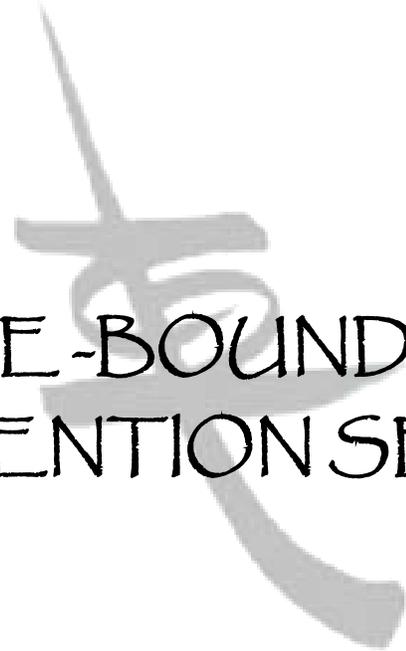


# André Salvage and Associates



## COLLEGE-BOUND ASSAULT PREVENTION SEMINAR

# INTRODUCTION

André Salvage and Associates has helped thousands of people learn the skills necessary for self-protection. His workshops weave self-defense principles with street savvy. André's practical fighting skills and first-hand knowledge of street confrontations give his programs a realism that is difficult to find. He safely takes participants into the environment of fear and uncertainty, then shares with them how to overcome that fear, face confrontation, and ultimately transform a threatening situation into a safe one.

To ensure your college experience is fun, exciting, and safe, André Salvage and Associates has put together this class for young women who are entering their first year of college. 1 out of 5 women will be a victim of a sexual-related assault during their first year of college.

With even more reported attacks occurring on college campuses, it is important, now more than ever, that young women learn the three skills necessary to defend themselves.

The first skill is the awareness—external, internal, and social—to see and recognize that a potential attack is about to occur, as well as having a safety plan to avoid dangerous situations.

The second skill is having the assertiveness to "bring up" and say something about inappropriate behavior to someone who is "testing the water" to see how far they can get with you.

The third skill is having the physical ability to stop someone from harming you. These three skills are easy to learn and will stay with you for the rest of your college life and beyond.

# AWARENESS

## External Awareness

Most people who are going to harm you have a plan; therefore, it is important that you have a plan for safety. This plan of safety is as simple as saying "what if" and then coming up with the safest response. *"What if I am at a social event and there was some type of an emergency, where would I go? Where are my exits?"* This plan can also be a boundary or a value that you decide to make a part of your life. *"I won't get into a car with someone who has been drinking."* These boundaries and plans, along with a commitment to seeing or being aware of what is going on, are what it means to be externally aware.

Having a plan for safety on campus is to familiarize yourself with the established safety policies of the campus, as well as your personal safety plan. Here are a few safety suggestions to implement when you are on and off campus:

### **Dorm Room Safety**

1. Check the guest and dorm room policies.
  - ✦ Review the guest policy to see what kind of security they have in place.
  - ✦ If you feel unsafe, speak to the dorm representative about creating a safer environment.
2. Report any harassment or stalking behavior to college police and local police.
3. Lock your door.
  - ✦ Make sure to lock your door whenever you leave your room.
  - ✦ Make an agreement with your roommate(s) to follow the same safety measures.

## Campus Safety

1. Find out if your campus has the following services and how you can take advantage of them:

- ✎ Blue light emergency phone stations
- ✎ Campus escort services
- ✎ Safety maps with suggested secure routes

2. Take extra precautions at night.

- ✎ Use the buddy system or call campus security for a ride.
- ✎ If you are walking alone or heading to an unfamiliar location, download a personal safety app, such as SafeTrek. When you walk alone, launch the app and hold your thumb down on the safe button. Once you're safe, release your thumb and enter your pin. If you need help or are in danger, releasing the button without entering your pin will notify local police of your location.

3. Maintain privacy on social media.

- ✎ Make sure that whatever you place on social media...you would be okay with your grandparents seeing it. (There is a good chance they will!)
- ✎ Avoid geotagging your photos, as it reveals your location to strangers, and don't publicly announce when you're home alone or are leaving your home unattended.
- ✎ Disable location services and make your accounts private.

4. Familiarize yourself with the campus's and city's crime.

- ✎ Talk to locals, businesses, police officers, and campus security about the areas off-campus that have high crime rates.
- ✎ Most colleges and universities provide on-campus crime statistics, and several websites offer a thorough overview of a city's crime rates, including the type of offense and specific locations where the crime occurred.

