NATIONAL FEMALE STUDENTS ASSOCIATION OF NIGERIA (NFSAN)
ONDO STATE CHAPTER

NOT A VICTIM

SELF DEFENCE SKILLS FOR A SAFER TOMORROW

HANDBOOK



TEAM APEX

A MESSAGE FROM THE CHAIRPERSON

NOT A VICTIM: SELF-DEFENCE SKILLS FOR A SAFER TOMORROW

Dear Young Woman,

You deserve to feel safe, to be heard, and to pursue your dreams without fear of harassment, abuse, or violence. Your safety, dignity, and wellbeing matter.
It is my pleasure to welcome you to Not a Victim: Self-Defence Skills for a Safer Tomorrow, an initiative of NFSAN Ondo State created to promote personal safety and empower female students with practical knowledge and skills to protect themselves.

As an association, our mission is to promote the welfare, safety, education, and holistic empowerment of female students. We envision a generation of confident, informed, and empowered young women who can achieve their dreams and contribute meaningfully to society.

We recognize that female students face various safety challenges, including sexual harassment, gender-based violence, bullying, stalking, and other forms of abuse. Awareness alone is not enough; young women also need practical knowledge of how to recognize warning signs, establish boundaries, respond to threats, and seek help when necessary. This is why Not a Victim matters.

Through this programme and handbook, we hope to bridge the gap between knowing about personal safety and understanding how to practise it. You will learn about situational awareness, self-defence principles, consent, digital safety, emergency response, and available reporting channels.

I encourage you to take these lessons seriously. Ask questions, participate actively, and share what you learn with others. Remember that personal safety goes beyond physical strength; it also involves awareness, informed decisions, and the courage to seek help.

Please remember this important truth: being a victim of harassment or violence is never your fault. While learning safety skills can help you recognize risks and respond to dangerous situations, the responsibility for abuse always rests with the person who commits it. You deserve respect and protection, regardless of the circumstances.

Our commitment extends beyond this programme through the SafeHer Initiative, NFSAN Ondo State's long-term effort to promote female safety through school outreach, advocacy, and the development of female safety ambassadors. We believe that creating safer learning environments requires the collective efforts of students, school authorities, government agencies, security organisations, and the wider community.

To our facilitators, partners, volunteers, and everyone who has contributed to this initiative, I sincerely appreciate your support.

To every girl reading this handbook, remember that your voice matters, your boundaries deserve respect, and your future is worth protecting. Be informed, remain aware, support one another, and never hesitate to seek help when you need it.
Together, we can build safer schools and communities where every young woman has the confidence and opportunity to thrive.

Welcome to Not a Victim: Self-Defence Skills for a Safer Tomorrow.
With commitment to your safety and empowerment,

Comrade Ikuenomore Precious Adenike
Chairperson, NFSAN Ondo State Chapter
Empowering Her with Knowledge. Equipping Her with Skills. Building a Safer Tomorrow.

CHAPTER ONE

UNDERSTANDING PERSONAL SAFETY

Personal safety means protecting yourself, your body, your emotions, your boundaries, and your wellbeing, from situations, environments, or people that may cause harm. As female students, safety is not just about avoiding physical danger. It also includes protecting your mental peace, your dignity, your privacy, and your right to feel secure in every space you enter.

Personal safety is about awareness, confidence, preparation, and knowing when something is not right.

Types of Personal Safety

1. Physical Safety

This involves protecting your body from physical harm or danger.

Examples include being conscious of your surroundings, avoiding isolated or unsafe areas, protecting yourself from physical assault or violence, and using safe transport and trusted routes

Your body deserves protection and respect at all times.

2. Emotional Safety

Emotional safety means being in environments and relationships where you feel respected, heard, and valued without fear of manipulation, humiliation, threats, or emotional abuse.

Unsafe emotional situations may include constant insults, manipulation, intimidation and pressure to do things against your will.

Protecting your emotional wellbeing is just as important as protecting your physical safety.

3. Sexual Safety

Sexual safety means understanding consent, respecting

boundaries, and protecting yourself from sexual harassment, coercion, abuse, or exploitation.

