

This brings us to the inevitable question: How can someone choose to ignore these danger signs?

Selfishness

We now come to perhaps the most controversial part of this short article. Let us again restate that no woman 'deserves' to be raped, no woman provokes or causes rape. No woman is to be blamed if she is or was raped.

The raw and unpalatable truth, is that most high-risk behaviour stems from selfishness.

Over 2000 years ago, Demosthenes said: "Nothing is easier than self-deceit. For what each man wishes, he also believes to be true".

As stated earlier, high-risk behaviour is enjoyable. Partying, drinking, drugs, flirting, exploring and wielding new found sexual power over others, and many other kinds of unchecked behaviour, bring pleasure.

Often this kind of behaviour is considered 'acceptable' by the participants because they are getting something out of it. What is fun and enjoyable to them is by definition "okay".

When pressed further on this subject the common response is "Well, technically it is wrong...but, it isn't hurting anybody." This kind of rationalisation even extends to illegal behaviour, such as drugs and under age drinking. As long as they are getting something out of it, it isn't wrong or dangerous, to them.

Certain behaviours will put you in great danger of being sexually assaulted. Right or wrong has nothing to do with it.

Associating with, partying with or becoming involved with selfish and violent people are examples of these behaviours.

It is the nature of these sick people to act in a selfish and destructive manner - and that includes rape if it enters their minds.

Recognise that high-risk behaviour attracts selfish people. And that especially means people who are likely to assault other people, whether physically or sexually.

It is the relaxed standards and loosening of social conventions found in the partying lifestyle that these people use to give their impulses free rein. Every time you willfully choose to engage in the same kind of behaviour you are taking the risk that you will encounter someone who is willing to go farther down the path of "no rules" in order to get what they want, at your expense.

If we go out and act in a reckless and selfish manner, we will end up surrounded by like minded people. We cannot assume that everyone else will have the same rules about "no rules." Breaking the rules is not your sole domain and sometimes people are willing to go to further extreme than you in the pursuit of getting what they want.

Now does this mean we should be against young people going out and having a good time? That would be unrealistic. Does this mean that we should be against them having fun? Of course not.

Does it mean that we are advocating some restraint, self-control and attention to what is happening around them and who they are with? Yes.

You can have a good time without putting yourself at risk. Yes, it calls for some self-control and operating within functional standards when you are partying. But that is the price of your safety.

If you see someone displaying dangerous behaviour, exercise self-control in all of your dealings with them. If they are a shark, they will bite. But you can do a lot to make sure it isn't you who gets bitten.



UNITED KINGDOM WING CHUN

ASSOC.

Unit 7, The Planks, Lubards Lodge

Hullbridge Road

Rayleigh Essex SS6 9QG

07860 276923

<https://www.ukwingchun.com> / e-mail: info@ukwingchun.com

英國詠春功夫會

UK WING CHUN KUNG FU ASSOC

Self Defence: Rape & Sexual Assault

Assessing pre-assault behaviour

It is difficult to accurately assess the victim's pre-rape behaviour. The police are at times accused of being insensitive to victim's feelings while trying to assess the events leading up to an assault. This is made far more complicated when, prior to the assault, if the victim was engaged in illegal or inappropriate behaviour, now recognises this and wishes to omit this fact.

The police, recognise that unacceptable behaviours by both parties are commonly involved in a rape case, and are required to ask these questions – especially since legal action will result. It is no longer just about the victim, the repercussions will impact families and friends of both sides, as well as police and judicial services. It not about what happened to one person, it involves many people.

The most assured way to become caught up in violence, is to become involved with violent people. This is made worse if you are engaging in high-risk behaviour with someone who fits the potential rapist profile.

The problem with most high-risk behaviour is that it is 'fun', right up until the moment it all goes terribly wrong.

Unfortunately, an overwhelming number of rapes occur when participants are engaging in "forbidden behaviour," which Society tends to restrict or legislate against. The vast majority of rapes occur when one, or both parties, are under the influence of alcohol or drugs. While the exact percentage is a topic of serious debate, a significant majority of rape victims were engaged in illegal or restricted behaviour at the time of the rape, whether it be drugs or underage drinking.

This is not to say that these young women are responsible for the rape. Absolutely nobody should be raped.

Nature of Rules and Prohibitions

There seems, at times, to be confusion about the nature of warnings and restrictions among the young.

Warnings and Restrictions are not generally put immediately before any danger,, they are best served a good time ahead and at safe distance. Roadwork Warnings are not only placed near a hole in the road . Warnings are placed miles ahead, in order that drivers are prepared and can take an alternative route. Further on more warnings are posted and barriers are put up in front of the roadworks themselves.

Restrictions on 'behaviour' operate in much the same way. Behaviours are legislated against because they are often the the road to danger. This is why you can engage in restricted behaviour and NOT have any negatives happen to you. However, the longer you stay speeding down the road the more likely you will be a victim for not heeding the danger signs. Slow down and take heed.

