

A close-up, profile view of a woman with dark hair, looking out of a window. The background is blurred, showing a window with blinds and some indoor plants. The lighting is soft and natural, coming from the window.

UNDERSTANDING VIOLENCE

GINGER RAE



The YGG Fitness & Defense program is dedicated
to all women who have lost their lives to, or
survived an act of violence.

Introduction

YGG Fitness & Defense for Women intentionally takes an educational approach to self-defense and here is why:

- Prevention strategies are self-defense
- Understanding violence against women is self-defense
- Tactical training is self-defense

One of these three aspects of self-defense, without the others, leaves you at a tremendous risk for violence.

The anomaly of self-defense is that the more prepared you are, the less likely you are to need it. Once you can recognize and respond effectively to a potentially threatening situation, you are more confident in your every day activities. You are also far less likely to become a target of violence or crime.

So how do you reach this state of being? With KNOWLEDGE.

In the following chapters you will learn:

- What types of crimes you face
- How to spot offenders
- Your greatest risk of violence
- Why women remain targets for violence, and more

Your safety, and maybe even your life, relies not only on your willingness to educate yourself in all facets of self-defense, but also on your ability to use this information wisely.

PLEASE DON'T STOP WITH YOUR EBOOKS

Transcend with thousands of other women learning how to physically protect themselves from violence @ yggfit.com

CHAPTER ONE

TYPES OF CRIMES

CHAPTER TWO

KNOW YOUR OFFENDER

CHAPTER THREE

YOUR GREATEST RISK OF VIOLENCE

CHAPTER FOUR

THE UNDERLYING CAUSE



“Stepping into a brand new path is difficult, but not more difficult than remaining in a situation that is not nurturing to the whole woman.”

~Maya Angelou

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CHAPTER 1

TYPES OF CRIMES

The term violence against women has been used to describe a wide range of acts, from rape to emotional abuse. Depending on the field of study, researchers summarize their findings using either a broad or a narrow definition.

Sociology and Criminology (narrow)

Gelles and Straus (1979) - *"any act carried out with the intention of, or perceived intention of, causing physical pain or injury to another person."*

National Research Council (NRC) report *Understanding and Preventing Violence* (Reiss and Roth, 1993) - *"behavior by persons against persons that intentionally threatens, attempts, or inflicts physical harm."*

Psychology, Mental Health, and Social Work (broad)

The Committee on Family Violence of the National Institute of Mental Health (1992) - *"acts that are physically and emotionally harmful or that carry the potential to cause physical harm ... [and] may also include sexual coercion or assaults, physical intimidation, threats to kill or to harm, restraint of normal activities or freedom, and denial of access to resources."*

The Task Force on Male Violence Against Women of the American Psychological Association - *"physical, visual, verbal, or sexual acts that are experienced by a woman or a girl as a threat, invasion, or assault and that have the effect of hurting her or degrading her and/or taking away her ability to control contact (intimate or otherwise) with another individual"*

How violence is defined and measured influences the rate of violence found in a study: all else being equal, the broader the definition, the higher the level of violence reported (Smith, 1994).

The following crime statistics were compiled using the most recent results found by the National Crime Victimization Survey series. The NCVS is used by federal, state and local policy makers and judicial systems.

There are two common denominators found in every study or survey conducted on violence against women:

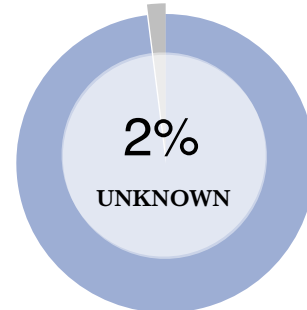
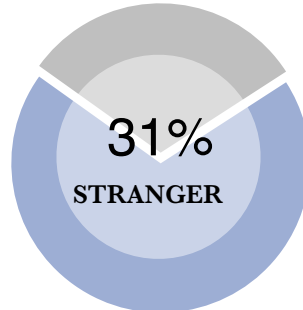
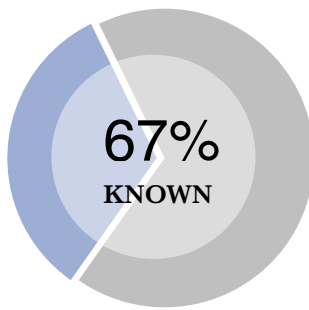
1. There is no single mitigating factor leading to an act of violence against a woman.

2. No woman is exempt.

Whether or not you directly fall into any of the following statistics, as a woman your goal should be to prepare yourself for all types of threats: emotional, psychological, financial, and physical.

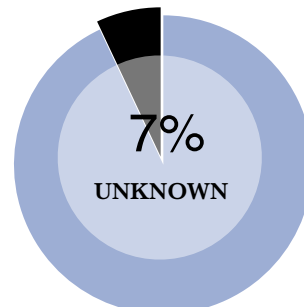
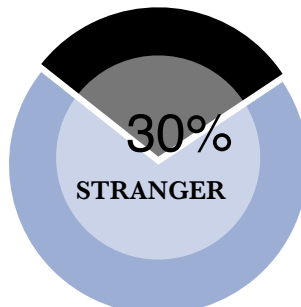
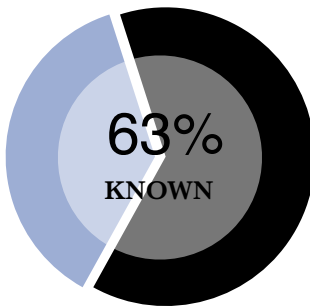
#1 Assault

is the most violent crime committed against women and most likely at the hands of someone known to the victim.



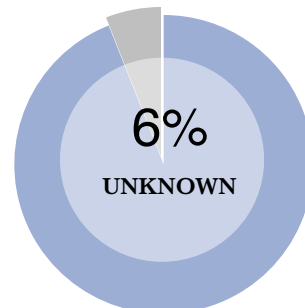
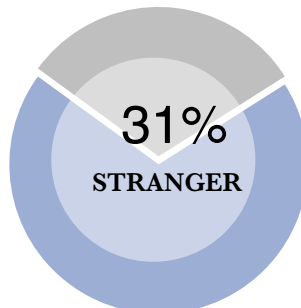
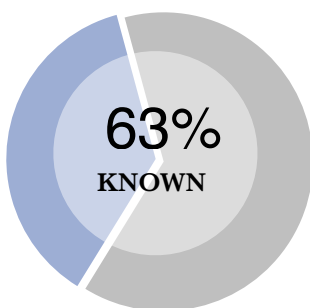
#2 Robbery

is the 2nd most violent crime committed against women with a higher percentage being carried out with violence, by someone known to the victim.



#3 Rape

is the 3rd most violent crime committed against women and most likely at the hands of someone known to the victim.





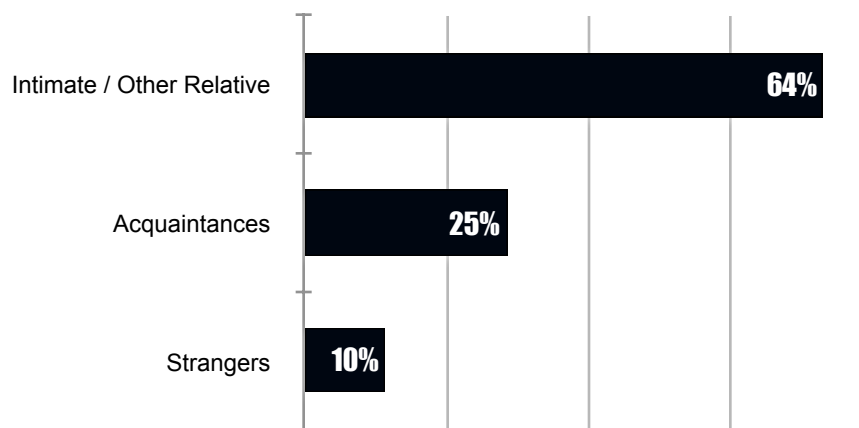
Assault or physical violence is most commonly measured by the Conflict Tactic Scales using nine items.

