



Assault Prevention Knowledge Check

1. Name five things you can do that will help if someone tries to hurt you:

i.

ii.

iii.

iv.

v.

2. Outline your assault prevention plan:

If someone tries to hurt me,

○ I will _____.

If I want to avoid people who might try to hurt me,

○ I will _____.

If I need to leave the room/area,

○ I should _____.

If I can't leave the room/area,

○ I should _____.

If I need help,

○ I will call _____.



Potential Answers to Question #1

- Make eye contact.
- Breathe and calm yourself.
- Focus on what to do to get to safety.
- Get help by:
 - Calling 911 and reporting to the police.
 - Talking to your landlord.
 - Getting help from an abuse prevention center.
- Surprise your attacker by:
 - Making noise.
 - Saying "No."
 - Walking or running away.
- Give 100% effort.
- Wait for a chance to get to safety.
- Defend yourself by physically fighting back.