

# TEEN SAFETY

## •Myths vs. Reality•

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

1. Describe the average abduction victim:
2. What percentage of sexual assault victims are male?
3. What is rape?
4. What are some dangerous habits that could put you at risk at night?
5. What is abduction?
6. Where do most sexual assaults occur?

7. What time of day do most sexual assaults occur?

8. What are some differences between male and female assault victims?

MALES

FEMALES

9. What similar feelings are felt by both male and female assault victims?

10. List the 10 martial arts tips of what you can do to protect yourself against an assault:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



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# TEEN SAFETY

## •Myths vs. Reality•

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

### TEACHER'S KEY

1. Describe the average abduction victim:

*An 11 year old girl from a safe middle class neighborhood*

2. What percentage of sexual assault victims are male?

*28%*

3. What is rape?

*Rape is nonconsensual sexual intercourse that is committed by physical force, threat of injury, or other duress*

4. What are some dangerous habits that could put you at risk at night?

*Ears covered, walking alone, being distracted*

5. What is abduction?

*Abduction is taking a person from one place to another against his or her will or confining a person to a controlled space*

6. Where do most sexual assaults occur?

*Within 1/4 of a mile from home*



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7. What time of day do most sexual assaults occur?

*Between 3:00-4:00 pm*

8. What are some differences between male and female assault victims?

Males

*Age 4 (occur at a younger age)  
Turn feelings outward (against others)  
Abuse occurs in all-male settings*

Females

*Age 11  
Turn feelings inward (against self)  
Abuse occurs in a home*

9. What similar feelings are felt by both male and female assault victims?

*Pain, anger, shame, loneliness, intimacy issues*

10. List the 10 martial arts tips of what you can do to protect yourself against an assault:

- 1. Run away*
- 2. Yell, but don't yell help*
- 3. Stay an arm's reach away*
- 4. Pull away in the direction of the thumb*
- 5. Anything can be a weapon*
- 6. When grabbed from behind, stomp on the foot*
- 7. When being choked, clap hands on ears*
- 8. Hang on to a large object*
- 9. Bear hug and fingernails*
- 10. Be ready to fight dirty*