The last six behaviors in this list are considered to be severe physical violence.

- Threw something at you
- Pushed, grabbed, or shoved you
- Slapped you
- Kicked, bit, or hit you with a fist
- Hit or tried to hit you with something
- Beat you up
- Choked you
- Threatened you with a knife or gun
- Used a knife or fired a gun

HOMICIDE

The sex distribution of homicide victims and offenders differed by type of homicide From 2003 - 2010.



Females were more likely than males to be the victim of intimate killings (63.7%) and sex-related homicides (81.7%).

Males were more likely to be involved in drug (90.5%) and gang-related homicides (94.6%).

The relationship between the victim and the offender differed for female and male victims.

Female murder victims (41.5%) were almost 6 times more likely than male murder victims (7.1%) to have been killed by an intimate (table 6).

More than half (56.4%) of male murder victims were killed by an acquaintance; another quarter (25.5%) were murdered by a stranger.

US Department of Justice, November 2011,
Homicide Trends in the United States, 2008-2010
NCJ236018

The number of American troops killed in Afghanistan and Iraq between 2001 and 2012 was 6,488. The number of American women who were murdered by current or ex male partners during that time was 11,766. That's nearly double the amount of casualties lost during war.

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The number of women murdered every day by a current or former male partner in the U.S.

12%

The percentage of strangers who committed murder in 2010. Male and female victims. (FBI Crime in the US 2010 Table: *"Murder Circumstances by Relationship."*)

1,509

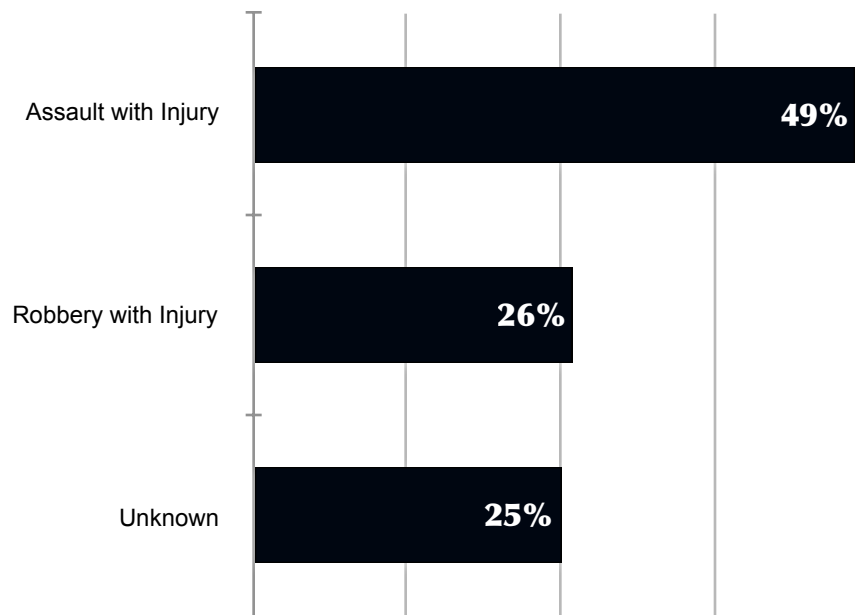
The number of women murdered by men they knew in 2011. Of the 1,509 women, 926 were killed by an intimate partner and 264 of those were killed by an intimate partner during an argument.

18,000

The number of women who have been killed by men in domestic violence disputes since 2003.

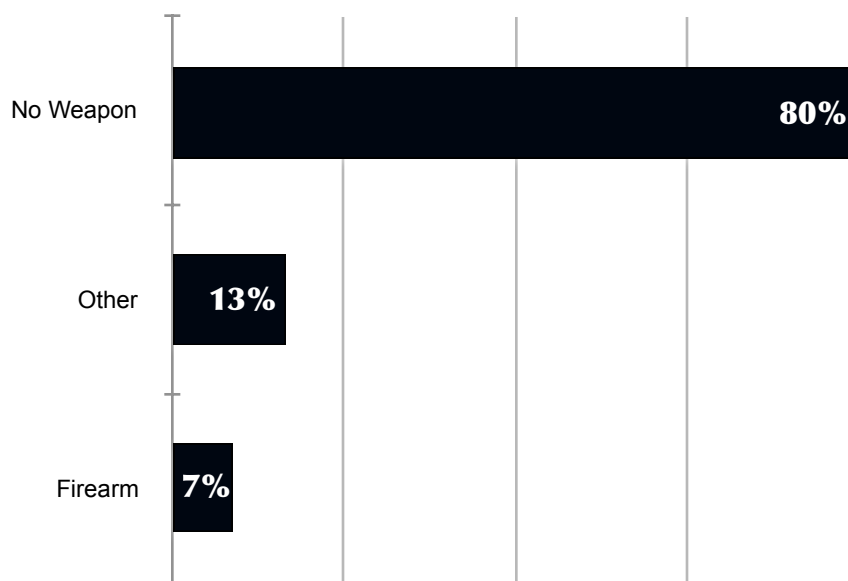
INJURIES

75% of the time the first crime committed against a female victim resulted in injury.



WEAPONS

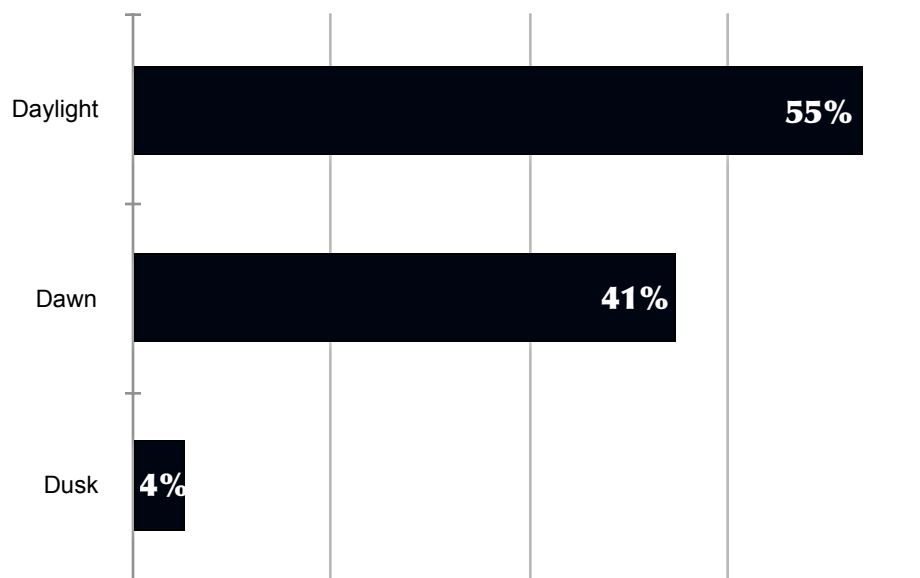
Overall, an offender was armed with a gun, knife, or other object used as a weapon in an estimated 20% of violent crimes committed against women.