Important truths:

- "No" is a complete sentence.
- Consent must be clear and willing.
- Pressure is not consent.
- Silence is not consent.
- You have the right to decide what happens to your body.

4. Digital Safety

In today's world, safety also exists online. Digital safety means protecting your personal information, your passwords, your photos and private content and your online identity

Be careful about:

- Sharing sensitive information online
- Sending private images
- Meeting strangers from the internet alone
- Cyberbullying and online harassment

What is posted online can spread quickly and permanently.

Remember

Being safety-conscious does not mean living in fear. It means being aware, prepared, and confident enough to protect yourself when necessary.

Awareness is protection.

Confidence is strength.

You are not a victim.

CHAPTER TWO

SITUATIONAL AWARENESS

Situational awareness means being conscious of your environment, the people around you, and possible risks in order to stay safe.
It is the habit of paying attention instead of moving through life completely distracted.
Many unsafe situations can be avoided when people notice warning signs early and respond quickly.

Why Situational Awareness Matters
Criminals and unsafe individuals often look for people who are distracted, seem unaware, are isolated and those that ignore warning signs.

Important Safety Habits
1. Avoid Walking While Distracted on Your Phone
Using your phone while walking can reduce awareness of your surroundings, the people around you, of vehicles or suspicious movement. Stay alert, especially in unfamiliar or lonely areas.

2. Notice People and Exits Around You
Whenever you enter a place observe who is around, identify exits and safe spaces and be aware of unusual behaviour. This helps you react faster if something becomes unsafe.

3. Trust Discomfort Signals
Your instincts matter. If a place feels unsafe, someone or something makes you uncomfortable or a situation feels "off". Take it seriously.
You do not need to wait for danger to become obvious before protecting yourself.

4. Avoid Isolated Areas at Night
As much as possible:
- Avoid lonely roads or shortcuts

- Walk with trusted people
- Use well-lit routes
- Inform someone if traveling late

Isolation increases vulnerability.

5. Inform Someone of Your Movement
Let trusted people know:

- Where you are going
- Who you are with
- When you expect to return

The Golden Rule
If something feels wrong, leave early. You do not owe anyone access to your safety or comfort.
Many people stay in unsafe situations because they fear appearing rude or dramatic but your safety is more important than politeness.

Awareness is one of the strongest forms of protection.
The goal is wisdom, confidence, and preparedness.

CHAPTER THREE

UNDERSTANDING BOUNDARIES & CONSENT

Boundaries are the limits you set to protect your body, emotions, space, and comfort.
You have the right to decide:

- Who touches you
- How people speak to you
- What makes you uncomfortable
- What you agree or refuse to do

Setting boundaries is not rude or disrespectful.
It is healthy, necessary, and important for your safety and wellbeing.
You Have the Right To Say:
"No." "Stop." "I am not comfortable." "Don't touch me." "Leave me alone."
Your voice deserves to be respected.

Consent means clear, willing, and mutual agreement.

- Silence is not consent
- Fear is not consent
- Pressure is not consent
- Manipulation is not consent
- Being in a relationship is not automatic consent

You should never feel forced, threatened, pressured, or guilt-tripped into doing something against your will.

You do not owe anyone access to your body, time, or personal space.
People who respect you will also respect your boundaries.
Your body. Your voice. Your choice.
You are Not a Victim

CHAPTER FOUR

RECOGNIZING RISKY BEHAVIOUR

Many unsafe situations begin with behaviours people ignore or excuse. Learning to recognize warning signs early can help protect you from harm. Always pay attention to behaviour that makes you feel uncomfortable, pressured, afraid, or unsafe.

Common Warning Signs

- Ignoring Your Boundaries

If someone continues to touch you without permission, pressure you after you say "no" and disrespect your personal space, that person is a risy persn.

- Excessive Control

A person tries to control where you go, monitor your phone or social life and isolate you from friends and family

- Manipulation & Pressure

They may:

- Guilt-trip you
- Threaten to leave or embarrass you
- Pressure you into uncomfortable situations
- Pressure is not care.

- Aggressive Behaviour

Watch out for sudden anger, intimidation, threats or physical aggression. Even "small" aggressive actions should not be ignored.

