

# Warrior Within

Women's assault prevention  
& self defense



**In our lifetimes, we face a higher risk of dealing with a violent assault than of being in a serious car accident.**

**Our Mission** is to assist women of all ages in the pursuit of personal protection through the use of education and self defense.

**Our educational program** helps empower women to live life with less fear by empowering herself with the resources she needs to help recognize, defend against and escape from violence.

**Knowledge is power.** Our class forum



consists of legal guidelines, discussion, and skill development. Attention is given to protecting our personal boundaries

by using physical self-defense to stop an



**Our Instructors** are AWSDA certified in rape prevention and martial arts instructors. They are determined to assist women in preserving life, dignity, and the right to live without fear.

**Our Classes** are for the NON martial artist. They are designed for women who are young, old, in shape, and out of shape. You name it, YOU CAN DO IT!

### Our students statements

"Before this class I was afraid to walk down the side walk during day light. Not anymore!"

"When I heard about this class, I forced my teenage daughter to come with me. After it, she was thrilled and thanked me!"

"My daughter is leaving for college and I wanted her to be prepared and safe. She was glad and relieved by what she learned."

"Before the class started I was unsure if I could do the skills but they were so simple and effective. I will have NO problem putting them to use if necessary!"



## Help is available

Our staff is there for you. If you have a question or need help our staff will assist you in getting the information or help you require.

**Call the National Domestic Violence Hotline** at 1-800-799-SAFE or 1-800-787-3224 (TDD).

**National Sexual Violence Resource Center** at 1-877-739-3895 (toll free)

**www.nsvrc.org** (24 hr access to information, resources, and research regarding sexual assault)

### **New Hampshire Coalition Against Domestic and Sexual Violence**

P.O. Box 353  
Concord, NH 03302-0353  
In-State Toll Free: 800-852-3388  
Phone: 603-224-8893  
Fax: 603-228-6096



# Don't Be a Statistic!

**Fact #1:** 17.6 % of women in the United States have survived a completed or attempted rape. Of these, 21.6% were younger than age 12 when they were first raped, and 32.4% were between the ages of 12 and 17. (*Full Report of the Prevalence, Incidence, and Consequences of Violence Against Women, Findings from the National Violence Against Women Survey, November, 2000*)

**Fact #2:** The National College Women Sexual Victimization Study estimated that between 1 in 4 and 1 in 5 college women experience completed or attempted rape during their college years (*Fisher 2000*).

**Fact #3:** Men perpetrate the majority of violent acts against women (*DeLahunta 1997*).

**Fact #4:** Every 90 seconds, somewhere in America, someone is sexually assaulted. (*Rape, Abuse and Incest National Network (RAINN). RAINN calculation based on 1999 USDOJ NCVS data.*)

**Fact #5:** Most perpetrators know their victims. According to the 2000 National Crime Victimization Survey, 62% of rape and sexual assault victims knew the perpetrator. More than 40% of rapes and sexual assaults came at the hands of a person the female victim called a friend or acquaintance. Female victims identified intimate partners as the perpetrator in 18% of rapes and sexual assaults (*DOJ 2001*).

**Fact #6:** Rape victims often experience anxiety, guilt, nervousness, phobias, substance abuse, sleep disturbances, depression, alienation, sexual dysfunction, and aggression. They often distrust others and replay the assault in their minds, and they are at increased risk of future victimization (*DeLahunta 1997*).

**Fact #7:** Sexual violence victims exhibit a variety of psychological symptoms that are similar to those of victims of other types of trauma, such as war and natural disaster (*National Research Council 1996*).

**Fact #8:** In 2000, nearly 88,000 children in the United States experienced sexual abuse (*ACF 2002*).

**Fact # 9:** According to the Youth Risk Behavior Surveillance Survey (YRBSS), a national survey of high school students, 7.7% of students had been forced to have sexual intercourse when they did not want to. Female students (10%) were significantly more likely than male students (5%) to have been forced to have sexual intercourse.

**Fact #10:** Females ages 12 to 24 are at the greatest risk for experiencing a rape or sexual assault (*DOJ 2001*).

**Fact #11:** Boys who witness their fathers' violence are 10 times more likely to engage in spouse abuse in later adulthood than boys from non-violent homes. (*Family Violence Interventions for the Justice System, 1993*)

**Fact #12:** Somewhere in America a woman is battered, usually by her intimate partner, every 15 seconds. (*UN Study On The Status of Women, Year 2000*)

**Fact #13:** A study reported in the New York Times suggests that one in five adolescent girls become the victims of physical or sexual violence, or both, in a dating relationship. (*New York Times, 8/01/01*)