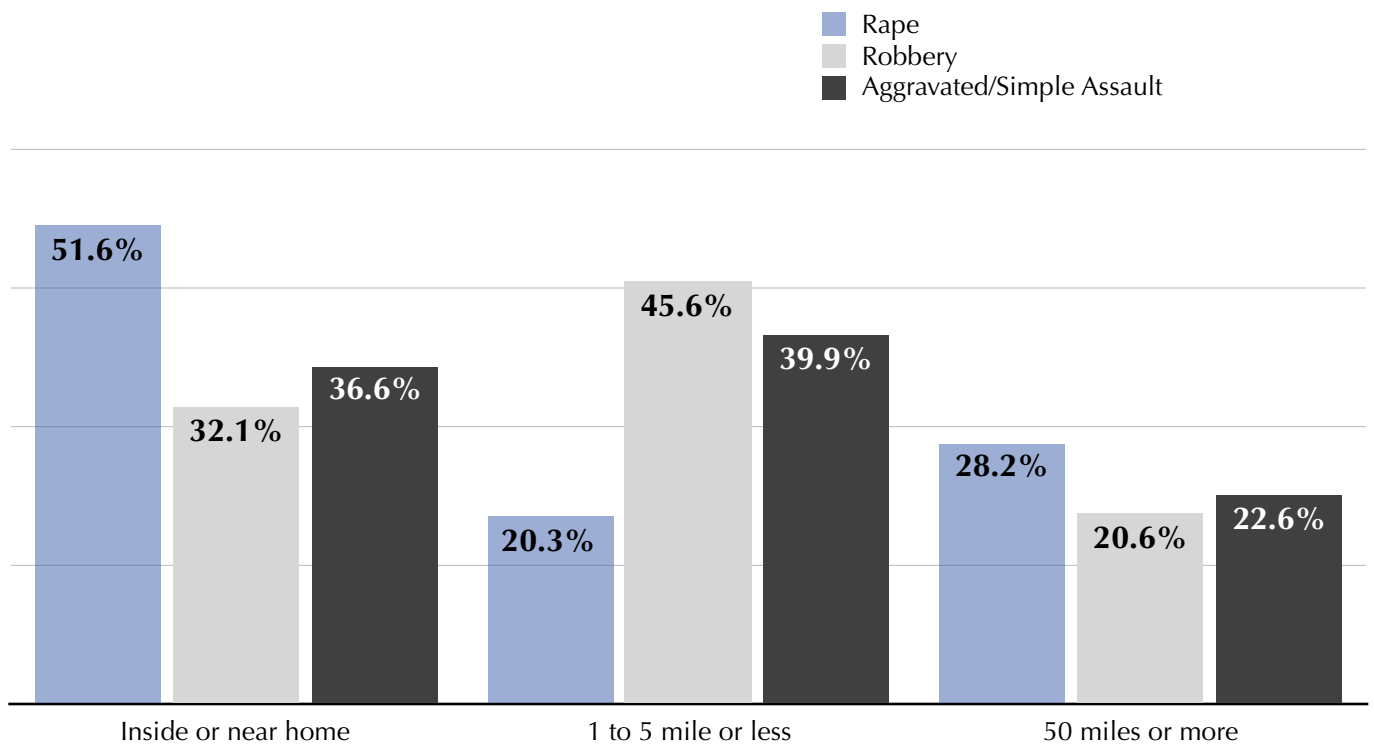
TIME OF OCCURRENCE

Victimization of females is most likely to occur during daylight, particularly between noon and 6:00 p.m.

70% of rapes occur between the hours of 6 p.m. and 6 a.m.



PLACE OF OCCURRENCE



The majority of violent crimes occur in or within a 1 to 5 mile radius of a female victim's home.



...in the following order: assault (simple or aggravated), robbery and rape present the greatest threats of violence to women

...for 1 in 5 women, a life threatening or fatal incident was the first physical violence they had experienced from their partner - not a stranger.

...it is very likely you will sustain injuries during a violent crime

...the percentage of weapons present during a violent crime - male offender to female victim is low



...when you enter or exit your vehicle at home, you are the most vulnerable to assault or robbery, simply because you are more focused on what you are doing than your surroundings.

...only 2% of rapists interviewed said they carried weapons, because rape crimes carry a 3-5 year sentence, but rape with a weapon is 15-20 years

Property Crimes

#1 Larceny Theft

The majority of purse snatching occurs within a 1 to 5 mile radius of the victim's home.

#2 Burglary (breaking or entering)

Overall, the offender gained entry into the victims home or other building on the property.

#3 Vehicle Theft

Men were more likely than women to be the victim of a car-jacking (2 men and 1 women per 10,000 persons).

...in this order: burglary, larceny theft, motor vehicle theft are the property crimes most often committed against women

...most burglaries occur during daytime hours when homes are empty

...once a burglar has selected a home to burglarize, most will spend no more than one minute trying to break in and less than five minutes outside

...most residential burglaries occur on the first or ground floor with entry usually at the rear or side door. The second most common access is through the garage door. Some basement windows are also an easy target because they are low and usually well hidden.



...the chances of you experiencing motor vehicle theft is very low

...most violent and property crimes happen within a 1 to 5 mile radius of your home

STALKING

Stalking is a crime that can touch anyone, regardless of gender, race, sexual orientation, socioeconomic status, geographic location, or personal associations. Most stalkers are young to middle-aged men with above-average intelligence.

Unfortunately, there is no single psychological or behavioral profile for stalkers. Every stalker is different. This makes it virtually impossible to devise a single effective strategy that can be applied to every situation. It is vital that stalking victims immediately seek the advice of local victim specialists who can work with them to devise a safety plan for their specific situation and circumstances.

Some stalkers develop an obsession for another person with whom they have no personal relationship. When the victim does not respond as the stalker hopes, the stalker may attempt to force the victim to comply by use of threats and intimidation. When threats and intimidation fail, some stalkers turn to violence.

The most prevalent type of stalking case involves some previous personal or romantic relationship between the stalker and the victim. This includes domestic violence cases and relationships in which there is no history of violence. In these cases, stalkers try to control every aspect of


their victims' lives. The victim becomes the stalker's source of self-esteem, and the loss of the relationship becomes the stalker's greatest fear. This dynamic makes a stalker dangerous. Stalking cases that emerge from domestic violence situations, are the most lethal type of stalking.

The stalker may attempt to renew the relationship by sending flowers, gifts, and love letters. When the victim spurns these unwelcome advances, the stalker often turns to intimidation. Attempts at intimidation typically begin as an unjustified and inappropriate intrusion into the victim's life.

The intrusions become more frequent over time. This harassing behavior often escalates to direct or indirect threats.

Unfortunately, cases that reach this level of seriousness often end in violence or death.

(Source: Office of Victims of Crime)



In the attempted or actual murder of an intimate female partner, 68% of these women were stalked and 69% were previously assaulted.

85% of victims of intimate partner femicide or attempted femicide were victims of intimate partner abuse before they were killed.

Intimate partner assault and stalking are strongly associated with fatal and near fatal violence against women.

Ex-wives represent the group of victims most likely to be targeted by violent stalkers.