## Street safety

### 1. Never move like a victim or a challenge

If you move like a victim, someone will victimize you. If you move like a challenge, someone will take up the challenge. Walk, talk, and move in a balanced, relaxed manner at all times.

### 2. Keep Walking

If you are approached by someone on the street asking for money, time, or directions, do not stop walking. Give them the information if you have it, make eye contact, do not disrespect them ...but just keep moving. Getting you to stop and talk is a part of their agenda to 'test the waters' to see if you are a victim.

### 3. Always Walk with Purpose

Walk with a purpose while being aware of your surroundings. Set your weight if you are approached by someone whom you do not know.

### 4. Treat Territory like Someone's House

If you are in a neighborhood, street, or corner and someone says "this is my corner...", treat it like his or her home, apologize if he or she says you offended them, and move on if you can.

### 5. Safe Places

Make mental notes of all the safe places in your neighborhood, near your school, where you work and where you frequent.

Safe places can be:

- # Anywhere there is a crowd
- # Stores that stay open late
- # Police Departments
- # Fire Departments
- # Hospitals
- # Neighbors whom you trust

## 6. Code words with family and friends

Code words are words or phrases you can openly say around anyone but, to your family or friends, this word or phrase secretly means you feel uncomfortable or are in danger.

## 7. Be aware when isolated

Isolation is the number one goal of predators. If you seek or find yourself isolated, make sure you:

- # Have an exit strategy, safe places, hiding places, or alternative way to get to safety.
- # Stay in cell phone range.

## 8. Cell Phone Awareness

Make it a practice to have more external awareness of people, places, and situations when you are on your cell phone. Most of the time when we are on our cell phones, our attention is 100% on what we are saying or hearing. Make it a practice to have some of your attention on your surroundings as well.

## 9. Cross the Street

If you see that there is a potential problem, cross the street and go into an open store if possible.

## 10. If you are followed by a car

If a car follows you or a driver beckons you while you are walking, do not approach. Instead, turn and quickly walk in the opposite direction.

## 11. If you are followed by someone

Give them a one-second eye contact. Walk to a safe place, no matter how close you are to your car. Press the alarm for your car, if available, to draw attention to your situation. Go to a safe place.

## 12. Headphones

Avoid walking with both earplugs in. If you want to appear you are on the phone, do this with one earplug in so that you can hear what is around you.

### 13. Car Alarms

If you are being followed and need to draw attention to your situation, press hard on parked cars to set the alarms off.

If you are near your car, set off your car alarm with your key.

### 14. Giving Money

If you choose to give money, make sure you have money in your hand ready to give them.

✂ Keep walking if possible, without being dismissive.

✂ Avoid searching through your purse or bag to retrieve money.

✂ Be aware that if you give money to the same person, they might expect money from you all the time.

### 15. ATM

Be aware of suspicious people near the entrance. Use well-lit, well-populated ATMs. Use mirrors, positioned at the ATM, to see behind you. Trust your intuition.

### 16. Look in your Car before Entering

While approaching your car, look under your car. Then look into it before entering. Automatically unlock your car while still one or two steps away from the car.

## Going Out.... Frat Parties

- ✦ Know how much alcohol or recreational drugs you can handle and still be in control of your faculties.
- ✦ Keep your drink with you at all times.
- ✦ If you are separated from it, do not drink it, get another one.
- ✦ Be aware of when you are being manipulated or “pulled” by someone to do something out of fear, guilt, shame or minimizing actions.
- ✦ Go with someone.
- ✦ Have a friend with you to keep each other safe.
- ✦ Always let someone know where you are.
- ✦ Don’t leave the party with someone without telling your friend.
- ✦ You do not have to drink during drinking games.
- ✦ Find someone who is willing to drink your cups.
- ✦ You can go out sober and still have a great time.
- ✦ Have a designated walker, or driver.

## Characteristics of a Predator

All predators, whether they are sexual, emotional, spiritual, financial or relationship predators, share common characteristics and attitudes. When you see these characteristics grouped together, let this be a “red flag” for you to bring more awareness of the situation.

Predators are:

### ✂ **Charming and likable**

- They have very polished lines, compliments, and observations—all towards you. Initially, you feel seen. Then there is a moment you feel inappropriately watched.

