



Stay Safe
**STAY
EMPOWERED!**

- **Women Safety**
- **Legal Rights**
- **Financial Security**
- **How boys can help**



युवा कार्यक्रम और खेल मंत्रालय

MINISTRY OF

YOUTH AFFAIRS AND SPORTS

**Street
Level
Awareness
Program**



The information provided herein is for guidance purpose only. Response to each threat is unique & situational & therefore this information cannot & should not be construed as specific advice in case any situation arises. SLAP shall not be held responsible for any damages which may arise due to use or misuse of information arising out of or in connection with the use of this material.

Foreword & Acknowledgements

As per the NCRB data every 20 minutes a crime happens against a woman. This is a cause of concern and needs to be addressed on priority basis.

On one hand more & more girls are stepping out of the confines of their home and fulfilling their dreams but on the other they are hardly equipped to face physical & psychological aggression on the streets/office/public transport.

When we talk of women safety, we often overlook the role men & boys can play in stopping these crimes. The battle against gender violence is NOT & should not be treated as a battle between genders.

We at SLAP, are grateful to the Ministry of Youth Affairs & Sports, Govt of India for sponsoring this Women Safety Handbook and the entire campaign to train young girls on personal safety & sensitize young boys on healthy role models.

A special Thank You to Ms Valerie Tschida for creating the soft-spots illustration for Self Defense module.

Our aim is not to encourage anyone to fight but for women to be able to **ESCAPE** out of distress situations. This handbook is aimed to prevent crimes against women by raising awareness. Our Vision is a 'Safe, Harmonious & Gender Neutral world'.

-- Mriganka Dadwal
Founder, SLAP

Being Street Smart

2. Listen to Your Gut

Feel: If something feels wrong, do pause & assess a situation. Heed your intuition.

4. Create Ruckus: Scream & draw public attention if you are being harassed. Do not be afraid to confront an offender.

1. Be Alert: Pay attention to your surroundings. Situational awareness can help prevent many a mishaps. It can help you anticipate and avert a dangerous situation.

3. Be Assertive: Maintain an upright posture, look around 360 degrees, walk with confidence, make eye contact with people & when you need to say NO, say it with conviction.

5. Do not Panic: Your presence of mind is your strongest weapon of self-defense. Stay calm & look for an ESCAPE route.



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5 steps to Safety

- 1. Helpline Numbers:**
181: National Women's Helpline
1096: Anti-stalking/Anti-Obscene call Helpline



- 2. Making an SOS call:** Keep your emergency contacts (family/friends) on speed dial. Shout out your location first when making an SOS call.

- 3. Use Technology for your benefit:** Safety apps can help broadcast emergency message to multiple contacts with a click. **Himmat, Red Eye, B Safe** etc are some apps available for free.

- 4. Invest in a Pepper Spray:** With multiple attacker assaults being a reality, do invest in a good pepper spray. ('How to use': refer pg)

- 5. Learn basic self-defense:** You don't become weak because of your gender or size. Learn 'how & where to hit' a strong opponent to subdue him & ESCAPE. (Self Defense techniques: refer pg)