Threats by a Stalker

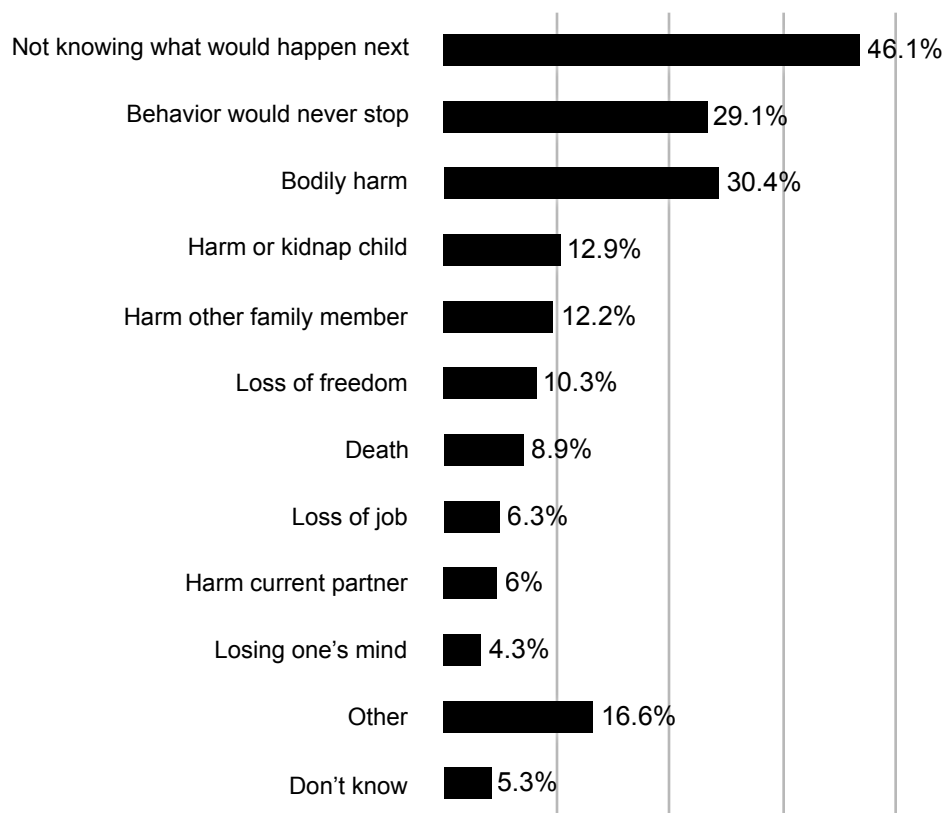
- Hit/Slap/Harm
- Kill Victim
- Harm or kill self
- Harm with a weapon
- Harm another family member
- Harm or kidnap child
- Harm friend or coworker
- Harm pet
- Rape/sexually assault

Stalking Behaviors

- Making unwanted phone calls
- Sending unsolicited or unwanted letters or emails
- Following or spying on the victim
- Showing up at places without a legitimate reason
- Waiting at places for the victim
- Leaving unwanted items, presents or flowers
- Posting information or spreading rumors about the victim on the internet, in a public place, or by word of mouth.

STALKING

VICTIM'S WORST FEARS



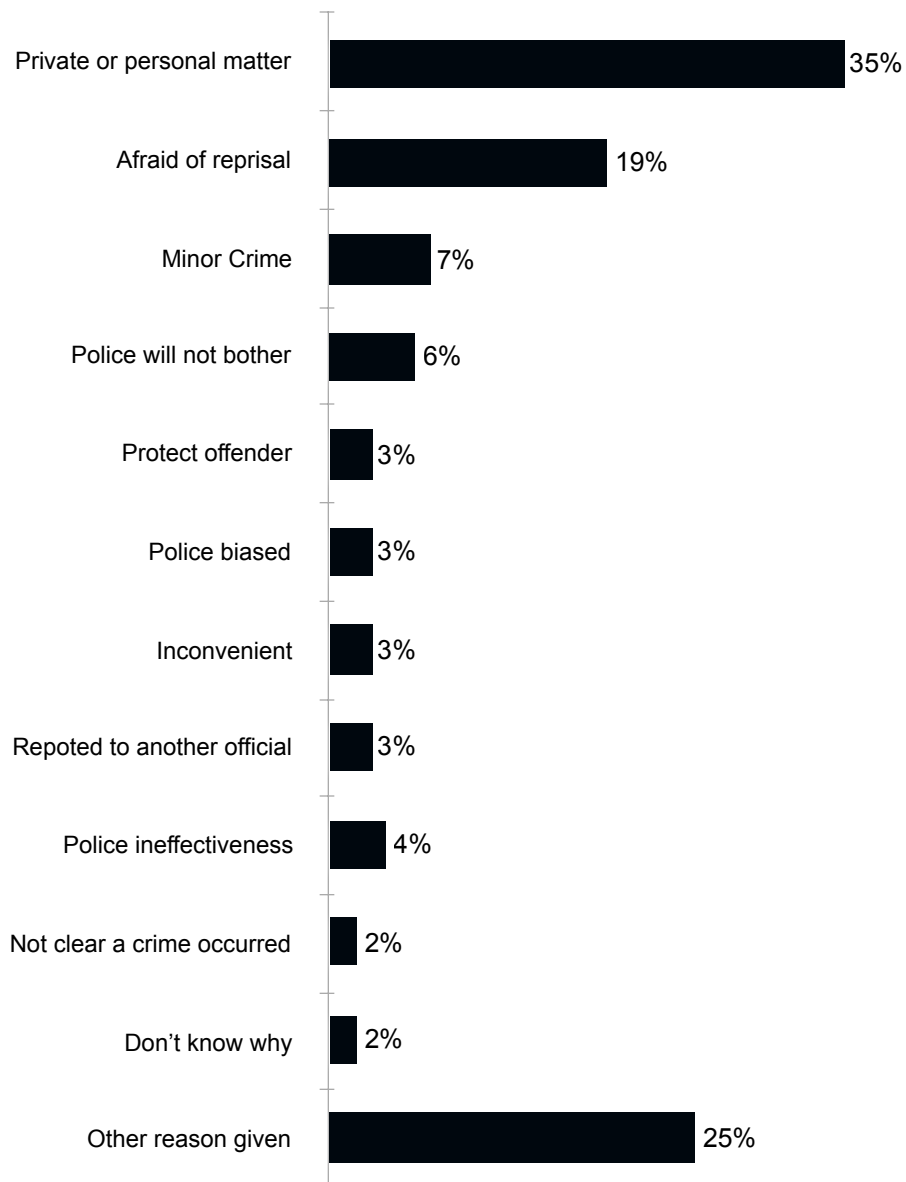
Women were at greater risk than men for stalking victimization; however, women and men are equally likely to experience harassment. The risk of being stalked diminishes with age. Persons of age 18 to 24 experienced the highest rates of stalking victimization.

THERE IS HELP:

National Center for Victims of Crime,
Stalking Resource Center
1-800-394-2255
1-800-211-7996 TTY
www.ncvc.org/SRC/

REPORTING

WHY WOMEN DON'T REPORT CRIMES





“There are very few monsters who warrant
the fear we have of them.”
~ Andre Gide

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CHAPTER 2

KNOW YOUR OFFENDER

Gender

About 99% of the intimate partner violence against females in 2008 were committed by male offenders.

Nearly 75% of family violence victims are female, and nearly 75% of family violence perpetrators are male.

Most perpetrators of sexual violence are men. Among acts of sexual violence committed against women since the age of 18, 100% of rapes, 92% of physical assaults, and 97% of stalking acts were perpetrated by men.

Race

Similar to other types of nonfatal violent victimization, nonfatal intimate



partner violence is primarily interracial in nature.

About 84% of white victims were victimized by white offenders.

About 93% of black victims were victimized by black offenders.

52% of sexual assaults are committed by white males.

Age

On average, from 2001 to 2005, most victims of nonfatal intimate partner violence report that the age of the offender was similar to their own age.

The average age of a rapist is 31 years old.

THE CRIMINAL MIND

Factors such as poverty, divorce, and media violence do not cause criminality. Rather, all criminals share a particular mind-set, often evident in childhood, that is disturbingly different from that of a responsible citizen.

A criminal chooses crime; he chooses to reject society long before society rejects him. The criminal values people only insofar as he can use them for his own self-serving ends; he does not justify his actions to himself.

