fine-tune your mission statement and work through new goals and objectives as you become more proficient in the topics discussed.

I encourage you to thoroughly complete the worksheet at the end of this section and review and update your answers after each lesson.

Personal Safety Mission Statement

No one reads a book or takes a course like this without having certain expectations. People expect such works to provide life-improving solutions to complex problems. That's fine. The goal is achievable, but only if you are willing to work hard, be honest with yourself, and answer some tough questions.

The first thing you need to do is figure out what you really want to get out of personal safety training. Often, the underlying motive for beginning a project can serve as the foundation for the *big picture* purpose or mission statement.

Just as companies have an empowering statement that incorporates their organizational beliefs and guides them toward their goals, you should develop a Personal Safety Mission Statement that affirms your desire to develop the skills and abilities necessary to overcome a dangerous encounter. For a mission statement to be effective, it must be:

1. Concise.
2. Easy to remember.
3. Stated in the positive.
4. Representative of your overall purpose.

Examples:

- I will openly examine the topic of self-defense, develop the required skills, and continuously work to improve what I learn.
- I will become an informed, prepared woman who can take control of my personal safety.
- I will become knowledgeable about personal safety, prepared with viable defense tactics, and confident in using them.

Setting Goals

Once you have a general mission statement, you need to isolate specific areas to develop. Obviously, we all want to be safer, but this is too large a task to handle and too vague a concept to grasp. The ultimate goal of increased safety is more easily attained through the actualization of several, smaller, more specific goals.

Examples:

1. I need to learn how to physically defend myself.
2. I need to learn how to recognize possible attackers.
3. I need to understand what causes people to commit these crimes.
4. I need to know the real risks associated with an attack situation.
5. I need to know how prevent these occurrences.
6. I need to understand my legal rights.
7. I need to learn how to select and use a weapon.

Take a moment to think about what you already know and don't know about self-defense. Now come up with a list of goals that you would like to explore. You don't have to work on them all right away. For now, simply rank them in order according to your interest, and what you feel is important. Begin by setting objectives for the first two or three right away. As you read further you may discover that you know more about one topic and less about another. At that point you can revise your goals, or set new ones as required.

By tackling these goals one at a time, according to urgency and importance, you will create a Personal Safety Strategy that continuously updates itself. Once one goal is achieved, the next will rise to the top of your list, and then the next, and so on. The action plan will grow with you, capitalizing on the momentum of past success and getting you in the habit of consistently updating and improving your safety skills. Creating goals with specific safety needs in mind will also clarify your mission statement and make it easier to succeed in a given area.

Objectives

Objectives are methods by which people reach their individual goals. They are specific actions that push us in the direction we wish to go. By setting clear, action-oriented objectives you can move steadily toward an affirmation of the mission statement. In other words, following through with your objective leads to a completion of your goal, which in turn leads to becoming the person described in the mission statement.

Examples

Goal #1: I need to learn how to physically defend myself.

Objectives:

- I will review Lessons 13 through 16 in this book and work through the scenarios presented.
- I will be able to sprint 1/8 mile without becoming winded.
- I will increase the overall condition of my body by exercising three times per week.
- I will complete a kickboxing course.

Goal #2: I need to understand why people commit these crimes.

Objectives:

- I will review Lesson 5 in this book.
- I will replace stereotypical images of offenders with factual information by taking a psychology course at my local college or continuing education program.
- I will attend a seminar offered by the local police.
- I will search the Internet for information on sexual offenders.

Obviously each person will find a different aspect of personal safety intriguing. The choice of goals and objectives is not as important as actually choosing something. The idea is to form a desire to learn and develop this into a habit. Ideally, after finishing one goal, you will immediately move to the next, continuously improving and updating your skills.

You may have noticed that all the goals and objectives began with *I will* or *I need*. This highlights the importance of making a real commitment to learning. There is no room for *I want*. People want a lot of things they never get. If you really *want* to learn about personal safety, you will have to develop an *I need it* attitude. Only a positive state of mind can set the tone for accomplishment. Your first step is a page away. I challenge you to fill out the form and get started.