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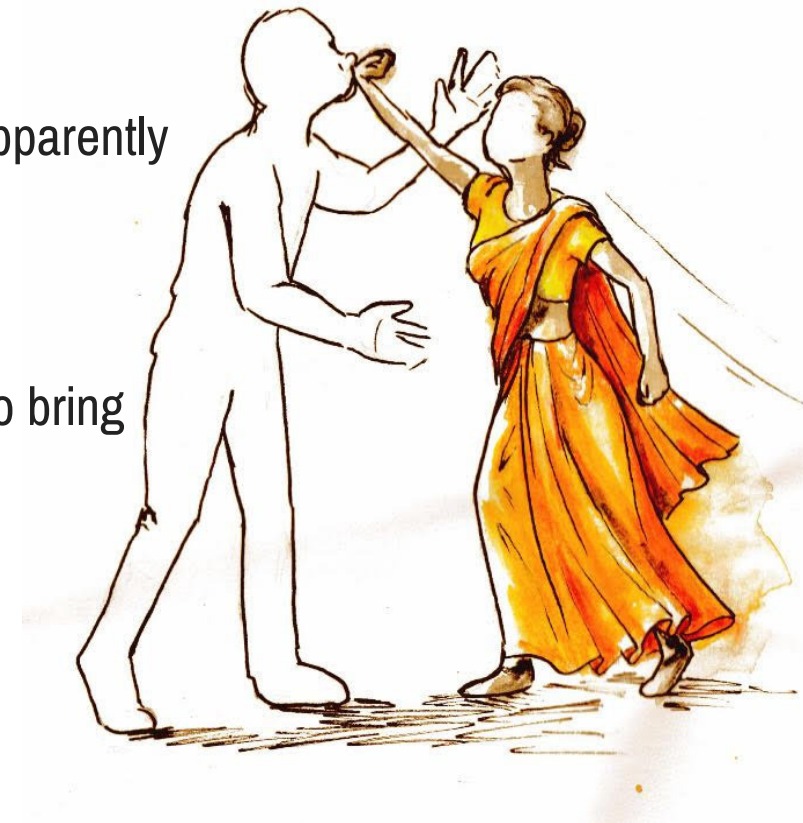
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Easy Self-Defense

Given the limited scope of this space, we are only attempting to share the very basic steps to self-defense. The more you practice, the more you will condition your reflexes to avoid the "freeze" moment. What you need to understand:

1. Soft-spots of an attacker: where you can hit an apparently stronger/bigger attacker
2. How to hit: Your own strength and how to use it to bring down this strong opponent
3. ESCAPE: The bottom-line is NOT to get into a fight but to get out & ESCAPE

