

From Criticized to Cutting Edge: Why Self-Defense is Now Recommended for Sexual Assault Prevention

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Why It's Time for Sexual Assault Self Defense Training

--September 2018, Psychology Today

Self-Defense Training as Part of a College's Sexual Assault Prevention and Education Programs

--August 2019, Social Work Today

The Power of Feminist Self-Defense

--July 2019, Ms. Magazine

Of Course Colleges Should Teach Women How to Defend Themselves

--May 2019, Forbes

University of Chicago Student Who Bit Her Would-Be Attacker Acted in Keeping with New Studies on Sexual Assault

--August 2019, Chicago Tribune

Empowerment Self-Defense Programs Make Women Safer. Why Don't More Colleges Use Them?

--April 2019, The Chronicle of Higher Education

Lowering the Risk of Sexual Assault: What Campuses Need to Know about Effective Prevention Programming

--May 2019, Change: The Magazine of Higher Learning

The History of SA Prevention

- * 1980's
 - * Growing recognition of the problem
 - * Mary Koss, Christine Gidycz
 - * Women's self-defense proliferates

Examples



R.A.D.
Rape Aggression Defense System



The History of SA Prevention

- * 1990's
 - * Women's self-defense predicted to lower rates of sexual assault
 - * But programs prove ineffective . . .

The History of SA Prevention

- * Victim blaming
 - * Onus on victim
 - * Blamed for failed self-defense
 - * Unfairly constrains victim's behavior
- * Don't promote culture change

The History of SA Prevention

- * 2000's
 - * Pendulum swings
 - * Emphasis on primary prevention
- * ACHA and CDC white papers

Examples

The logo features a light green background with a darker green border. On the left and right sides, there are circular icons containing the text 'THE GREEN DOT' and 'TRAINING'. The main text is in a bold, green, sans-serif font.

**GREEN DOT
BYSTANDER
TRAINING**

The logo consists of a dark teal circle with the text 'Know Your Power' in a white, sans-serif font. A registered trademark symbol (®) is located at the end of the word 'Power'.

**Know
Your
Power®**

The History of SA Prevention

- * 2010's
 - * Primary prevention predicted to lower rates of sexual assault
 - * But programs found to have little impact on assault risk . . .

The History of SA Prevention

- * 2010's
 - * A new kind of self-defense takes shape
 - * Accounts for realities of acquaintance assault

Effective Self-Defense

- * Effective programs:
 - * Physical and verbal response options
 - * Violent and non-violent response options
 - * Flexible enough to account for individual feelings

A Combined Approach

- * Research suggests that programs that combine well-designed self-defense strategies with primary prevention initiatives are the most effective means of reducing assault risk

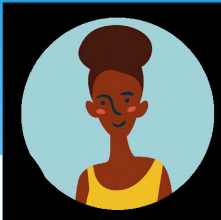
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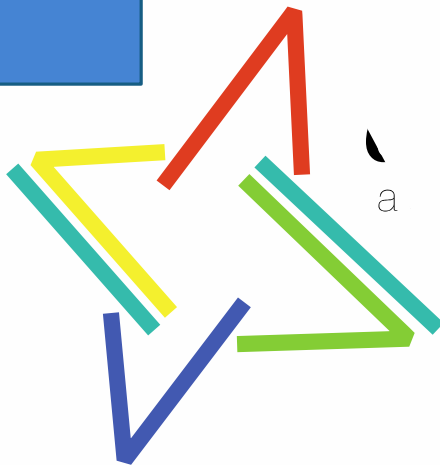
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Examples



Help end sexual violence against young women!

There are no quick fixes. **EAAA** is 1 part of a comprehensive response/solution for preventing sexual violence against young women.



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New ACHA Guidelines

- * American College Health Association:
 - * “Deliver risk reduction programs in addition to primary prevention”

ACHA Guidelines: Addressing Sexual and Relationship Violence on College and University Campuses (2016) http://www.acha.org/documents/resources/guidelines/Addressing_Sexual_Violence.pdf

Implications

- * Don't discount self-defense
- * Add self-defense to campus programming
- * Combine primary prevention and risk reduction

- * Spread the word