

Women Self Defense

Identifying Six Common Ways Women Can Avoid Being Victims of Crime

Women self defense is an important topic as women are often the most targeted for crime. While women may bemoan the terms "the weaker sex," it is basically true and male attackers will take advantage of this fact. Therefore, there are quite a few things you can do to avoid becoming a victim of a crime. Most advice is common sense but it does bear repeating to ensure that you do not let your guard down when out and about conducting your business or pleasure.

1. **Be Aware of your Surroundings** - It is very important that you are cognizant of the environment around you, whether you are in a new part of town or an area that you have frequented for years. Do not become complacent just because you have never had a problem before. Always be diligent, trying to identify potential problems. When alone, do not walk and talk on your cell phone as this draws your attention away from possible dangers. Also, do not park your car if you see any suspicious-looking people hanging around and do not park next to a van or other vehicle that has people just sitting in them as they could be waiting for someone unsuspecting to grab and rob or worse.
2. **Be Confident and Self-Aware** - Always walk with your head held high and make eye contact with people. If a potential attacker believes you will be able to identify them later, they are less likely to attack. Criminals want women who appear timid, someone who will likely not fight them or cause problems.
3. **Rely on your Instincts** - Women's intuition may have no scientific evidence to truly support it, but, relying on it has helped many women avoid problem situations. Trust your instincts. If you feel funny about entering the parking garage for your car, seek out a security guard as your escort. When you see someone lingering near your car and are not sure if you should head there, don't. Whenever you get that hinky feeling - it's that gut, neck or back tingling sensation that something is not quite right - pay attention. It is always better to be safe and inconvenienced than sorry later on.
4. **Have an Escape Plan** - Whenever you go anywhere or do anything, always scope out the exits and come up with a plan should you need to escape. This same scenario applies for home as well. Inform your family of possible escape exits in the home and your companions if you are out and about. And when you are cornered, be ready to employ whatever weapons and self defense tactics you have in your personal arsenal.
5. **Be Vocal and Make Eye Contact** - When you are in a potentially dangerous situation such as being followed or approached by someone you feel may hurt you, be vocal and make eye contact. Ask what they want in a loud voice and look them in the eye. The eye contact, as mentioned above in #2 is important because criminals do not want the victim to identify them and will likely pass you up. If you have misjudged a situation, it is always better to be a bit embarrassed and perceived as rude rather than beat-up or killed and left in a ditch somewhere.

6. **Do Not Rely on Weapons to Save You** - There are stun guns, tasers, pepper spray and more that can be great self defense tools but they should not be relied on to save you in a dangerous situation. Learning self defense moves is a better investment, particularly if you are not comfortable operating the self defense devices. They could be used against you.

There are many things you can do and should be aware of in a *women self defense* situation. However, it should not take a criminal act against you to inspire you to get self defense training and education. Start now before you become another statistic.

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By riaancornelius

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