Psychologists provide the following to assist in describing a criminal's mindset:

- Criminals view the world as unfair and have a deep anger toward those who have things that they don't and believe taking from them only evens things out.
- Criminals believe rules and laws are for "others" not them.
- Criminals believe that everyone lies, cheats and steals, and it is only a problem if they get caught.
- Criminals take something because "they want it" and do not need to earn it and believe people who don't watch their property deserve to lose it.
- Criminals believe their life is controlled by luck, not hard work and education.
- Criminals always seek immediate gratification for their desires and will lie and manipulate to get them, and then blame everyone or everything but themselves when things don't go right.
- Criminals believe it's all right to take advantage of other people's ignorance, generosity and trust, and they never give or do favors without expecting an "owe me" in return.
- Criminals look for the easy, quick way out of a trouble rather than the long-term solution. They approach life with "what's in it for me" and you don't care about other people's feelings.

THE CRIMINAL MIND CONTINUED

- Criminals respect only those who are meaner and more violent, and believe the cops, the courts and other authorities have it in for them.

The obvious revealed here is that a criminal does not hold the same values as you do. A criminal's motivations are pure selfishness.

Blatantly put, a criminal does not care whether you live or die, only that he gets what he wants with the least amount of risk to himself.

It is impossible to predict who will and won't commit a crime against someone; because criminal behaviors are a matter of style and preference.

For example: one criminal might habitually choose to physically attack others, while another is more subtle and relies on drugs and alcohol to render his victims helpless and yet another relies on his "partners in crime" together creating a commotion that draws the crowds attention away from his intended victim.

There are many ways to recognize and avoid criminal intent. However, there is nothing you as an individual can do to change a criminal's flagrant and dangerous state of mind.

Conservatives tend to believe in punishing criminals until they behave; liberals tend to feel sorry for and rescue criminals until they adopt appropriate behaviors ... and both philosophies fail.

Research clearly shows that punishing, degrading, locking up and even physically hurting constant offenders does not rehabilitate them. Nor does being kind, finding them jobs, giving them love and affection, bailing them out, or taking over their responsibilities prove successful.

The answer lies in confronting offenders to examine, understand and change the faulty belief systems that lead to violence.



There is not a single, simple formula for identifying who is most apt to commit a crime but there are ways to spot high-risk individuals.

Danger Signs

- Personality Traits
- Lack of remorse for hurting others
- Superficial charm
- Impulsiveness or recklessness
- Extreme sense of entitlement
- Inability to form long-lasting friendships
- Lack of remorse or guilt
- Difficulty with authority figures
- Persistent lying or stealing
- Recurring difficulties with the law
- Tendency to violate others' rights
- Aggressive or violent behavior
- Inability to keep a steady job
- Persistent agitated or depressed feeling
- Inability to tolerate boredom

Behavioral Traits

- Selfish - Insensitivity to others - Places his wants above the needs, feelings and well being of others. He can possess an attitude of absolute entitlement. This person often makes you feel bad for not doing what he wants.
- Belittling towards others - Under the pretense of a joke, this person habitually makes degrading comments about others. This person assumes that race, social position and gender indicate superiority over others and gives him the right to 'take' what he wants.

DANGER SIGNS

CONTINUED

- Negating towards others - Constantly tells you what you are or worse yet “not” feeling or thinking. By trying to take away the other person’s thoughts, feelings and needs he can project his wants onto that person. The most obvious example of this is: "Well even though she said “no,” she really meant “yes.”
- Uses hostile or threatening language - Choice of words convey subconscious assumptions about a particular topic. Repeated use of the same degrading comments or threats can indicate this behavior will escalate beyond verbal abuse to a violent act. There is a fine line between “thinking” and “doing.”
- Bullying - This behavior is especially dangerous. A bully uses the threat of violence more than actual violence. A bully will choose someone he considers weaker, such as an intimate partner. Repeated threats of violence can also escalate into a violent act.
- Excessive anger - This person has a “short fuse” even over the smallest of issues. People with constant anger look for targets to take their anger out on. This could manifest as physical fights, abuse, or rape.
- Obsession - This person hangs onto his anger long after the situation is over. He will insist on taking revenge for real or imagined slights.

A Note of Caution

When reading about criminal characteristics, it's tempting to compare these traits with difficult friends, family members, acquaintances and coworkers. Before placing judgement on this individual, get a professional opinion from a qualified mental health professional if you think you are involved with or know someone who displays more than a few of these personality or behavioral traits.

Suggested reading: "Without Conscience," Dr. Hare.

YOU SHOULD KNOW

...criminals are drawn to conditions and surroundings
that make it easier to complete the crime

...there are three things a criminal wants to avoid

Getting arrested
Being identified
Sustaining injuries

...when criminals attack it is more about seeking
“power and control” than the attack itself

...criminals select their victims and targets by focusing
on the unaware and unprepared

EQUAL JUSTICE

IS THERE EQUAL JUSTICE FOR FEMALE VICTIMS OF CRIMES?

A female victim of crime or violence seeking justice through prosecution, needs to be ready for a real “jolt of inequality.” There is a high probability that you will meet with victim blaming or victim facilitation. These theories in victimology represent ways in which victims “contribute” to their own victimization. They are readily used as “viable and highly successful defenses” to strategically encourage a plea bargain or prevent an offender from being convicted.

Yes, you read that correctly.

If you had no other alternative and fought back to defend yourself, be prepared, you may be charged and prosecuted as well.

Yes, you also read that correctly.

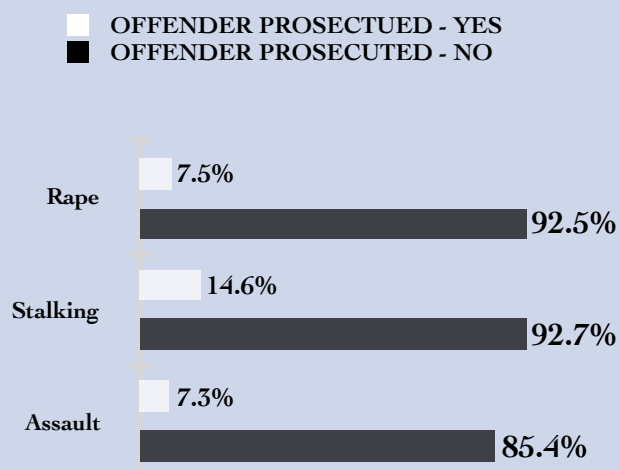
“In answer to the question, is there equal justice for women, the answer must unfortunately be that there is not; not entirely; not yet. Fundamentally women’s rights are human rights. By protecting human rights we enhance women’s rights by ensuring we strive for a just society free of irrelevant inequality. To ensure equal justice for all of our citizens, there may be great value in having a yardstick against which issues of equality can be measured as they are in other common law countries. The real advantage of the legislative or constitutional protection of human rights may be that it would enhance the prospects not only of justice for women but justice for all members of our society.” (JUSTICE ROSLYN ATKINSON)



Equal Justice? (continued)

The aforementioned is by no means intended to discourage you from physically defending yourself or seeking justice. Simply allow it to stand as insight into what you could face. Seek guidance and be prepared. The legal process is long, difficult, overwhelming and in the end may not provide you with the justice or closure you seek.

It is highly recommend that every woman take the time to learn the self-defense laws in her area.



YOU SHOULD KNOW

If a rape is reported, there is a
50.8% chance of an arrest.

If an arrest is made, there is an
80% chance of prosecution.

If there is a prosecution, there is a
58% chance of a conviction.

If there is a felony conviction, there is a
69% chance the convict will spend time in jail.

So even with the 39% of attacks that
are reported to the police, there is only a
16.4% chance the rapist will end up in prison.

Factoring in unreported rapes, about 6%
of rapists will ever spend a day in jail.

15 of 16 walk free.