### ✂ **They test the waters**

- They do this with words and actions to see if you are a victim or a challenge. The key is to address the testing with your words and actions (being assertive).

### ✂ **They don't see you as human**

- It is impossible to hurt another human being. So, you must make them not human to hurt them. This is why predators curse and call you degrading names. You can't rape a woman who has a name, but you can do whatever you want to a no-named object. Remember, the increase of name calling is a prelude to violence.

### ✂ **They don't initially listen to your “no”**

- They do what you said not to do better. Don't be discouraged if you must say it more than once.

### ✂ **Have an agenda or fantasy that they want to play out**

- This is why we assert ourselves or change the situation to disrupt this fantasy. The myth is if you disrupt their fantasy they will get angry. The truth is if you disrupt the fantasy and testing of the waters with proper assertiveness, they stop.

### ✂ **Repeat offenders**

- Most predators repeat this behavior until they get help in stopping. One way to assure your safety and their stopping is to not hesitate to defend yourself.

# Internal Awareness

The second type of awareness, and definitely the most important, is Internal Awareness. Internal awareness can be described as rehearsing, listening and following, and then giving tools to your Intuition.

Everyone that I have ever talked to who has been a Survivor of an assault has said the same thing: *"I felt something was not right."* A woman told me: *"I had known this guy for six months, but this time when he came to pick me up I knew something was not right."* This feeling is real, and it can be the most important tool for your personal safety. Before I go on, it is important that we be on the same page about this first step. I have come to know that everyone has that voice of intuition, and your intuition is never wrong!

Reading this you might think, "I have never heard the voice." Let me start first by saying, it is there. When describing intuition, I started by saying it is 'rehearsing' that voice. Many times parents, authority figures, or those who have power over you inadvertently take that voice away.

I remember having an Aunt Bertha whom my mother made me kiss during the family holidays. Not really understanding why I didn't want to give Aunt Bertha a kiss, and despite my loud protests of "I don't want to kiss her," my mouth was covered and I was strongly advised that I be nice to my Aunt. Years later, we found out that Aunt Bertha was molesting little kids. My intuition was right, but often children are told to ignore that voice in deference to acceptable social behavior. (I will discuss this later). If we have ever been in an abusive relationship, we have been taught to listen to others, and not the voice inside.

Animals instinctively know when something is going to hunt them. That's Intuition. There might have been people in your life that you have met and they are like the people who you normally like, but for some reason they make you feel uncomfortable. That's your Intuition. You know when someone is flirting with you. That's your Intuition. You know when someone is lying to you. That, too, is your intuition. The point is, it is there, but just sometimes hard to hear.

It is also important that we agree that your intuition is never wrong. I know all of us can come up with a time when we felt something, but it turned out not to be what we thought, so we sometimes believe our intuition is wrong.

The next step is to listen and distinguish between the voice and feeling of intuition and all the other voices that try to overshadow it. Fear is a very loud voice that is often heard and mistaken for your intuition.

For example, if you were to watch a series of horror movies tonight like "The Invisible Man," "Dracula," and then "Silence of the Lambs" and then around 3 o'clock in the morning you wake up having to get a drink of water and you hear a noise in the kitchen... You are going to swear there is an invisible, blood-sucking, liver-eating thing behind the wall. Is that your intuition or fear? FEAR. The same holds true for many issues that we may be unaware of or have not resolved, such as resentment, guilt, prejudice, shame, pride, and hurt. These all have loud voices, and at times they are the voices that we hear, but they are not your intuition, and oftentimes they are misleading.

Your intuition is not attached to any of these. It is always on your side, and the best thing is, it does not leave us, even when we don't follow it. How many times have you heard that voice say "don't do this," and you do it anyway? It then says "okay, now that you did that, now do this" and when you are finished it says, "now do this." Your intuition is never wrong; the other voice, however, can be wrong.

The final step is to give your intuition tools. If your intuition says to run, we should learn how to run. If it says to scream, we should scream. If it says to say something, bring attention to this, then speak up.

This brings us to the third type of awareness, Social Awareness.

# Social Awareness

One of the first principles of protection is to know when you are being pulled. Some of the strongest external pulls we experience are from society, our culture, community, and peers. These forces in our lives unconsciously, and sometimes overtly, say to women "this is the way you are supposed to act, behave and respond." Unfortunately, these 'pulls' at times go directly against what your intuition says to do.

