









## **PASSIVE RESISTANCE**

Rape is a crime of violence. Passive resistance is a philosophy which you can use to take the violence out of confrontation. It gives you time to think, while de-escalating the situation. It can afford you the opportunity to escape as the assailant relaxes. If this tactic fails, the opportunity still exists to try something else.

Take a deep breath and use the time to draw on your own resources of common sense and imagination.

## **SUCCESSFUL METHODS USED IN THE PAST:**

- Stall. You can vomit, pretend to faint, or be in severe pain. Women have said they are pregnant and fear miscarriage, some claimed to have cancer, and others have acted mentally deranged.
- Don't let the assailant feel you are a threat. Use words, gestures, actions, etc, but get them to start talking to you as a real person.
- Don't be afraid to show them you are scared. This will make them feel that they are stronger and won't have to prove it.
- Keep your self-control and refuse to be intimidated, in other words, be assertive without being aggressive.

## **SUBMISSION OUT OF FEAR**

• There is a difference between consent and submission out of fear. If you fear for your life, your physical safety, or the life and safety of a loved one, you may choose to submit to a sexual act. This does not mean that you have consented to it. A crime has still been committed, and though you may not be cut or bruised, you should report the crime to the Department of Safety and Security/Police Department.

## **ACTIVE RESISTANCE**

- Active resistance is designed to distract or temporarily incapacitate your assailant. Your purpose is to react immediately, and create an opportunity to escape.
- Active resistance involves the use of any weapon which you have available (e.g. keys, nail files, rat-tail combs, hairspray) as well as the use of your body (screaming, kicking, struggling).
- Consider the merits as well as the following hazards if you decide to actively resist.

## **WEAPONS**

Any weapon can be taken away from you and used against you. The proverbial "weapons arsenal" carried by a woman in her purse is an often suggested resource. If you depend on this, consider the probability of dropping the purse when someone grabs you. Or, if you manage to hang on to your purse, will the assailant wait and let you rummage through it to find something with which you can hurt him/her? It is unwise to possess guns or knives unless you are:

- skilled in using them,
- not afraid to use them and
- in compliance with the New York State Law.

Guns and knives are extremely dangerous weapons that are potentially injurious to you.

## **SCREAMING**

Screaming can work if help is within hearing distance and you are sure help will respond immediately. Can you be heard? Will your assailant be frightened off or react more violently in an effort to shut you up?



## NOTE:

- Remain in the same condition as when the attacker left. Do not change, wash or destroy any clothing or any article that may be evidence.
- Do not wash or douche or comb your hair.
- Have a medical and internal/gynecological exam at the nearest hospital emergency room as soon as possible. The doctor should note and treat any internal and external injuries and test for and take measures to combat possibilities of venereal diseases and pregnancy. The doctor must collect semen smears as evidence if you report being raped.
- Show police any external bruises or injuries, however minor, resulting from the attack. Also show injuries to a friend or relative who might be available as a corroborative witness at the trial. If possible, photograph any obvious bruises.

**YESHIVA UNIVERSITY  
SECURITY DEPARTMENT**

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