- Unsafe Online Behaviour

Be cautious of people who request private pictures, demand secrecy, harass or stalk online and people who pressure you to meet privately

If someone's behaviour consistently makes you uncomfortable, take it seriously.

You do not need to "wait and see" before protecting yourself.

Recognizing warning signs early can prevent dangerous situations later.

Protect your peace. Protect your safety.

You are Not a Victim.

CHAPTER FIVE

YOU DON'T NEED TO FIGHT; YOU NEED TO ESCAPE SAFELY

Self-defense is not about proving strength or winning a fight.
The main goal is to protect yourself and get to safety as quickly as possible.
In dangerous situations your priority is to escape, so create distance, attract attention, and seek help immediately. Simple actions like shouting for help, running to crowded areas, breaking free and leaving quickly can save your life.
Avoid staying back to argue, fight unnecessarily, or "prove a point."

There is no shame in walking away from danger. The smartest form of self-defense is getting home safely.Your goal is survival, not combat. Escape first. Stay safe always.

Safety Tips for Daily Student Life on Campus
Campus life can be exciting and full of opportunities, but staying safe should always remain a priority. Small safety habits can help protect you from risky situations and keep you aware of your environment.

Daily Campus Safety Tips

- Stay Aware of Your Surroundings

Avoid moving around campus completely distracted by your phone or loud music, especially in isolated areas.

- Avoid Walking Alone at Night

As much as possible walk with trusted friends, use well-lit routes and avoid lonely shortcuts

- Share Your Location When Necessary

Let trusted friends or roommates know where you are going, especially when going out late or attending unfamiliar events.

- Be Careful with Strangers

Not everyone who appears friendly has good intentions. Avoid sharing personal details too quickly or following people to isolated

places.

- Protect Your Personal Belongings

Keep your phones, ID cards, ATM cards, bags and valuables secure at all times.

- Be Cautious at Social Gatherings

At parties or events stay with trusted people, watch your drinks and avoid excessive intoxication. Leave if the environment feels unsafe

- Trust Your Instincts

If a person, place, or situation makes you uncomfortable, remove yourself immediately.

Your safety is more important than trying to avoid embarrassment or being "polite."

Stay alert. Stay smart. Stay safe.

You are Not a Victim.

CHAPTER SIX

WHAT TO DO IF HARM OCCURS

Experiencing harassment, abuse, assault, or any form of harm can be frightening and overwhelming. In such moments, your safety and wellbeing should come first.

Remember:

What happened is not your fault. What To Do Immediately

1. Get to a Safe Place

Leave the environment if possible and move to a place where you feel safe and supported.

2. Tell Someone You Trust

Reach out to a trusted friend, a family member, the school authority, a counselor or mentor. You do not have to go through it alone.

3. Seek Medical Attention

If you are injured or assaulted, seek medical care immediately. Early medical attention is important for both treatment and protection.

4. Preserve Evidence if Possible

Avoid bathing immediately, washing the clothes involved

Deleting messages or evidence

This may help if you choose to report the incident.

5. Report the Incident

Report to the school authorities, security personnel, appropriate support units, law enforcement if necessary. Speaking up can help protect both you and others.

Emotional Recovery Matters Too

After harmful experiences, people may feel

Fear. Shame. Anxiety. Confusion. Anger

These feelings are valid. Seeking support is a sign of strength, not weakness.

Remember, you deserve safety, support, and respect.

No matter what happens:

- You are not alone
- You deserve help

- Your voice matters
- Healing is possible. Help is available.
- You are Not a Victim.

CHAPTER SEVEN

SELF DEFENSE SKILLS FOR SAFER FUTURE

In real-life self-defense, particularly in situations involving sexual assault, the use of grappling techniques must be guided by the principle of quick disruption and immediate escape. Below are some moves that I can recommend.

1. Ouchi Gari (Inside Leg Trip)
The Ouchi Gari is a fundamental judo technique that is highly effective in close-contact situations where an attacker attempts to grab or push the defender. It involves controlling the attacker's upper body while stepping inside their stance and reaping one of their legs from the inside. This action disrupts the attacker's balance and forces them backward onto the ground. Its major strength lies in its simplicity and reliance on timing rather than physical strength, making it particularly suitable for women and children. In a self-defense context, it is used to off-balance the attacker quickly and create an opportunity to disengage and escape.