Personal Safety Strategy of _____

Action Plan

Mission Statement:

Goal #1

Objective #1

Objective #2

Objective #3

Goal #2

Objective #1

Objective #2

Objective #3

Goal #3

Objective #1

Objective #2

Objective #3

Lesson 1

Developing Meaningful Definitions

In this lesson you will:

1. *Understand the two categories of attacks.*
2. *Examine sexual harassment and the misconceptions surrounding the topic.*
3. *Learn how to diffuse a harasser before his behavior escalates.*
4. *Examine the four ways people achieve intimacy.*
5. *Discover how to take ownership of a negative situation without losing emotional control.*

The first step in developing a *Personal Safety Strategy* is to understand specifically the kinds of attacks that can be perpetrated against you. For the purpose of this book, I've separated them into two categories with the divisional factor being the presence of a sexual component.

Two categories of attacks

The first category contains many non-sexual encounters such as mugging, burglary, car jacking, and abduction. These crimes have specific meanings and are reasonably understood by the average person. If you are interested in obtaining a general legal definition of these crimes you can consult any law dictionary. More detailed information regarding the particular laws in your state can be found in the penal code. For regional statistics and local interpretations of the definitions you can contact the district attorney's office in your area.

The second category contains offenses with an underlying or overt sexual component. These include sexual harassment, rape, and sexual assault. One of the most disturbing things about these crimes is their legal definition. Each state has its own set of terms, corresponding definitions, and penalties for offenders.

For example, most states consider all non-consenting sexual activity a form of assault. New York however, does not recognize these crimes as assault and instead refers to similar offenses as sexual abuses. In addition, while many states define rape as unwanted penetration, others say it is dependent upon the victim's physical safety being placed at risk. Without a physical attack, the crime can only be considered harassment, exploitation, or assault. These inconsistencies make it considerably difficult to define and prove sexually oriented crimes, especially in those encounters where no signs of abuse are present. Due to the general inconsistency we will use rape and sexual assault interchangeably for the purposes of this book. This is done in accordance with the belief that all sexual crimes are assaults.

What Makes Sexual Offences Different?

Sexual crimes often carry a social stigma that can lead to further victimization. In many cases, victims are accused of enticing the criminal and/or questioned as to their motives for pressing charges. This is a phenomenon unique to sex-based crimes and one that decreases the opportunity for understanding and prevention.

The legal system has not only failed to help the situation, but has contributed to public misconceptions. Court rulings vary, terms are confusing, and statistics are unreliable and often inaccurate. In addition, all fail to encompass the emotional aspects of the issue. While understanding your legal rights and responsibilities is crucial, you must also develop a *personal definition* that exposes court inconsistencies, rejects cultural myths, and caters to the subjectivity of the topic without sacrificing accuracy. In short, sexual harassment, rape, and sexual assault should not be vague words that call to mind stereotypical images. They should be solid terms rooted in fact and colored by specific images that apply to you as an individual. While developing a personal definition of these topics will not make it any easier to prove in a court of law, it will assist you in recognizing and diffusing a negative or offensive action.

Due to the complexity of the topic, this book will focus primarily on those encounters that result from a sexual assault. However, because the pool of potential offenders is so heavily populated by acquaintances and individuals with whom women comfortably associate, it would be helpful to first discuss those situations and activities that may in some instances escalate to more serious offenses.

Sexual Harassment

Sexual harassment is loosely defined as any unwanted or unwelcome advance, physical contact, or request for sexual favors. In situations where the offender is in a position of authority, the request or advance typically comes with an implied or direct consequence for noncompliance. These conditions differ according to setting. In the workplace for example, the offender may threaten the victim with termination. In an educational setting, a low grade or poor recommendation may be weapon of choice.

Recently, courts, employers, and educational institutions have begun to recognize a broader definition that includes inappropriate sexual comments, jokes, and the display of sexually oriented material in common areas. This action, which is largely in response to the proliferation of legal cases, is a testament to increased awareness. Women and the groups that support them have successfully redefined organizational policies as to acceptable behavior, and added a level of validity to the idea that sexual harassment is a real, widespread problem in desperate need of curtailing. The message sent is clear: Sexual harassment can and will not be tolerated in any form, in any setting.

Unfortunately, while this is seen as a clear victory for women and the organizations dedicated to protecting their safety, offenses of this nature are difficult to prove in a court of law. Often a company's culture and political sensitivity have more to do with the outcome of these cases than does the nature of the offense and the facts surrounding the occurrence. Though we have come far, there is much work to be done.