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CHAPTER 3



“No one loves the man whom he fears”
~Aristotle

YOUR GREATEST RISK

NO ONE WANTS TO HEAR IT.
NO ONE WANTS TO BELIEVE IT.
NO ONE WANTS TO TALK ABOUT IT.

However, the TRUTH is, the majority of crimes and violence committed against women are COMMITTED BY SOMEONE KNOWN TO THEM. This is known as both interpersonal and domestic violence.

The greatest disparity between violent crimes committed against males and females from 1994 to 2008 and 2008 to 2010, was in the percentage committed by intimate partners.

- Females are more likely to be victimized by a friend, an acquaintance, or an intimate.
- Somewhere in America a woman is battered, usually by her intimate partner, every 15 seconds.
- A recent survey found that 64% of women who reported being raped,

stalked, or physically assaulted since age 18 had been victimized by intimate partners.

- Intimate partner violence occurs in approximately 25-33% of same-sex relationships.
- In 2008, females age 12 or older experienced about 552,000 nonfatal violent victimizations (rape/sexual assault, robbery, or aggravated or simple assault) by an intimate partner.
- In 2008, 57% of rape or sexual assaults against females were committed by an offender whom they knew.
- 53% of robberies committed against females in 2008 were by an intimate partner.

Understanding Interpersonal Violence

A non-stranger regarding a person; is a spouse, a former spouse, co-parent of a child, an individual who cohabits or has lived together with the person, an acquaintance, neighbor, coworker, boyfriend or girlfriend.

When a crime or a violent act is committed by one of these individuals, it is known as interpersonal violence.

Interpersonal violence is usually the result of an offender seeking physical revenge for the emotional hurt you have “allegedly” or otherwise caused him.

Interpersonal violence, is far more complicated than violence committed by a stranger. This type of violence is filled with internal and biased principals, objectives and emotions.

For these reasons, interpersonal violence is far more difficult to predict and there is no specific strategy that you can apply in every situation. In these types of situations, your personal safety becomes reliant on your ability to think clearly and control your emotions under pressure.

Anyone can be pushed too far. You must take responsibility for your words and actions during a conflict. When you are emotional it is very easy to provoke an attack, or even initiate the physical violence yourself.



For example: if you need to “get the last word in no matter what,” recognize the impact this will have on your circumstances. Is your personal safety worth it?

Many people believe violence is a fast and easy way to get what they want. When faced with this type of violent individual, one who is unable to control their impulses, your personal safety becomes reliant on your tactical skills and knowing when to strike first.

DOMESTIC VIOLENCE

Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person, this includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone.

- **Abused as children:** Most persons who batter were beaten, verbally abused, or sexually abused as children.
- **Believe in Traditional Sex Roles:** Abusers often hold to traditional sex roles (e.g., macho men, subservient women)
- **Controlling:** Abuse and violence are purposefully controlling behavior by someone who wants total control.
- **Deny, minimize, and blame:** A batterer does not want to be responsible for their violent actions or for the harm they cause. Abusers learn to deny wrongdoing, minimize inflictions of injury, and blame others.
- **Emotionally abusive:** Battering is not limited to physical abuse and the emotional harm may be worse than the physical injury.
- **Feel powerless:** Abusers are often frightened individuals who are afraid to be alone in the world.
- **Grew up with violence:** People who abuse learned early on that they could gain control and get power by throwing things or by raising their voice.
- **Have a negative belief system about the two sexes:** Most persons who batter often lump "all women" or "all men" together and do not see men or women as individuals.



Domestic Violence (continued)

- **Insecure:** Abusive individuals frequently have a deeply rooted fear that they are inadequate. **Jealous:** Those who abuse tend to be extremely jealous and have difficulty trusting others.
- **Kill or torture what they cannot possess:** In the worst cases battering involves extreme physical or mental cruelty. Some stalk and kill what they can no longer possess.
- **Lack relationship skills:** People who abuse have had very poor role models for important relationship skills such as problem solving, conflict resolution, and establishing intimacy with a partner.
- **Master manipulators:** Abusers are often someone who know exactly how to make their partner feel sorry for them.
- **Not able to nurture:** Abusers frequently have difficulty giving and receiving love.
- **Too dependent on their partners:** Most persons who batter become excessively dependent on their intimate partners for their unmet emotional needs. They often seek from their mates the nurturing and security they did not receive as children.
- **Prior history of violence:** An abuser may have a history of being "moody" or having a "hot temper." They may throw or break things when angry.

Domestic Violence (continued)



- **Quickly change from Dr. Jekyll to Mr. Hyde:** Abusive individuals can be extremely passive and very charming one minute and explode in anger the next. Drugs or alcohol may trigger the metamorphosis.
- **Regard partners as easy targets:** Most people who abuse would not think of doing to others what they do to their intimate partners.
- **Self-centered:** Abusers usually lack consideration for others.
- **Try to punish and control with subtle forms of abuse:** Most persons who batter often use subtle forms of abuse to punish, humiliate, and control their partners.
- **Unable to identify or express their feelings directly:** People who abuse are unable to differentiate between their feelings, and they do not have a vocabulary to express their emotions. All of their emotions then become funneled through anger or violence.
- **Vary by type:** People who batter vary by income level, appearance and gender. They may be emotionally abusive, physically abusive, or both. Their abuse may be confined to family members inside the home, or they may be violent outside the home as well.



In too many cases, emotional, economic and psychological abuse can be subtle. If not recognized and properly addressed, these forms of abuse can escalate into physical violence. Seek guidance from a mental health professional if you suspect you are involved with or know someone displaying these types of behaviors.

- Will get what they want through physical violence: Most persons who batter tell us that their violence is a convenient tool to get what they want and to make things go the way they want
- Xenophobic: An abuser is often someone who fears, distrusts, and dislikes that which is foreign to them.
- You must follow their orders—or else: No matter what their mate does, an abuser is never satisfied.
- Aim at partner's vulnerabilities: Individuals who abuse often betray the trust of their intimate partners and break their confidences.

TRAPPED

WHY DON'T WOMEN LEAVE ABUSIVE SITUATIONS?

There are many factors trapping a women in a violent relations, some of these include:

- Economic dependence
- Staying because of the children
- Fear or reprisal
- Lack of knowledge or access to help
- Social/geographic isolation
- Emotional dependence
- Shame or feelings of failure

A range of social, economic and emotional factors make it very hard for a woman suffering intimate

partner - domestic violence to leave her partner. It may take many years and a number of temporary separations before she can finally do so. Many women who do leave, still face violence and harassment. The worst case scenario - murder by their former partner.





“The most authentic thing about us is our ability to create,
to overcome, to endure, to transform, to love and to be
greater than our suffering.”

~ Ben Okri

Whether it is natural instinct, influenced by social stereotypes or both, women are fixers.

“Women strive relentlessly to correct what is broken and mend what appears injured. Women look at the potential and the promises, believing deep-down that they can make a difference in one man’s wounded heart. While this quality is admirable, women tend to loose sight of the fact that they are not responsible for another person’s actions.” (C. Letchworth)

As difficult as it is to accept and harder still to refrain from “trying,” if a man is broken enough to mentally, emotionally and physically abuse, rape, or assault you, none of your influences will guide him in the right direction, nor fix him.

If the following chapter “felt too close to home,” PLEASE go to a trusted friend or family member and immediately contact one of the following advocate agencies. They can provide you with guidance, help, and hope for a new beginning.

