

PED 129
Class 12 – Prevention Psychology (IV)

Projecting Confidence Through Body Language

1. Stand erect
2. Look the attacker in the eye with a confrontational or defiant facial expression
3. Establish a defiant stance, dominant foot back to kick, hands clenched; hold keys/purse etc. as if you are going to use them as a weapon
4. Develop an attitude similar to “I’ve had enough” or “I don’t have time to be hassled.”
5. Be willing to be verbally confrontational and challenging.
6. Act extremely rude and arrogant.
7. Project that you are sizing up the potential attacker, and act disgusted. At the same time, examine the subject for the purpose of future identification, if needed:
 - Height
 - Weight
 - Race
 - Hair color/style
 - Eye color
 - Body type
 - Description of clothing
 - Other: body piercings, tattoos, facial hair, teeth (gold/grills/missing), odors (breath/body)

Projecting Confidence Through Verbal Responses

1. “I don’t have time for this s***.”
2. “I’m pregnant” or “I’ve just had a baby.”
3. “I’m gonna be sick” or “I’m gonna throw up.”
4. “I have AIDS” or “I have an active herpes infection.”