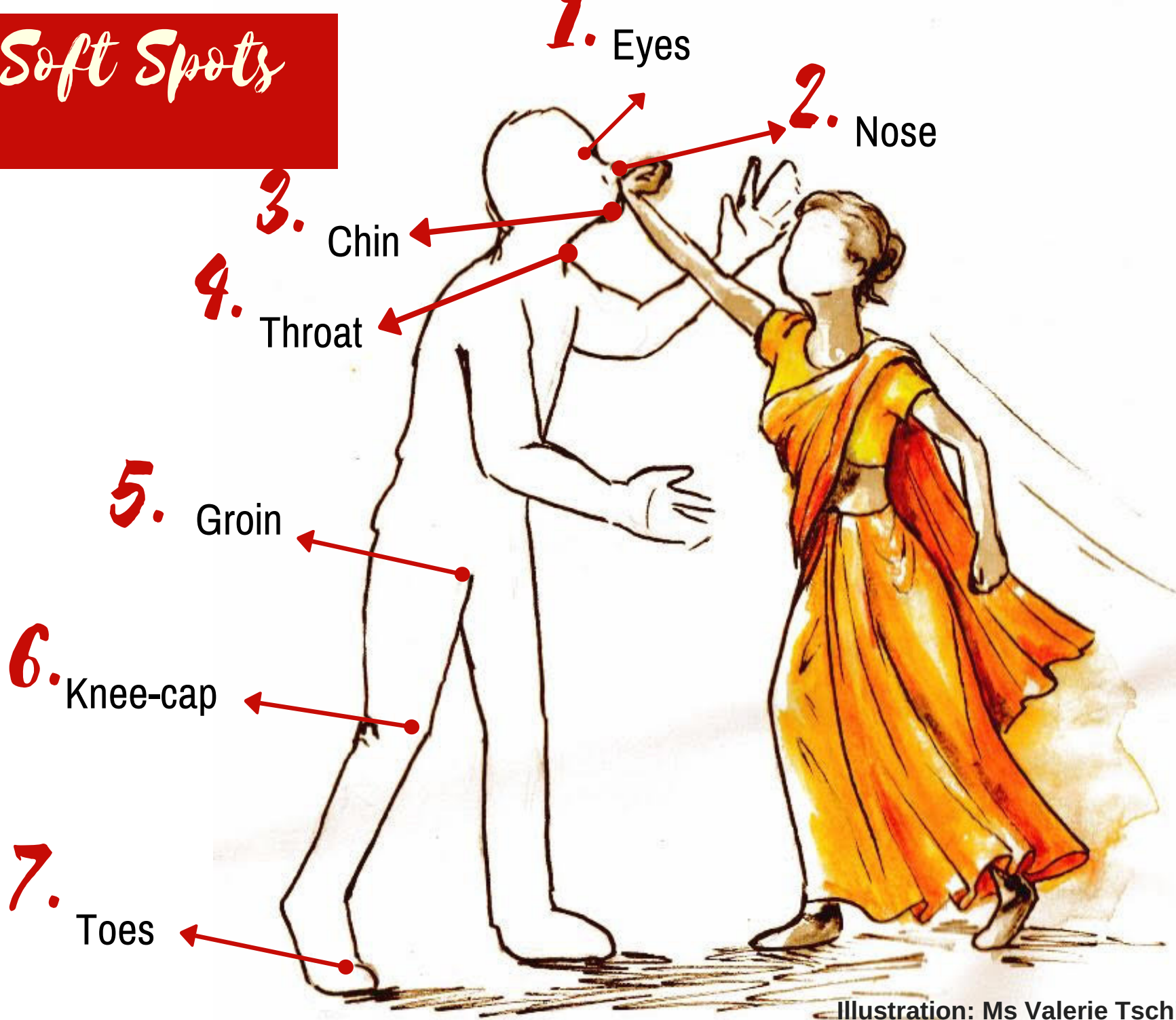


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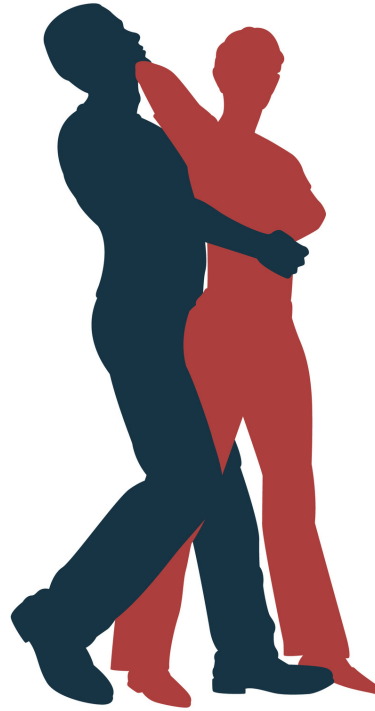
Soft Spots



How to HIT



SPOT: Groin
Hold Attacker &
Kick hard with
KNEE



SPOT: Chin
Slam Your ELBOW in
his chin sideways or
upper cut



SPOT: Toes: Crush
with your HEELS



SPOT: Nose
Punch hard with base
of you PALM



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Using Pepper Spray

- 1. Choose the Right Size:** Buy a **55ml/35gm** can for it to be able to last more than one attacker
- 2. Choose the correct range:** Going for a **7-10 ft** range means that you can stay out of the reach of the attacker while defending yourself.
- 3. Carry it in your hand:** Walking home late night, on an unlit street, in a deserted parking lot or taking a cab/auto – keep your pepper spray in hand or somewhere easily accessible.
- 4. Aim for soft spots:** Direct the spray into the eyes, nose or ear of the attacker. It will immobilize him for **30-40 minutes** giving you time to ESCAPE.
- 5. Read the fine print:** Using a pepper spray for self defense is permissible in India, but its misuse is a punishable offence. Read the label well before using & keep out of reach of kids. Wash with cold water if it accidentally goes into your eyes.