Important Numbers

National Domestic Violence
Hotline 800-799-SAFE (7233)
800-787-3224 TTY
thehotline.org

Rape, Abuse & Incest National Network (RAINN)
Hotline 800-656-HOPE (4673)
rainn.org

The National Teen Dating Abuse
Help Line 866-331-9474
866-331-8453 TTY
loveisrespect.org

National Center for Victims of
Crime Stalking Resource Center
855-484-2846
victimsofcrime.org

4

CHAPTER 4



“Men, their rights, and nothing more;
women, their rights, and nothing less”
~ Susan B. Anthony

UNDERLYING CAUSE

PINK IS FOR GIRLS, BLUE IS FOR BOYS. RIGHT?

To not address the cause of crime and violence against women, is equivalent to placing a band aid over a gapping wound and hoping it will heal.

The most significant underlying cause to violence against women is gender stereotypes.

As far back as history takes us men and women have been conditioned by society to believe and think in a certain way.

These long withstanding beliefs and thoughts have left a tremendous weight on our cultural behaviors.

Violence against women being one of the most poignant.

Carefully consider the following information. Take the time to gain a better understanding of how stereotypes contribute not only to violence against women, but violence in general. Allow this

knowledge to inspire you to take a closer look at your own beliefs, thoughts and behaviors. Consider what you are teaching your children through words or by example, and examine the role you play within your intimate relationships.

Along this new path lies the golden opportunity for each woman to personally contribute to the forward progression of gender balance and evoke the necessary social change needed to protect our daughters, granddaughters, and each generation of women to follow from violence.

Change is life, personal growth is optional.

STEREOTYPING

The following refers to an article prepared by Jivka Marinova, of Bulgaria after a meeting with the United Nations.

Please note how gender stereotyping develops, the fact that it remains a universal dilemma and why efforts for combating gender imbalance are still necessary.

Where does stereotyping begin?

It starts with the opening of the eyes of a small baby. She or he understands very quickly the difference in being female or male. Although in different cultures the attitudes toward boys and girls show some nuances, girls are taught from a very early age that they have to obey, and boys – that they have to be strong and to be leaders.

Girls are playing with dolls, they are learning to prepare food and clothes and everything that is associated with “women’s duties” and boys are playing with small cars, weapons, encouraged to practice different sports and are taught to be the masters of the world. Children are receiving these first lessons from their

mothers, who have already been influenced by the same stereotypical thinking, making it difficult to break this vicious circle.

The next environment that children are entering is school, where conscious socialization is happening. Even within school books and texts gender stereotyping are present and reinforced.

The images that small kids receive from these books are women with babies in their hands, or women preparing food, or women at the high end – nurses and teachers. At the same time, images of men are usually soldiers, engaged in a prestigious sport, executing a strenuous job, and of course, leaders.



Stereotyping (continued)

The images that small kids receive from these books are women with babies in their hands, or women preparing food, or women at the high end – nurses and teachers. At the same time, images of men are usually soldiers, engaged in a prestigious sport, executing a strenuous job, and of course, leaders.

The perception that being a soldier and carrying weapons is more important than giving birth and taking care of life is reinforced in the minds of children in school. Let's not forget: boys are good at mathematics and girls - reading and singing. All of this leads to further divisions, stereotyping and to the perception that women have to give and to accept, and men have to take and to impose.

Too often it seems that boys learn early on that their interests are superior to those of girls and women. This is based partly on a defensive insecurity, but it is also based on the fact that material relations (access to resources) have been structured in a way that benefits men and harms women. So, when women organize for equality, often men react defensively.

How does stereotyping end?

It ends when both women and men change their beliefs and behaviors, and by correcting stereotyping within ourselves and with how we choose to raise our children.

Stereotyping (continued)

Historically, and currently, you find substantial efforts being taken by women's groups to reinvent the roles of both genders by promoting awareness and change concerning gender imbalance. However, these efforts are hindered without men and boys playing a more substantial role in promoting gender balance.

The patriarchal society is a violent one and violence is something that is learned. To combat it we need to adapt other learning forums for discussing it openly.

Men are not superior, women are not inferior - just different.

Discarding old stereotypes does not mean all gender differences will disappear. In fact, it is more likely that, the differences between individuals within each sex are likely to increase. With social balance, gender differences are no longer an issue.

Men and women need to understand that, "different" does not have to mean superior or inferior.

Those seeking equal rights for women are not asking for uninspired sameness, but for a society in which differences can occur without being exploited.



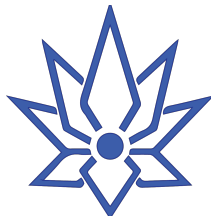
WORKPLACE STEREOTYPING

Take a look at the following charts displaying how men and women's **communication styles** in a work atmosphere reflect gender stereotypes. Note how these beliefs are supported by thoughts and lead to specific displays of behavior.

MEN'S FOCUS	INTERRELATED THOUGHTS TO SUPPORT BELIEFS	RESULTING IN BEHAVIORS THAT DISPLAY
Status	Position	Privilege
Hierarchy	Rank	Entitlement
Compete	Fight	Dominance
Display Expertise	Flaunt Knowledge	Superiority

The intent is not to place judgement on stereotyped or other sets of beliefs, but to promote awareness on HOW these beliefs, thoughts, and behaviors **can and do place women in a constant position for being victims of crime, abuse, and violence.**

WOMEN'S FOCUS	INTERRELATED THOUGHTS TO SUPPORT BELIEFS	RESULTING IN BEHAVIORS THAT DISPLAY
Connection	Relationship	Empathy
Establish Rapport	Understanding	Trust
Cooperate	Help	Pleasing
Down play expertise	Minimizing	Underestimating



“Courage is the power to let go of the familiar”
~ Raymond Lindquist

SOMETHING TO “THINK” ABOUT

Scientists conclude: using equal intelligence, male and female brains work in diverse ways to reach the same objective or solution. Each gender uses specific “areas of the brain” to accomplish the same goal. (Edmonds)

Sociologists explain “how” or “where” gender thoughts originate.

According to sociologists, to accomplish a valued goal, we have to find some way to relate and coordinate our behavior with that of others. We accomplished this through “common or cultural knowledge.”

This common or cultural knowledge is best known as shared stereotypes, as in “men are from Mars and women are from Venus.” These shared cultural beliefs act as the “rules” for coordinating public behavior on the basis of gender. (Ridgeway and Correll 2004).

Because we think most people hold these beliefs, we expect others to judge us according to them. As a result, we must take these beliefs into account in our own behavior, even if we do not endorse them. (Ridgeway, 2009)

For example:

In one recent study, girls' math scores improved when they were told that the exam was gender-neutral, while white men's scores on the same test dropped when they were told the scores would be evaluated against Asian men's scores. (Crenson).

Gender thinking has highly influenced and formed by these time honored cultural beliefs or stereotypes and as such dictate our social behaviors.

The truth is:

- Both genders can easily overcome any biological differences.

The questions are:

- Should women continue to condemn their fate by fulfilling social stereotypes?
- When and how will men accept the evolving changes in women?
- When will both genders find the courage to change their thinking? Redefine their stereotypes?
- Despite today's social structure, do you, at your deepest core, still believe that men are superior?

Please take the time to think about this question:

- Do you consciously or subconsciously engage in behavior that promotes men as superior and women inferior, to ensure you are socially accepted?



“The past is our definition. We may strive, with good reason, to escape it, or to escape what is bad in it, but we will escape it only by adding something better to it.”

~ Wendell Berry

Can Society Change?

