

TIP SHEET: refusal skills and tips when in a dangerous situation

Refusal skills - How to say NO

If someone is pressurising you, it is very important that you are able to clearly and strongly say NO .

These are the four steps in saying NO:

Step 1:

Say 'No' clearly and firmly. Don't smile or laugh

Step 2:

If you need to, repeat 'No!' more loudly. Look serious - don't look as if you might be persuaded.

- Don't leave any doubt that you mean NO when you say NO.
- Look your partner straight in the eye;
- Do not smile or look away shyly;
- Do not give your partner the impression that you need to be convinced or coaxed.

Step 3:

If your 'No!' is ignored - leave the situation - right away!

Step 4:

If this person won't let you leave, scream or use force as described earlier to run away as soon as you can refuses to allow you to leave, scream or use force.



How to defend yourself in a dangerous situation?

		
<p>Prevention: If rape is common in your area, carry a mixture of sand and pepper, so you can throw it into your attacker's eyes.</p>	<p>1. If you're being attacked: throw the mixture into their eyes. Yell and scream for help loudly and continuously.</p>	<p>2. Use your fingers and fingernails. Stab the perpetrator as hard as you can into their eyes. Do not worry about hurting them ; they intend to hurt you!</p>
		
<p>3. Use your knee to kick the attacker in their private parts. If you kick hard enough, this will hurt the attacker a lot, causing them to double over in pain.</p>	<p>4. If the person is on top of you, holding your face on the ground, use your heel to kick him on the bones of the lower back, just above the buttocks.</p>	<p>5. If you are being overpowered, relax and try to fool the attacker into carelessness. Then stab their eyes or hit their groin. Run away when the rapist pauses for a moment.</p>
		<p style="text-align: center;">Don't blame yourself!</p> 
<p>6. If you are standing, you can also make a fist and hit someone as hard as you can on the tip of their nose moving upwards while you hit!</p>	<p>7. Always report this event, and find support: a trusted person who you can share your story with and that can comfort you.</p>	<p>8. You may feel shame or guilt afterwards. But remember: NOBODY has the right to assault you, so you are never to blame!</p>