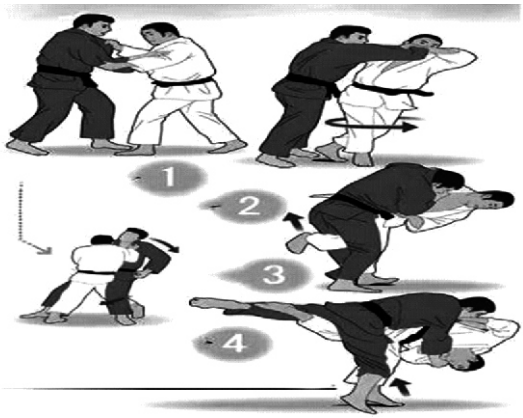
2. Osoto Gari (Outside Leg Trip)
The Osoto Gari is a powerful and direct takedown technique used when the attacker is upright or advancing. The defender pulls the attacker backward while simultaneously sweeping one of their legs from the outside using a strong reaping motion. This combination of upper-body control and lower-body attack results in a forceful fall, often disorienting the attacker. In self-defense, its

effectiveness lies in its ability to quickly incapacitate or destabilize an aggressor, allowing the defender to escape without prolonged struggle.



3. Ogoshi (Hip Throw)

The Ogoshi, or hip throw, is particularly useful when the attacker grabs the defender around the waist or torso. The defender turns their back to the attacker, positions their hips below the attacker's center of gravity, and uses the hips as a pivot point to lift and throw the attacker forward. Although it requires more coordination and practice than basic trips, it is highly effective when executed correctly. The technique relies on leverage rather than strength, enabling a smaller defender to throw a larger attacker and create an opportunity to escape.



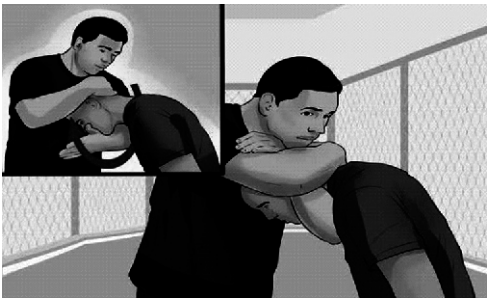
4. Rear Naked Choke

The rear naked choke is a highly effective submission used when the defender is positioned behind the attacker. By wrapping the arm around the attacker's neck and applying pressure to the carotid arteries, the defender can quickly weaken or incapacitate the attacker. In self-defense situations, the goal is not to maintain the hold for long but to use it briefly to break the attacker's resistance and create a window for escape. Its effectiveness is largely independent of size differences, making it a valuable technique in personal protection.

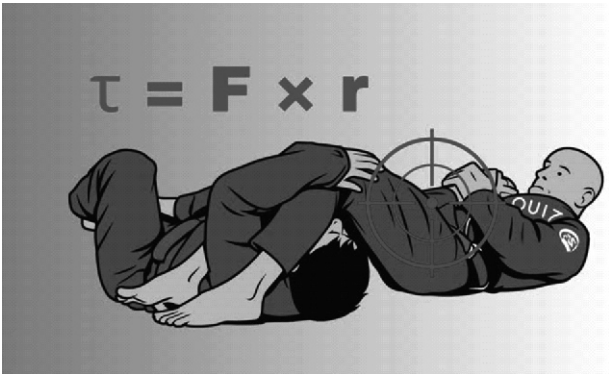


5. Guillotine Choke

The guillotine choke is commonly applied when the attacker lowers their head, such as during a forward rush or attempt to grab the defender's legs. The defender wraps an arm around the attacker's neck and applies upward pressure, disrupting their posture and breathing. This technique is particularly useful because it capitalizes on natural attacking movements and can be executed quickly without complex positioning. In self-defense, it serves as a means to interrupt the attacker's momentum and facilitate escape.



6. Armbar (Straight Arm Lock)
The armbar targets the elbow joint and is especially useful when the attacker grabs the defender's wrist or arm. By controlling the limb and extending it against the natural direction of the elbow joint, the defender can force the attacker to release their grip due to pain or the threat of injury. In a real-life scenario, the armbar should be applied only long enough to break free, rather than to maintain prolonged control on the ground. Its value lies in its ability to neutralize a grip and allow the defender to disengage quickly.