The lack of provability is unfortunate for obvious reasons, but it is not disastrous. Typically, a confident, assertive woman can end harassment and avoid additional offenses by following the procedures outlined below. While this may not yield any financial compensation, personal vindication, or punishment for the offender, it will shield you from further harm. This is a significant victory and should be your primary goal.

Women can continue to work to change laws, standards, and opinions of others. However, to successfully combat the crime and the obstacles to its provability, you must be able to isolate misconduct as soon as it occurs. This is a natural ability to a certain degree, one dependent on feelings, beliefs, and the relationship between the victim and the party in question. However, if you take the time to list and clearly define those acts that you personally find offensive before a situation develops, you will be better able to respond professionally to the incident despite the identity of the offender.

Misconceptions

The first thing to realize is that sexual harassment is not confined to the workplace. It can occur between teacher and student, pastor and congregation member, doctor and patient, or even President and intern. And while many offenders enjoy a position of authority over their victims, this is not a prerequisite. Numerous cases involve people in equal roles, or even where the offender is in a subordinate position to the victim.

Another misconception is that members of the opposite sex always commit these offenses. Many cases involve same sex parties, regardless of the victim's natural sexual orientation. Anyone can engage in sexual harassment, but the identity, position, and gender of the offender do not change the nature of the misconduct. All sexual harassment is a form of discrimination and a violation of Title VII of the Civil Rights Act.

Taking Appropriate Action

Any violation of your definition should be acted upon. This is not to say that *crying wolf* is recommended, but it is better to act on a questionable activity than to ignore it and risk a continued and heightened action. You're the only one who knows what truly offends you and it's up to you to decide on the appropriate level of response. Just make certain that your message clearly conveys your

disapproval with the action and your desire to have it stop. Remember the only wrong action is inaction. Some examples of appropriate responses to sexual harassment include:

1. Verbally confront the person at the time of the incident. Express your inability to tolerate a particular type of behavior. Make your lack of interest clear and convey your willingness to take any action necessary to have it end.
2. E-mail or send a certified letter to the alleged harasser. Explain your feelings, point out the specifics of the incident, and express your interest in resolving the situation. Be firm and polite, but under no circumstances are you to allude to or indicate an expression of interest or flirtation on your part if there was none present. This is not a time for emotional or moral compromise or negotiation. It is a time to convey facts and request specific action and/or a discontinuation of particular actions.
3. If applicable, discuss the situation in confidence with the harasser's superior or a member of the human resources department. The goal here is not to get the person fired, but rather, express your perception of the situation and your desire to have it monitored.
4. If the situation persists beyond a first attempt at resolution, document in writing all instances of harassment and share your concerns with others. Remember however, that validation of your complaint is not dependent upon the presence of similar situations with other members of your office, class, etc.
5. If all else fails, consult an attorney. If you elect this option do not immediately threaten the offender with legal action. These days everyone threatens to sue even when he or she has little intention of doing so. This scare tactic does not work. If you want to be taken seriously you must take serious action. Remember that nothing gets attention like a completed legal suit one step away from being filed. In some cases, the offender's name on that document can be as effective as the trigger of a loaded gun. It makes the offender stop and consider his actions.

Your Primary Responsibility

The primary responsibility of the victim in harassment situations is to remain calm and professional despite the actions and reactions of the alleged offender. Keep in mind that while your *gut* feelings are usually accurate in these instances, it is possible that you read more into a situation than was actually present.

Confronting the person calmly, inquisitively, and directly will not only increase your credibility, but it will send a clear message that you are a confident, action-oriented woman who is not easily manipulated or roused. In cases where you are correct about harassment, this should stop it in its tracks. More importantly, such actions will mark you as a *difficult target* for those offenders who may escalate

their activities to rape or sexual assault. There are many ways to respond to sexual harassment. Being strong, firm, and professional is one option and usually the most effective.

Rape

Rape is difficult on every level. It's difficult to endure, discuss, prove, and survive. One would think, given the proliferation of offenses and increased public awareness, that the crime would at least be easily recognized and defined. This is not the case.

