



## Tip Sheet: How to Defend Yourself — Fighting Back!

### Danger signs that you might be harmed or hurt

- Someone grabs, holds, pushes, slaps or hits you.
- Someone touches or kisses you without you saying it's okay.
- Someone yells, puts you down, or says hurtful things to you.



### Things that help

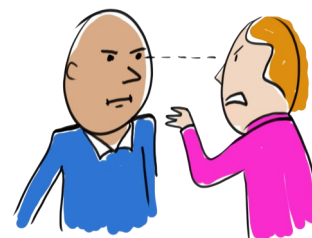
- **Make eye contact** — Look the attacker directly in the eye to say you are not afraid!
- **Breathe** — Take a deep breath and calm yourself.
- **Focus** — Focus on what to do to get to safety.
- **Get help** — Call 911, report it to the police, talk to your supporters, and/or get help from an abuse prevention center. Keep seeking help until you are safe.



### Defend yourself

Protect yourself when someone tries to hurt you. Here are some ways to defend yourself:

- **Surprise your attacker** — Don't be a quiet, passive victim. Surprise your attacker by making noise, saying "NO," and/or walking or running away.
- **Give 100% effort** — When you defend yourself, do one thing at a time and do it with 100% of everything you have whether you yell or run away.
- **If all else fails, wait** — Let the situation progress, plan, and wait for a chance to get to safety.
- **As a last resort, defend yourself by physically fighting back** — Use your body "defenders" — your elbow, your heel, your fist, your voice, and your head. A wheelchair or a cane can also be used as a defender.





## Tip Sheet: How to Defend Yourself — Fighting Back! — continued

To get away quickly,

1. Aim for a place on the attacker's body that will hurt a lot.
2. Look for a place on the body you can reach.
3. Distract the attacker so you can get to safety.

Some examples are included below:



- **Hit the attacker in between the ribs with your elbow.**



- **Use your heel to stomp on top of the attacker's foot.**



- **Use your fist to hit the attacker in the nose.**



- **Use your knee to hit the attacker in the groin.**



- **Use your heel to kick the attacker in the shin.**

- **Use your wheelchair to hit the attacker's legs.**



**When you defend yourself, do what you have to do to get to safety!**