



Self Defence for Women

Getting Help if Something Happens

**If you are attacked, threatened, or suspect escalating violence
Call 000 immediately**

For non-emergencies or after an incident, contact WA Police on 131 444.

Seek confidential advice or refuge through:

1800 RESPECT (1800 737 732) – 24/7 national sexual assault and domestic violence helpline

Women's Domestic Violence Helpline (WA) – 1800 007 339

Crisis Care (WA) – 1800 199 008 for emergency accommodation or counselling

If you are injured:

Go directly to a hospital emergency department or urgent care clinic.
Preserve evidence where possible, avoid washing, changing clothes, or cleaning a scene until advised by police or medical staff.

After safety is secured, consider ongoing support:

Counselling, restraining orders, relocation assistance, or victim compensation services available through the WA Department of Justice.

The most serious threats to women's safety in Perth are not random street attacks but violence from known individuals, often occurring at home or during times of relationship change.

However, awareness, preparation, and community connection can significantly reduce risk.



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<https://familykarate.com.au>

Self Defence is about Safety not fighting, it's about understanding risk, setting boundaries and confidence.

Personal safety comes from confidence, awareness, and the courage to speak up when something isn't right.

In Australia nearly 4 in 10 women report having experienced violence since age 15. Globally, about 1 in 3 women will experience such violence in their lifetime.

Your safety matters and you have every right to protect it.



Self Defence for Women

Staying Safe: Understanding Risks

In Western Australia, women are most often assaulted by men they already know, not strangers. Data from the Australian Institute of Health and Welfare and the WA Government shows that:

- Intimate partners or ex-partners are responsible for most physical assaults and nearly all domestic homicides involving women.
- Family members or acquaintances account for another large share of cases, especially where there is dependency or isolation.
- Stranger assaults are less common but do occur, typically in public places such as car parks, pathways, or near transport hubs.

Young women (under 35), Aboriginal and Torres Strait Islander women, and women facing social or financial isolation are at the highest risk. Alcohol, jealousy, relationship breakdown, and controlling behaviour are frequent contributing factors.

Where, When and How Attacks Commonly Occur:

- In the home: The majority of serious assaults on women in WA happen behind closed doors. These include domestic and family violence incidents involving partners or relatives. Risk often peaks during separation or shortly after leaving a relationship.
- Public and transitional spaces: Opportunistic assaults tend to occur:
 - In car parks, alleyways, and walkways between buildings
 - Near public transport stops or while entering and exiting vehicles
 - Around bars, entertainment areas, or poorly lit streets late at night

Methods and attack:

- Physical restraint (grabbing, pushing, holding) is most common followed by strikes to the head.
- Use of weapons occurs in a minority of cases, usually during home invasions or severe domestic incidents
- Many attacks are preceded by intimidation, stalking, or coercive control, which can escalate if not addressed early

**Knowing this isn't about being scared.
It's about being prepared and confident in recognising unsafe situations early.**

Self Defence for Women

Staying Safe: Reducing Risks



Personal and situational awareness:

- Plan routes with good lighting and foot traffic.
- Trust your instincts, if something feels wrong, leave and seek help.
- Keep one hand free, avoid distractions (phones, headphones) in vulnerable spaces.
- Use buddy systems for travel at night or when exercising outdoors.

Environmental and home security

- Keep entry points well-lit and locked.
- Park close to exits and reverse into bays for quick departure.
- Report broken lighting or suspicious activity to local councils or police.

Relationship and boundary management

- Recognise early signs of coercive control: isolation, constant monitoring, verbal threats.
- Document and report breaches of restraining orders immediately. WA Police report such breaches roughly every 45 minutes across the state.
- Reach out for support before violence escalates.

Physical and psychological preparedness

- Take part in realistic scenario-based self-defence training that includes verbal assertiveness and escape techniques, not just fighting skills.
- Rehearse using your voice to shout, creating distance, and drawing attention.
- Practise simple releases from grabs, defences against pushes, and strikes as well as safe ground-escape movements.