Over the years there has been considerable confusion as to what should constitute rape and sexual assault. Although both crimes have been legally defined, standardization is lacking and courts continue to struggle with proving specific cases. It is estimated that only 26% of rape complaints result in an arrest. Only 25% of the suspects were brought up on formal charges. Of these, less than 20% stood trial and only 6% of those who went to trial were convicted and received significant jail time. These figures illustrate the futility of relying solely on the intervention of others to prevent crimes and punish offenders.

Society and the legal system are not the only ones at fault. The National Victim Center currently estimates that only 16% of rape cases are ever even reported. Women say they would be more likely to report crimes if there were a better chance that offenders would be punished. Politicians argue that awareness and conviction rates can only increase if more crimes are brought to the attention of the authorities. Thus the paradox of hopelessness is created. It must end.

Understanding the Term

In order to arrive at a workable, personal definition of such a complex issue we must first examine the four methods by which adults gain access to sexual activity. Once we narrow the subject to the specific portions of concern we can look at both methods of prevention and response.

1. Mutual Consent

This is the only legal and socially acceptable means of obtaining sexual favors in our culture. In this case, both parties agree to a specific act or set of acts without condition or unrelated compensatory expectations. It is important to keep in mind that consent must be given for each activity, each time. Prior agreement to engage in a specific sexual act does not give blanket approval for a repeat occurrence, nor does it automatically allow for other acts.

All healthy relationships will involve a high level of in-depth communication. As an adult engaging in adult relations it is important to distinguish between shyness and discomfort. If you honestly feel uncomfortable openly discussing your sexual preferences with your partner, it could be symptomatic of a deeper problem in the relationship. Remember consent comes with communication. If there is a lack of discourse, there could be a lack of consent. This is not to say of course that rape occurs in every

relationship lacking an open dialogue. However, it is important for your emotional health that you take part in only those relations in which you feel equal to, and respected by your partner.

2. Negotiation

Negotiation is used to assert dominance over one's significant other. Interestingly enough, women employ this tactic with greater frequency than men do. Negotiation occurs when both parties agree to have sexual relations given a certain set of conditions are met. For example, a woman may consent to a particular sexual activity only if her partner takes her on a trip, does the laundry, buys her a new dress, etc. While engaging in negotiation is not illegal, many feel it is immoral. After all, prostitution is little more than a formalized negotiation process engaged in outside of a monogamous relationship.

I bring this up not to support any moral or religious rhetoric, but rather, to highlight a predominant method of achieving sexual gratification that is often overlooked. Both women and men routinely engage in *sexual negotiations*. It is most often an unconscious process stemming from a basic desire to fulfill our needs in that area. It sounds unromantic I know, but it makes sense if for a moment, we can reduce sexual relations to the level of other sought after commodities.

People typically want the most or best (however we define those terms) for the least amount of effort or expenditure. Examples of this desire include: the best car for the least money, a large salary and title without much hidden overtime, even a successful relationship with a parent or child with the least amount of concessions offered. The strategy holds true for all areas of life, including sex. The old saying, *it's all about give and take* rings true in this context. Every relationship contains a certain amount of healthy negotiation. Women must understand this dynamic and be consciously aware of its use. Overt or *hostile* negotiating tactics by either party may lead to a more serious offense later on. At the very least it signals an inherent disrespect and disregard for the other person.

The first step in preventing this type of degradation is to recognize it and make the guilty party aware of the offense. Sometimes a healthy discussion about your perceptions and feelings toward the communication directed at you can help rebuild or strengthen a relationship. If your partner fails to acknowledge the significance of your concerns it does not necessarily spell the end of the relationship. It does however, give a clear indication as to how the other person feels about you as an individual. In the end, you have the power to take an active role in every relationship in your life. By understanding the process of sexual negotiation, you can empower yourself to make better choices as to who deserves your time, attention, and affection.

3. Intimidation, Pressure or Duress

The intimidation category is where we officially cross into unacceptable and illegal behavior. These offenders use a variety of verbal and emotional tactics to impose their will on the victim. Some rapists in

this category will verbally threaten their victims with bodily harm, additional offenses, or even death. Although they may not be specifically interested in committing the violent activity suggested, many will brandish a weapon as a means of enhancing their bravado and increasing the level of emotional control over the victim.