Conclusion
Each of these techniques plays a specific role in self-defense, particularly when escape routes are limited and physical contact is unavoidable. However, they must always be applied within a broader strategy that prioritizes awareness, quick reaction, and immediate withdrawal from danger.

CHAPTER EIGHT

BASIC HEALTH TIPS FOR EVERY GIRL

Being a woman comes with unique health needs. Understanding your body, developing healthy habits, and knowing when to seek medical attention are important steps towards protecting your wellbeing.

Here are some essential health tips every girl should know.

1. Understand Your Menstrual Cycle

Your menstrual cycle is an important part of your reproductive health.

- Track your period, including its start date, duration, and symptoms.
- Eat iron-rich foods such as beans, leafy vegetables, meat, and fortified cereals to support healthy blood levels.
- Maintain good menstrual hygiene by changing sanitary products regularly and washing your hands before and after.
- Period pain that disrupts your daily activities, unusually heavy bleeding, or persistent irregular periods deserve medical attention.

Remember: Your period is not something to be ashamed of. Understand your cycle, and speak up when something feels wrong.

2. Practice Proper Intimate Hygiene

Your vagina is self-cleaning, and it does not need perfumes or special washes to stay healthy.

- Wash the external genital area gently with clean water; a mild, unscented soap may be used externally if tolerated.
- Avoid douching, vaginal steaming, and inserting herbs or other substances into the vagina.
- Wear breathable underwear and change out of damp clothing.
- Wipe from front to back after using the toilet.
- Seek medical advice for persistent itching, unusual discharge, sores, or a strong, unpleasant odour.

Remember: Vaginal discharge can be normal. Avoid self-medicating when you notice changes.

3. Eat Well and Nourish Your Body
Your body needs adequate nutrition to support your energy, hormones, bones, and overall health.
- Eat a variety of fruits, vegetables, whole grains, protein-rich foods, and healthy fats.
- Include iron-rich foods, especially if you menstruate.
- Get enough calcium and vitamin D to support bone health.
- Avoid skipping meals regularly, crash dieting, or using unprescribed weight-loss products.
- Drink water regularly throughout the day.

Remember: Healthy eating is about nourishing your body, not achieving a particular body size.

4. Protect Your Reproductive Health
Every girl deserves accurate information about her reproductive health.
- Understand consent, personal boundaries, and healthy relationships.
- If you are sexually active, learn about contraception and how to prevent sexually transmitted infections (STIs).
- Condoms reduce the risk of many STIs and unintended pregnancy when used correctly.
- Seek medical advice about HPV vaccination and cervical cancer screening when appropriate for your age and circumstances.
- Never ignore persistent pelvic pain, unusual bleeding, or painful urination.

Remember: You have the right to make informed decisions about your body and to access respectful healthcare.

5. Pay Attention to Your Breast Health
Knowing what is normal for your breasts can help you recognize

changes.
- Become familiar with how your breasts normally look and feel.
- Seek medical attention if you notice a new lump, changes in breast shape, skin dimpling, nipple inversion, or bloody nipple discharge.
- Remember that breast changes can occur during your menstrual cycle.

Remember: Most breast lumps are not cancer, but a new or unusual change should be assessed by a healthcare professional.

6. Take Your Mental Health Seriously
Your emotional wellbeing is just as important as your physical health.
- Get adequate sleep and engage in regular physical activity.
- Make time for rest, hobbies, and supportive friendships.
- Learn to set boundaries and say no when necessary.
- Speak to someone you trust when you feel overwhelmed.
- Seek professional support if anxiety, sadness, or emotional distress persists or affects your daily life.

Remember: Asking for help is a sign of strength, not weakness.

7. Know Your Body and Its Hormones
Hormonal changes can affect menstruation, mood, skin, appetite, and energy levels.
- Menstrual cycles can vary, but persistent changes deserve attention.
- Acne, excess facial hair, or irregular periods may sometimes indicate an underlying condition, such as polyendocrine Metabolic ovarian syndrome (PMOS).
- Sugary drinks do not automatically cause hormonal imbalance, but frequent consumption can contribute to excess sugar intake and other health problems.
- Avoid taking hormonal medications or supplements without appropriate medical advice.