Be aware of the beliefs, triggers, and traumas you have that are greater than your intuition.

Never let these constructs be more powerful than your intuition:

- ✦ Need to be accepted
- ✦ Being pulled by negative support groups
- ✦ Seeking the approval of others
- ✦ Looking a certain way
- ✦ Religious beliefs
- ✦ Gender roles

# ASSERTIVENESS

## A Life Skill

### **What does it mean to be Assertive?**

Being assertive is one of the most powerful tools one can use to avoid or stop someone from harming you. Often mistaken for aggressiveness, assertiveness can encompass the whole spectrum from aggressive to passive behavior. The key is to avoid automatically going to either of these extremes so you do not give the appearance of being a victim (being too passive) or coming across like a challenge (being too aggressive).

My definition of assertiveness is: "Educating people on how to treat you, and listening to what others are trying to say." Assertiveness is the ability to 'speak up' or 'say something' when someone says or does something inappropriate. It is bringing up what is really going on. To be assertive means you are able and willing to let people know how you feel about a life experience as well as to set boundaries for your personal safety.

### **Why practice being assertive?**

The statistics are high—1 in 4 women will be a victim of a violent crime. The threat is real—Police departments in every state are presently looking for someone who has committed rape or violent assault. Being assertive, setting boundaries, and stopping someone from 'testing the waters' will stop an assault 80% of the time. The reason it is important to practice asserting yourself every day with people who say inappropriate things, flirt badly, or cross your lines is that if someone has targeted you for an assault, you have practiced and are used to saying something.

Assertiveness is like a muscle, the more you use it, the stronger and more effective it becomes. It is also important to remember that real danger can come in all forms, in all situations, and from all types of people.

## **Setting Boundaries**

Assertiveness is also setting boundaries for yourself as well as others. The boundaries you set should be strong, but not to the point you cannot move them. True boundaries relax people. They allow people to be themselves around you, as well as you around them. If someone doesn't respect your boundaries, there is a good chance you do not need them in your life. There are 13 principles that are important to remember when you are setting boundaries with someone or asserting yourself. They are:

### **1. Educate People on How to Treat You**

The ability to educate someone on how to treat you is a life principle. Your ability to assert yourself is a skill that can, and should, be used in every aspect of your life. It is important that you begin to use this skill every day to build the 'muscle' of saying how you feel. People who have harmful intent 'test the waters' to see if they have a victim or not. There is a definite rhythm of an assault that can be stopped with proper assertiveness. The key is to practice by recognizing inappropriate behavior, trusting your intuition, and saying something. If you can get used to asserting yourself in everyday interactions, you will be ready if someone is not just a 'jerk,' but truly has harmful intent.

### **2. Start Objectively**

True assertiveness is the ability to start from the balanced point (objectivity), listen to your intuition, and then move to the place on the line that is appropriate for the situation. Starting from this point allows you to be still enough to hear your intuitive voice. Practice being objective instead of judgmental. This is also a part of being externally aware. When there is conflict, it is important to avoid the extremes of appearing like a victim or a challenge. This is especially true on the streets when being approached by gangs or strangers with harmful intent. If you move like a victim, they may harm you, if you move like a challenge, many will accept the challenge.

### **3. Trust your Intuition**

Listening to your intuition is the most powerful and reliable skill you can have when asserting yourself. Trusting your intuition is the answer to the difficult questions: "*What do I say,*" "*When do I say something,*" "*What is going on here.*" The answer is the same; what does your intuition say about it? The only caution is to make sure you practice distinguishing between the voices of fear, anger, guilt, prejudice, and seeking others' approval and your true inner voice of intuition.

#### **4. Put it, and Keep it, on Top**

We would all like to have a positive outcome when we assert ourselves or during conflicts. The truth is, however, that a high percentage of the time, people will react negatively. Many will become defensive and use several of the following defense mechanisms to avoid dealing with these voices. This is an attempt to ease the pain they feel as a result of your assertive behavior. They may become defensive by using:

Anger      Humor      Guilt      Sympathy      Denial      Threats

Turning it Around      Blame      Fear      Minimizing

When they use any of these defense mechanisms (hiding from the truth), it is your job to objectively bring it back up.

#### **5. Be Specific**

Instead of saying Don't do That or This, be specific about what you want the person to stop doing. "I don't want you to touch my leg like that" is more powerful and effective than saying "I don't want you to do that."

