

## Through a Rapist's Eyes (No Joke)

This is important information for females of ALL ages .

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A group of rapists and date rapists in prison were interviewed on what they look for in a potential victim and here are some interesting facts :

1) The first thing men look for in a potential victim is hairstyle They are most likely to go after a woman with a ponytail, bun, braid or other hairstyle that can easily be grabbed

They are also likely to go after a woman with long hair  
Women with short hair are not common targets.

2) The second thing men look for is clothing .  
They will look for women who's clothing is easy to remove quickly . Many of them carry scissors around specifically to cut clothing.

3) They also look for women on their cell phone, searching through their purse or doing other activities while walking because they are off guard and can be easily overpowered.

4) Men are most likely to attack & rape in the early morning, between 5:00a.m. and 8:30a.m.

5) The number one place women are abducted from/attacked is grocery store parking lots . Number two is office parking lots/garages. Number three is public restrooms.

6) The thing about these men is that they are looking to grab a woman and quickly move her to another location where they

don't have to worry about getting caught.

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7) Only 2% said they carried weapons because rape carries a 3-5 year sentence but rape with a weapon is 15-20 years.

8) If you put up any kind of a fight at all,  
they get discouraged because it only takes a minute or two for  
them to realize that going after you isn't worth it because  
it will be time-consuming.

9) These men said they would not pick on women who have  
umbrellas, or other similar objects that can be used from a distance,  
in their hands.

Keys are not a deterrent because you have to get really close  
to the attacker to use them as a weapon. So, the idea is to convince  
these guys you're not worth it.

10) Several defense mechanisms are: If someone is  
following behind you on a street or in a garage or with you in an  
elevator or stairwell, look them in the face and ask them a  
question , like what time is it, or make general small talk: "I can't  
believe it is so cold out here", "we're in for a bad winter." Now  
you've seen their face and could identify them in a line-up; you lose  
appeal as a target.

11) If someone is coming toward you , hold out your  
hands in front of you and yell STOP or STAY BACK ! Most of the  
rapists this man talked to said they'd leave a woman alone if she

yelled or showed that she would not be afraid to fight back . Again, they are looking for an EASY target.

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13) If someone grabs you , you can't beat them with strength but you can by outsmarting them If you are grabbed around the waist from behind, pinch the attacker either under the arm (between the elbow and armpit) OR in the upper inner thigh VERY VERY HARD One woman in a class told another martial arts instructor that she used the underarm pinch on a guy who was trying to date rape her and was so upset she broke through the skin and tore out muscle strands - the guy needed stitches. Try pinching yourself in those places as hard as you can stand it; it hurts.

14) After the initial hit, always GO for the GROIN . You might think that you'll anger the guy and make him want to hurt you more, but the thing these rapists reported that they want a woman who will not cause a lot of trouble. Start causing trouble and he's out of there.

15) When the guy puts his hands up to you , grab his first two fingers and bend them back as far as possible with as much pressure pushing down on them as possible !

16) Of course the things we always hear still apply. Always be aware of your surroundings, take someone with you if you can and if you see any odd behavior, don't dismiss it, go with your

instincts!!! You may feel a little silly at the time, but you'd feel much worse if the guy really was trouble.

1 . Tip from Tae Kwon Do: The elbow is the strongest point on your body. If you are close enough to use it, do!

2. If a robber asks

for your wallet and/or purse, **DO NOT HAND IT TO HIM** Toss it away from you....chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. **RUN LIKE MAD IN THE OTHER DIRECTION!**

3. If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else will. This has saved lives.

4. Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc. **DON'T DO THIS!**) The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go. **AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.**

(Web form-)

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a. If someone is in the car with a gun to your head **DO NOT DRIVE OFF**, repeat: **DO NOT DRIVE OFF!** Instead gun the engine and speed into anything, wrecking the car. Your Air Bag will save you. If the person is in the back seat they will get the worst of it. As soon as the car

crashes bail out and run. It is better than going to a second location with an attacker.