“When it comes to gender, the effects of processes at one level cannot be understood without reference to those at the other level. Although the gender frame acts through the sense-making of individuals as they try to coordinate their behaviors, it does more than add texture and detail to a structural account of gender and society. When considered jointly with an institutional or structural analysis, the effects of the gender frame help us see how gender becomes embedded in new organizational forms and material arrangements. This analysis also suggests that change in the gendered system of a society will be iterative and may not always proceed smoothly. The forces for change come from political, economic, and technological factors that alter the everyday material arrangements between men and women in ways that undercut traditional views of status differences between men and women. The initial impact of such material changes is often blunted because people reinterpret the meaning of these changes through the lens of their existing, more conservative gender beliefs. Yet, even as people do this, the material changes make those more conservative gender beliefs harder and harder to sustain as meaningful representations of men and women in everyday life. If, over time, changes in the material arrangements between men and women continue to accumulate, the traditional content of cultural beliefs about gender will gradually change as well. A single wave does not move a sandbar, but wave after wave does.” (Gender and Society, Cecilia L. Ridgeway)

WARNING

THE PROVERBIAL BOAT AGAINST A PATRIARCHAL SOCIETY HAS BEEN ROCKING...

Current cultural barriers for women:

- Self-limiting beliefs
- Conflicting beliefs

Current cultural barriers for men:

- Loosing power: Personal versus Collective
- Pressure to perform and to change
- Being groomed for violence
- Barren father-son relationships
- Being denied emotional skills
- Not asking for emotional support

In society, violence against women is a sensitive and unpleasant dilemma, and those striving to bring about awareness and change still face many different road blocks in their efforts.

The most difficult impediment still to overcome is eliminating the conscious and sub conscious need in

men and women to fulfill their perceived social roles.

If women were "naturally" inferior, men would have nothing to fear. The fact that many men do fear such competition raises more than sufficient doubt as to the validity of their claims of entitlement.

As long as women continue to practice socially accepted roles, preordained by long withstanding patriarchal societies, women will limit their own individual potentials, hindering the opportunity to bring about the much needed change within the material arrangement, the most influential path to equality.

Violence against women will not end without both men and women striving to achieve a society wherein both genders enjoy the same rights and opportunities.

The definition of "equal" begins with, but does not end with: "the same"...

AFTERMATH OF VIOLENCE

The aftermath of violence is not bruises...bruises heal.

Domestic Violence

“The research is really illuminating,” Lisa James, the director of health issues at Futures Without Violence, told ThinkProgress. “Now, we’re understanding more and more that if you experience domestic violence, you’re at a higher risk for some of the largest health problems that our country is facing today — including heart disease, chronic pain, asthma, and arthritis.”

A domestic violence victim is 15 times more likely to self medicate with drugs or alcohol.

Victims of domestic violence also suffer from:

- High levels of stress - leading to other health issues or worsening any existing conditions
- Depression
- Anxiety
- Post traumatic stress disorder

The aftermath of domestic violence also affects the children in the home.

“We do know that growing up in a violent home does impact the health of children from a very early age — even, actually, in the womb,” Lisa James said. “Kids exposed to domestic violence experience a

whole host of similar health issues as we see in adult survivors, like anxiety, sleep disorders, and mental health and behavioral health issues.”

Rape

Physical symptoms are those things which manifest in or upon the survivor’s body that are evident to her and under physical examination by a nurse or doctor. Some of these are only present immediately after the rape while others only appear at a later stage.

- Immediately after a rape, survivors often experience shock. They are likely to feel cold, faint, become mentally confused (disorientated), tremble, feel nauseous and sometimes vomit
- Pregnancy
- Gynecological problems. Irregular, heavier and/or painful periods. Vaginal discharges, bladder infections. Sexually transmitted diseases
- Bleeding and/or infections from tears or cuts in the vagina or rectum
- A soreness of the body. There may also be bruising, grazes, cuts or other injuries
- Nausea and/or vomiting
- Throat irritations and/or soreness due to forced oral sex

Aftermath of violence (continued)

- Tension headaches
- Pain in the lower back and/or in the stomach
- Sleep disturbances. This may be difficulty in sleeping or feeling exhausted and needing to sleep more than usual
- Eating disturbances. This may be not eating or eating less or needing to eat more than usual

Behavioral symptoms are those things the survivor does, expresses or feels that are generally visible to others. This includes observable reactions, patterns of behavior, lifestyle changes and changes in relationships.

- Crying more than usual
- Difficulty concentrating
- Being restless, agitated and unable to relax or feeling listless and unmotivated
- Not wanting to socialize or see anybody or socializing more than usual, so as to fill up every minute of the day
- Not wanting to be alone
- Stuttering or stammering
- Avoiding anything that reminds the survivor of the rape
- Being more easily frightened or startled than usual
- Being very alert and watchful

- Becoming easily upset by small things
- Relationship problems, with family, friends, lovers and spouses
- Fear of sex, loss of interest in sex or loss of sexual pleasure
- Changes in lifestyle such as moving house, changing jobs, not functioning at work or at school or changes to appearance
- Drop in school, occupational or work performance
- Increased substance abuse
- Increased washing or bathing
- Behaving as if the rape didn't occur, trying to live life as it was before the rape, this is called denial
- Suicide attempts and other self-destructive behavior such as substance abuse or self-mutilation

Psychological symptoms are much less visible and can in fact be completely hidden to others so survivors need to offer this information or be carefully and sensitively questioned in order to elicit them. They generally refer to inner thoughts, ideas and emotions.

- Increased fear and anxiety
- Self-blame and guilt
- Helplessness, no longer feeling in control of your life
- Humiliation and shame
- Lowering of self esteem

Aftermath of violence (continued)

- Feeling dirty or contaminated by the rape
- Anger
- Feeling alone and that no one understands
- Losing hope in the future
- Emotional numbness
- Confusion
- Loss of memory
- Constantly thinking about the rape
- Having flashbacks to the rape, feeling like it is happening again
- Nightmares
- Depression
- Becoming suicidal

It is important that we recognize that people respond differently to trauma. While most survivors will experience these symptoms, some survivors may only experience a few of these symptoms or none at all. We must be careful not to judge whether someone has been raped by the number of symptoms that they display.

The trauma of rape is often compounded by the myths, prejudice and stigma associated with rape. Survivors who have internalized these myths have to fight feelings of guilt and shame. The burden can be overwhelming especially if the people they come into contact with reinforce those myths and prejudices. It is never a survivor's fault for being

raped. No one asks to be raped or deserves to be raped.*

Cost

The cost of intimate partner violence exceeds \$5.8 billion each year, \$4.1 billion of which is for direct medical and mental health services.

When medical care is needed following an assault, the average number of healthcare visits by type of service, if the service is required as a result of the assault, is 21.1 physical therapy visits, 5.7 nights in a hospital, 4.4 dental visits, 3.2 physician visits, 3.1 outpatient visits, 1.9 emergency room visits and 1.1 paramedic visits.

Victims of intimate partner violence lost almost 8 million days of paid work because of the violence perpetrated against them. This loss is the equivalent of more than 32,000 full-time jobs and almost 5.6 million days of household productivity as a result of violence.

Crime victims of all types of crime may experience trauma - physical damage to their bodies or emotional wounds or shock caused by the violence against them. Reactions to trauma vary from person to person and can last for hours, days, weeks, months, or years.

victimsofcrime.org

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YGG Fitness & Defense would not be possible without the years of dedication and direction given to me by my instructors, my mentors, and now my friends:

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To my children and my students, every day you brought into my life so much joy and diversity, and with this, so many possibilities. Thank you for teaching me how complimentary our differences truly are. May each of you have the courage to eliminate from your beliefs any non-prolific influences precluding you from being you. May each of you continue to show by example for your generation, and those to follow, that there are no limits bound by gender, sexuality, race, or spiritual beliefs. Embrace and nurture your individuality, while accepting the same in others. Practice only kindness and compassion, for this is the only path to true love and happiness.

And last, but by no means least, I owe much gratitude to my very dear friend, Sandi K. Fisher, for believing in me, even during the moments when I did not believe in myself.

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* The views expressed in this
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and do not necessarily
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