

Speaker 1: What are danger signs of harm? Harm can be physical, being grabbed, held, pushed, slapped, or hit. It can be sexual, such as unwanted touches, kisses, or other sexual acts.

How you can fight back. Fighting back is taking control of the situation by making eye contact. Look the attacker directly in the eye to say you are not afraid. Breathe. Take a deep breath, calm yourself, focus on what to do to get to safety.

Speaker 2: No, stop!

Speaker 1: Walk or run away. Yell.

Speaker 2: Help!

Speaker 1: Follow through. Get help. Call the police. Talk to the landlord. Get help from an abuse prevention center. Keep going until you feel safe.

It can be verbal, such as insults, yelling, put downs, or hurtful comments.

Speaker 3: Hey babies, how's it shaking? Hey ladies, do you need a ride?

Speaker 1: Fighting back is taking control of the situation.

Speaker 2: What should we do?

Speaker 1: Get help. Call the police. Talk to the landlord. Get help from an abuse prevention center. Keep going until you feel safe.

Tips on how to defend yourself. If nothing else works, use your body weapons, your elbow, your heel, your fist, your voice. A wheelchair, or a cane can also be used as a weapon. Aim for a place on the attacker's body that will hurt a lot. Your goal is to distract the attacker so you can get to safety. Hit the attacker in between the ribs with your elbow. Use your heel to stomp on top of the attacker's foot. 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 or cane to hit the attacker's legs. Do whatever you have to do to get away and get to safety.