

# **SEXUAL ASSAULT**

## ***Don't be a victim!***



### **Did you know...**

- In 70-85% of reported sexual assault cases, the assailant knows the victim.
- Women between the ages of 15-24 run the greatest risk of being sexually assaulted.
- 60% of reported rape cases involve women less than 18 years old. Assailants are generally under 35.
- 50-75% of sexual assaults take place in the home of the victim, the assailant or that of a third party.
- Most experts believe that only 10% of rapes are reported. False report rates are about 10-15%.
- 10% of women who resisted during their attack sustained only scratches or bruises.

***There are no miracle solutions to a rape confrontation. Three major factors must be considered when handling a sexual assault confrontation:***

### ***1. The location of the confrontation***

Are there people around or are you isolated? Can you manipulate the environment to your advantage or is he in total control? You must tailor your type of resistance to the environment in which the attack is occurring. Can you fake a feint, epileptic seizure, etc. or must you fight your way out?

### ***2. Your personality and general life experiences***

This factor will strongly impact on how you will react in a confrontation. Do you have the abilities to resist? Do you have a passive and dependent personality (you might have to become more assertive or aggressive) or are you an independent and assertive individual (you might have to hold back that assertiveness in order not to make the confrontation escalate)? The success of your resistance behavior will depend greatly on your personality and your ability to apply verbal, passive and physical resistance strategies.

### ***3. The type of rapist and the motivation behind his sexual attack***

This particular factor is probably the most important unknown variable you must consider. What type of individual are you dealing with? Are you being confronted by an inadequate male who has fantasized a mutually acceptable relationship? By a sexual sadist who delights in the victim's response to physical or emotional pain? Or by an offender who desires to punish or degrade you? In each case, the motivation is different, and the rapist's reaction to the victim is correspondingly different. Hands-on training, knowledge and mental preparedness are essential. By seriously considering the three above factors, you will yield better results than trusting one arbitrary response that might work or that might incite the assailant to further violence.

**Mr. George Manoli** is one of Montreal's leading authorities in personal safety education. He specializes no-nonsense 'hands-on' self-defense training, rape prevention, Karate, anti-bullying and street-proofing. He has a Bachelor of education degree and is the author of 3 personal safety manuals. He holds a Black Belt 5<sup>th</sup> Dan in Kenkokan Karate-do and is working towards his black belt in Judo. He has represented Canada at 3 world Koshiki championships. His specialized 'hands-on' programs, workshops and customized sessions are taught in various schools, corporations, homes and community centers. His distinguished clients include: *Villa Maria, Marie Clarac, the Y-Downtown, Collège Letendre and Laval*. His interactive, dynamic personal safety course can be seen in the **Canadian National Film board** documentary entitled '*The Ring within*' and '*Volcano*' as well as on the **Illico television station** '*Avis de recherche*.'