A critical review of most disasters that occur noted that despite the warning signs, often the person purposely ignored the warnings and actively bypassed the barriers. With such willful and sustained activity, it is difficult to credibly call the resulting crisis an "accident".

And that is exactly what high-risk behaviour is. It is fun, self-gratifying and gives the illusion of power and freedom right until it all goes horribly wrong.

Assumption of Power vs. The Nature of Real Power

Under normal circumstances both males and females have power and influence over each other's behaviours. This interchange of influence and power is a cornerstone of a functioning relationship. As people mature, they commonly come to understand this exchange - whether consciously or unconsciously - through experience and practice.

Although some - who have no idea of the nature of power - will deny it, there is one underlying truth about the power in general. This truth especially applies to the power women have over men and that is:

Power is only loaned, it can, therefore, be revoked.

Contrary to popular thought power over other people is given by them. If you understand the nature of power, you understand why it can be revoked and how that is different from "having your power taken from you."

People grant others power and influence when they believe it is in their best interest to listen, be involved and, in some cases, follow leadership.

Leadership is about trust. It means that someone trusts you to function in a capacity that will benefit them and care for their interests. And for that, they grant you power.

Even the most despotic leader has a group of people who are profiting from their regime, and it is these people who keep them in power. When such a person no longer serves the needs of a group, the power is revoked. In a some countries that means the person is assassinated in others the person is either not re-elected, or is forced to resign.

On a smaller scale, people just stop listening to you.

Now what does all of this have to do with rape?

Young women do have power over young men. And with power comes responsibility. A responsibility that if it is abused can lead to a revocation of power. Often, this just means that a young man will simply not have anything to do with her, but occasionally, it can have far more disastrous repercussions.

At this time, it is important to differentiate between power and force. Power is a long-term influence. While power can be backed by force, that is only one of many pillars that can support it. Force alone will never support power. Power is about long-term benefit for everybody. Force, however, is transitional. At best, its purpose is to put a stop to an unacceptable and extreme situation. Or perhaps to achieve a particular short-term goal. At its worst, it is purely for selfish reasons and benefits no one except the user.

Young women have a very strong influence on young men. This IS power. Its use and abuse has results and repercussions. Learning to use power and influence over other people is a life-long and never-ending task of refinement and practice. It is a life skill, and one that has much more value and use than just self defence. In fact, understanding about power is a fundamental of management: The better you get at helping other people get what they want, the more trust you earn, and the more power you will have.

Many young women do not realise that the power and influence they have over young men is given to them BY the men. It exists ONLY AS LONG as the man is willing to listen. And, as stated earlier, the reverse is also true. Men only have power over women as long as women grant it to them.

But, many young and inexperienced women assume that the power and control they have over other people comes from within themselves. This gives them a false sense of confidence and, often, a dangerous overestimation of their own abilities. They assume that the power is always going to be there and that with words alone they can control others.

While this can be true to a certain extent, there are many situations where words no longer have power.

Observing two men square up to fight demonstrates the conditional nature of this power - especially if women are present.

The men, could be likened to dogs, suddenly locked into instinctive behaviour and ignoring the owner's commands. These animals are operating on pure canine instinct until the owners can physically establish control again. The only thing that is going to break them out of that pattern is either its completion, or the intervention of a greater outside force.

How Do Others React To Such Feral Behaviour?

- Storming away in disgust,
- Stand and Shout at the the males to stop,
- Scream profanities at one male or the other
- Jump into the fray, to break it up
- Physically attack their male partner for ignoring them and engaging in unacceptable behaviour.

However, the most common reaction is for the woman to stand in total shock and confusion when her normal influence is temporarily shut off by the male. For that moment in time, she has absolutely NO power or control over him. This sudden and unexpected stripping away of her perceived power and influence/control is as much an overwhelming shock to her as the savagery of the fight itself.

When he is willing to listen again - the male is going to be either seriously scolded or ejected from the woman's life. Once again, the woman's power and influence will be re-established. The nature of this new power structure, however, will be strongly influenced by the experience.

One should take particular note of the female intensity when re-establishing her control and influence. There is often substantial anger involved. While there are many other factors, due to the intensity and degree of this anger, it is not unreasonable to assume that female pride, ego and trauma from the loss of perceived control is involved to varying degrees. Watching a fight is one of the most blatant examples of what can happen when males choose to temporarily ignore normal social conventions and act primitively.

The truth is that a woman's power over a man only lasts as long as he is willing to listen to her. Young females are often extremely traumatised and confused when this reality about their power over others is thrown into question.

It is even more traumatic when they are the target of a willfully deaf act of violence and aggression. It could be speculated that this is a significant contributor to the trauma of rape. It is not just the intensity of the physical assault, but the simultaneous destruction of her illusions of control/influence over the male.