Remember: Do not diagnose yourself based on social media. Seek reliable medical guidance.

8. Build Healthy Habits
Small, consistent habits can make a significant difference to your long-term health.
- Aim for regular physical activity, including walking, strength-building exercises, and activities you enjoy.
- Maintain a consistent sleep schedule.
- Avoid smoking and recreational drug use.
- Limit sugary drinks and choose water more often.
- Attend recommended health check-ups and keep vaccinations up to date.

Remember: You do not need a perfect routine. Start with one healthy habit and build from there.

9. Recognise Warning Signs
Some symptoms should never be ignored.
Seek urgent medical care for:
- Severe or sudden pelvic or abdominal pain.
- Very heavy bleeding accompanied by dizziness, fainting, or weakness.
- Severe pain or bleeding when pregnancy is possible.
- Fever with significant pelvic pain or unusual vaginal discharge.
- Difficulty breathing, chest pain, or loss of consciousness.
For persistent symptoms, arrange a medical assessment rather than repeatedly treating yourself.

Remember: Early assessment can help identify problems before they become more serious.

10. Make Your Health a Priority
You do not have to wait until you are sick to care for yourself.
- Schedule appropriate health checks, ask questions when you do not understand something, seek care from qualified health

professionals, and avoid using antibiotics or other medications without appropriate guidance.
- Never allow embarrassment, stigma, or fear of being judged to stop you from seeking medical attention.

A FINAL MESSAGE TO EVERY GIRL
- Your body is not your enemy. It deserves care, nourishment, rest, respect, and attention.

- Learn to understand it. Listen when it signals that something is wrong. Ask questions, seek reliable information, and make informed decisions about your health.

- A healthy woman is not simply one who looks healthy; she is one who understands her body, prioritises her wellbeing, and knows when to seek help.

Your health matters. Your wellbeing matters. YOU matter.

INTERACTIVE SAFETY PLAN

Three people I can call
i. _____
ii. _____
iii. _____

Safe places near me
i. _____
ii. _____
iii. _____

Someone who knows where you are at all times
i. _____
ii. _____
iii. _____

SPEAK WITH SOMEONE TODAY

Women Safe House Sustenance Initiative 24 Hours Crisis Helpline

Domestic violence support for anyone. Calls are not toll free
Languages: English, Hausa, Igbo, Yoruba, Nigerian Pidgin
Phone Hours: 24/7
WhatsApp Hours: 24/7
Call: +2348121133399
Text: +2348121133399
WhatsApp
Official Website
From Find A Helpline

PHOTO SPEAKS



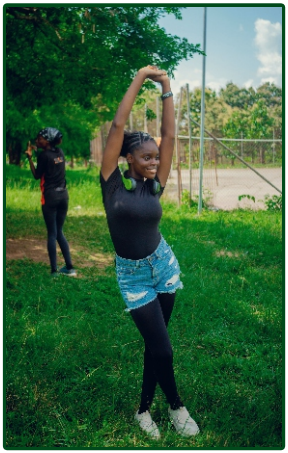












NOT A VICTIM FIRST EDITION

PHOTO SPEAKS












NOT A VICTIM SECOND EDITION

MEET OUR PARTNERS/SPONSORS

















"Stay aware,
Trust your instincts,
Seek help when you need it"

A MESSAGE TO EVERY FEMALE STUDENT

As Chairperson of NFSAN Ondo State, I believe that empowering female students must go beyond academics, leadership, and financial independence to include personal safety and well-being.

This belief inspired our Self-Defense Skills Training Programme-an initiative designed to equip female students with practical self-defense skills, situational awareness, and the confidence to respond appropriately to potentially unsafe situations.

My vision is to see every female students not only informed but also empowered, prepared, and confident.

Self-defense is not about promoting violence or placing the burden of preventing abuse on women. It is about preparedness, personal safety, and having the knowledge and skills that may make a difference.

Because true empowerment means equipping young women not just to thrive, but to feel safer as they do.

Ikuenomore Precious Adenike
Chairperson, NFSAN Ondo State



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