In other cases, an attacker may use blackmail as a weapon of choice. By threatening to reveal a damaging piece of information the rapist can intimidate the victim into compliance. Still others will pressure the woman into submission by exploiting an advantageous aspect of a professional relationship. In a work setting for example, threatening dismissal or a poor performance review can be viewed as a pressure tactic. In each case, the presence of verbal abuse and implied harm pushes the offense beyond harassment.

It is important to keep in mind that you can regain and maintain emotional control in any situation. Having an understanding of the offender's mindset, including his reasons, motivations, and expectations, will assist you in making the right response decision.

4. Coercion or Physical Force

The most dangerous type of assailant is one who uses physical tactics as a means of approaching a potential victim. Obviously, if you are hit, grabbed, or otherwise accosted, your situation is grave. If he proceeds to force sexual relations, rape or attempted rape has occurred. In either case, a crime has been committed. This fact does not change based on your relationship to the individual. It doesn't matter whether the offender was an acquaintance, boyfriend, or husband. If someone touches you in an aggressive way, it constitutes assault at the very least. Lessons 8 and 9 will provide significant detail on how to overcome these situations.

Taking Ownership of the Problem

The time has come for women to seriously consider the painful reality that everyone is a potential victim. Rape happens, and despite the good intentions of lawmakers, police, and special interest groups, it will continue to happen at an alarming rate unless a fundamental shift in focus occurs. Women must assume full responsibility for their personal safety. You can choose to rely on law enforcement, friends, a significant other, luck, or divine intervention. There is nothing wrong with doing so. It is important to remember however, that if something happens, it happens to you alone. You're the one who will have to deal with the repercussions of the event. You're the one who will have to rebuild your life. People, faith, and philosophical beliefs can help, but in the end, it's all about you.

This is not to suggest that women are responsible for crimes perpetrated against them. Clearly women should be free to act, dress, and speak in the manner of their choosing without fear of

victimization. In addition, although this book presents a number of options for preventing and handling an unwanted encounter, the victim also has every right to do nothing at all.

Rape is a crime. That is a black and white fact, not a variable. It doesn't change or slip into a gray area given the response of the victim. One of the major reasons why such a limited number of cases are reported is that women fail to develop a clear, logical definition of rape and sexual assault before an occurrence. Trying to decide the most productive course of action after a crime has been committed is as difficult as trying to launch an effective counter-assault having never practiced or visualized the exchange. Preparing for an attack and its aftereffects, including your legal, medical, and psychological options and requirements is critical. Having a proactive plan will prevent undue stress and the typical *knee-jerk* reactions endorsed by other books.

The important thing for women to realize is that while rape may be difficult for the courts to define, it should not be hard for you. You know your body and you know when someone touches or threatens it in a way that makes you fear for your safety. I suggest you make that feeling your definition of intent. By that I mean the potential for rape is present and likely. By developing a personal definition beforehand, you can respond effectively and efficiently, both at the time of the attack and afterwards.

Lesson Review, excersises and actions

1. **Review** the general definitions of sexual harassment, rape, and sexual assault. How did they compare to your previous views and ideas? Note below if they were the same or different and why?

2. **Understand** the subjective nature of sexual harassment. The following chart will help you examine a number of situations. It contains a list of people and various actions that some women consider offensive. Place a check mark in each box that would cause you offense.

Action	Boyfriend	Coworker	Boss/Teacher	Mailman
Tells you a dirty joke.				
Asks you out repeatedly.				
Comments on your looks.				
Pats you on the rear.				
Displays an obscene picture.				

Action	Boyfriend	Coworker	Boss/Teacher	Mailman
Talks negatively about females in general.				
Whistles at you.				

3. **Examine** your feelings regarding the above exercise. Did your view change depending on the person and level of rapport you have with him? If so, why and how? Was there any action that you found offensive regardless of the person involved? Note your discoveries below.

4. **Expand** the above list to include both additional actions and perpetrators. Monitor your feelings.
5. **Fine-tune** your personal definition of sexual harassment and make it known to those who are currently stepping over the line.
6. **Decide:** what you would do if someone consistently performed an action that made you uncomfortable.
7. **Examine** the negotiating tactics used in your current relationship. Are any of these hostile in nature? If so, how could they be limiting the communication in the relationship?

8. **Realize** that you cannot rely on anyone or anything to ensure your safety. The only way to take control is to take ownership of the problem.