But those illusions were based on a serious misconception about the reality of power and control, and their source. You cannot control other people. *The only absolute control and power you have, is over yourself and what you do.*

Arrogance

The appeal of engaging in forbidden behaviour cannot be understated. Nor can the arrogance of the young who, after tasting its pleasures - and discovering that a bolt of lightning hasn't struck them - believe that they "are in control of the situation."

Such phrases as "I know what I am doing," "I can take care of myself," or psychic predictions of "that would never happen to me" are based on very little actual experience. "Confidence is what you have before you fully understand the situation," before it goes wrong.

It is both the fun factor, and the overestimation of their abilities, that often leads young women to engage in behaviour that can result in their being raped. Now this is not to say that they provoke or cause the rape. Nor does it mean that this is always the case. However, it does mean that they often put themselves in situations, and with people, where rape can AND does occur.

The longer you engage in high-risk behaviour, the chance increases that it will eventually go wrong. No matter how much you want to blame others after the fact, the truth is, high-risk behaviour is precisely that.

Dangerous Areas and Dangerous People

Except in occasions so rare as to be statistically meaningless, male upper body strength is superior to that of the female of the same age. Men are stronger than women. There is no ideology here, it is a simple fact of human physiology. And until a woman has been physically assaulted or overwhelmed, there is very little comprehension of what kind of physical force a male can muster. Even with martial arts training, a smaller woman will be overwhelmed by an equally committed male if she tries to contest this strength.

Therefore, one of the cardinal rules to prevent rape is NEVER put yourself in a situation where you can be successfully assaulted by a male who exhibits the danger signs.

While it is unrealistic to expect that all such individuals will be excluded from a young woman's life and/or circle of friends, a woman can determine when, where and how she will deal with such a person.

A solid rape prevention strategy is:

- *Never allow yourself to be alone with a person who exhibits dangerous or high risk behaviour.*
- *Do not allow yourself to be isolated with such an individual when one or both of you have been drinking.*
- *Ensure you are always in the presence of others when this kind of person is present.*
- *Do not allow yourself to be talked, bullied, cajoled or convinced to be separated from others.*
- *Do not accept a lift home.*
- *Do not let him into your home late at night.*
- *Do not linger in areas where he unexpectedly shows up (lie in order to excuse yourself).*
- *Do not go off alone with such a person.*
- *Do not leave social events or establishments alone where you have encountered him.*
- *DO NOT assume that the presence of his best friend constitutes not being alone with him.*

If you ever find yourself in such a potentially dangerous situation get yourself to safety immediately. Use any means at your disposal to get out of isolation with this person. Head for the lights and the noise. That is where people are and that is where safety is.

A commonly heard cliché among alarmists is "All men are potential rapists." While theoretically true, such a statement ignores the difference between possible, probable and "are". It also implies that one half of the human race, the men who women love and live with, are monsters.

The truth is, there are men who are more LIKELY to rape a woman. However, rather than engaging in blind paranoia and assuming all men are potentially evil rapists, it make sense to learn what the displayed behaviour of such individuals is, and then avoid those kind of people?

If you insist on dealing with this kind of person on a regular basis, you greatly increase your chances of being sexually assaulted, stalked or abused. If not all three.

Ignoring or Minimising Danger Signs

It is not uncommon for a woman who has recently been sexually assaulted to maintain that "she never thought he would do something like that." In counterpoint to this idea, there is an old saying: Nothing comes out of nowhere.

Things do not 'just' happen by themselves. This means things don't happen without reason and without warning.

There is literally no such thing as behaviour that just occurs "without warning." It takes a long time to get to the extreme mindset where sexually forcing themselves upon another person is an action they would take - much less the actual commission of the act.

Few rapists are subtle enough, polished enough or sophisticated enough NOT to give away warning signs as to personality flaws and potential danger. A person who would be likely to rape another person regularly DISPLAYS this fact - through comments, behaviours and attitude. The signs are there.

Using the road sign analogy again, the warning signals have been unrecognised, intentionally ignored, or worse, the warning systems have been actively disengaged by drinking etc.

Unfortunately, this is often what happens when it comes to rape.

It is extremely common for young women who are engaging in high-risk behaviour to either ignore or minimise the warning signals that soon-to-be-rapists display. Unacceptable behaviour is rationalised away with comments like, "Oh that's just so-and-so, he always does that." Or "he doesn't mean anything by that." Or "he'd never do anything like that."

This last statement flies in the face of blatantly displayed behaviour and does not make sense until you add the unspoken assumption of the woman. That is to add "to me." That changes the statement to "he'd never do anything like that to me."

Aggressive, assault and criminal behaviour - that the young woman has witnessed - is often dismissed in this manner. Since it hasn't happened to her yet, she assumes it will never happen to her.

A shark doesn't become something else just because it isn't attacking you. Given an opportunity a shark will turn on you. This has nothing to do with you or how much power and control you perceive you have.