#### **6. What do You Want...What is it you don't Want?**

This simple but powerful question is the key to assertiveness. Asking yourself "What do I want?" when someone is making you feel uncomfortable will bring clarity and awareness to dangerous situations. When you answer this question to yourself, assert the answer to the person who needs to hear it.

#### **7. Sometimes Politeness Will Work Against You**

Often our culture or upbringing causes us to be too nice with 'thank you,' 'I appreciate it,' and 'please.' These niceties give the appearance that you are asking a question, wanting their permission, and do not mean what you are saying. If you want someone to let go or stop what he or she is doing, make a request, make a statement, or state a demand. Saying this without the please and thank you does not give them any room to believe you do not mean it.

#### **8. Listening Too Long**

Often, we know right away that we do not want to talk to someone because they have an agenda or they are dangerous. The longer you stay in these types of conversations, the more it gives the predator time to set you up, gain insight

into how to harm you and the courage to carry it out. The moment you know you do not or should not talk to someone, stop the conversation and leave or have them leave.

### **9. Resist the Need to Have the Last Word**

Once you have asserted yourself and the person is leaving or stopping the behavior, there is a good chance that, on their way out, they will say something in an effort to make themselves feel better about what has happened. If they do this, resist the urge to have the last word. When you respond, you are giving them the opportunity to re-engage and place you back on the defensive. If they are leaving, let them say what they want, let the words go by you, and know that you did the right thing by asserting yourself.

### **10. Taking Their Pain Away**

Often we feel bad after we assert ourselves or bring up uncomfortable issues for a variety of reasons. However, if someone has said or done something inappropriate and you assert yourself, do not try to take someone's uncomfortable feelings away. Their uncomfortable feelings belong to them. This feeling that they have done something inappropriate is what will help them change and stop the behavior. This pain will help them; do not try to take it away.

### **11. Stay on the Subject**

It is easy, in the heat of the moment, to bring up past issues and bring more to the conversation than necessary. This is usually because someone will get angry or defensive. Remember to stay on the subject. If other issues come to the surface, set up a time to talk about it later.

### **12. Assertiveness is a Muscle**

The more you practice asserting yourself, the easier it will come. Don't beat yourself up if your assertive words don't come out the way you wanted. It may sound garbled, you may go too far, too aggressive or too passive, or you may not say anything. If this happens, learn from the experience and find the words and courage to speak up as clearly as possible.

### **13. Set your Weight**

Everything that is about to be killed or eaten in the jungle raises its weight. Everything that is sure, confident and about to eat something, sets its weight. When you are expressing something you want, or drawing a boundary, set your weight, breathe regularly, and move defiantly. This movement says: "I meant it." Raising your weight or puffing up says you are unsure or bluffing.

# SELF-DEFENSE

## Fighting Principles

The principles of fighting are easy to understand, just as fighting itself is easy. The hardest part is getting past our fears and our television images of what a fight feels and looks like. Below are the principles of fighting. If you follow them, the outcome of your encounter will be one of safety. Also, be ready and willing to do this to someone you know.

### **1. Trust your Intuition, not your Ego.**

If your intuition tells you that the only way to get out of this situation is to fight... fight. If your pride, fear, resentment or prejudice tells you to fight... don't fight.

### **2. Free Hand, Free Limb, Vital Area**

If your hand is free, or your feet are free, grab, strike or kick a vital area.

The vital areas are: Eyes Throat Groin Knees

No matter what your opponent is doing to you, your goal is to attack these vital areas. If you do this, you will keep your opponent on the defensive.

### **3. Once you have a vital area, don't let go.**

When you grab a vital area, your opponent may scream, which may cause you to let go. Hold on to the vital areas, which will free another limb to attack another vital area.

### **4. No matter how bad they smell, no matter how bad they look, stay close.**

The closer you are to your opponent, the better chance you have to attack a vital area.

## **5. Do not wait to see your opponent's best move.**

You do not wait for someone to throw the first punch (and it is not recommended). If you feel the situation is going to become violent, then attack first. If there is going to be a fight... fight.

## **6. Never admire your handiwork.**

With all fighters, there is a tendency to look at what they have just done. Keep fighting no matter what is happening. Trust your intuition; see what you have done later, not during the fight.

## **7. Never fight to get away, fight to hurt.**

When you choose to fight then move forward, become the attacker, be on the offense, and never hit, grab, or kick to get away. When you fight, fight to hurt, then you can get away.