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Daily use items for Self-Defense

Anything can double-up as an item of self-defense if only one uses presence of mind instead of panicking. Here are few ideas:

- 1. Hand-bag:** Most girls carry big bags . It can be used to slam in the face of an attacker aiming for his soft spots like nose, chin etc.
- 2. Pen/ Keys:** Any pointy sharp object can also double up as a self-defense weapon. Simply poke it in the attacker's eyes, throat etc.
- 3. Mobile Phones:** In case of an assault, hit your attacker on his head, ears or temple area near his forehead
- 4. Deo Spray:** Spray a generous amount of your deo in the eyes of the attacker and
ESCAPE



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*See Something
Do something*

**"The world suffers a lot
NOT
because of the
violence of bad people
but
because of the silence of
the good ones"**



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*See Something
Do something*

Stalking, Harassment, eve-teasing, domestic violence -- many crimes of gender based violence can be prevented if instead of being silent spectators, by-standers - especially BOYS did something. Some approaches:

- 1. See eve-teasing:** Start talking to the girl so the offender gets the message that she is not alone. Always ask her first if she needs you to intervene or not.
- 2. Domestic Violence in neighborhood:** Gather some neighbors and collectively tell the family this behavior is unacceptable in your community.
- 3. Witness groping in public transport:** Step physically between the groper & the victim to create safe space for her. You may use your bag pack as a shield.
- 4. Harassment/Stalking:** A lot of offenders indulge in harassing behavior to impress their friends. If someone in your circle is a bully don't treat his behavior as heroic or make light of it.



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Heroic vs Harassing

The thin line between Heroic & Harassing behavior is the word **CONSENT**

Heroes

Harassers

Respect Consent
Take NO with dignity

Force their will
Take NO on their ego



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More & More Heroes are joining in our battle for Women & Girls' Safety

#SochParSlap

Join  'slaponline' community & take a stand!

Law Empowers

- 1. Zero FIR:** A Rape survivor has the right to file her complaint in ANY police station irrespective of her place of residence.
- 2. Sexual Harassment Enquiry:** A company is bound to provide up to 3 months leave to a woman employee during the pendency of enquiry.
- 3. Maternity Leave:** Under Maternity Benefits Act, it is compulsory for all offices, whether in public or private sector to grant 6 months maternity leave to a woman.
- 4. Women 'Karta':** In a landmark verdict Delhi High Court ruled that eldest female member of a family can be its Karta giving her the authority to manage property, rituals & other crucial affairs.



Money Wise

You are not truly empowered until you have financial independence & the confidence to manage your finances.

- 1.** **Rs 12/- per year** is all it takes to get **Life Insurance** cover of up to Rs 2 lakh under Pradhan Mantri Suraksha Bima Yojna.
- 2.** A **SIP (Systematic Investment Plan)** can be started for as low as **Rs 500/- per month** (less than the cost of a movie ticket & snacks in a multiplex). A small saving done consistently can compound into big sum.
- 3.** **Loans from Rs 10 lakh- 1 crore** are available for **women entrepreneurs** under the Stand Up India scheme launched by PM Shri Narendra Modi.
- 4.** **Health Insurance** Every girl must invest in a good health insurance plan to be prepared for any medical emergency.



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About Campaign: I ❤️ Safe Delhi is a campaign sponsored by the Ministry of Youth Affairs & Sports, Govt of India.

These 90 minute power packed sessions are being conducted in schools & colleges of Delhi NCR free of cost & are open to both boys & girls.

Workshop Highlights: # Real Life Threat Simulation (eg. Groping, Stalking, Harassment, Assault) & fightback tips & techniques

Cab Safety, Safety in Public Transport, Auditing unsafe spaces

#Use of Pepper Sprays, Helplines, Safety Apps

#Demo & Practice

#By-stander Intervention tips for boys

#Know your Legal Rights

#Basics of Financial Literacy/ Govt Schemes EmpoweringGirls

To organize a FREE session in your college/school

Mail us: writetoslap@gmail.com

Call us: 8800458357

About SLAP: Street Level Awareness Program (SLAP) is a Delhi-based NGO.

We conduct Training & Talks focused on:

Women Safety, Sexual Harassment Prevention, Gender Sensitization, Child Sexual Abuse Prevention, Legal Rights & Financial Literacy.

Our Mission: To create Safe Cities & a harmonious society which provides equal growth opportunities to all the genders.

Safety Module: Our safety module has been created with inputs from some of the best Martial Art Experts in the world including -- Our in-house trainers & MMA boxers, KMCA France & US Marine Commandos.

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