

Safety from Eve teasing

Eve teasing is a common euphemism in South Asia for sexual harassment of women in public areas by men.

Eve teasing was described as staring, stalking, passing comments, and inappropriate physical touch.



Tricks to handle :

1. Be Strong

It is time to bid goodbye to the days of rigid gendered normative structures that ask women to remain petite, quiet and fragile. It is the need of the hour for women to come out of their shells and be strong and bold. Remember that if you get scared, then the perpetrator of the crime think of you as a weakling and would get more courage to hurt you and assault you. Instead, if you are a strong and bold woman who knows how to resist, no matter what the physical strength is, it will alarm your attacker and startle him, giving you more strength in return.



2. Speed Dial

There is nothing like the support of your family and friends. This is true in all cases, and eve teasing is no exception. You may save the numbers of the people on whom you can rely on speed dial. As when one is attacked, they go into a state of panic and cannot fully channelise their mental faculties.



3.Call the Cops :

When faced with a situation on roads or any other place for that matter, try to deal with it in a strong manner and call the cops. You might want to keep your phone fully charged from today onwards.



5. Train in a martial art:

Taking classes in kickboxing or jiu-jitsu are good ways to learn how to defend yourself. You shouldn't pick fights, and they will teach you in these classes to only use violence as a last resort, but even training in a martial art will make you more confident. It will also cause your teaser to second-guess messing with you.



4. Carry a Pepeer Spray

Again, this is a measure that you may take on a regular basis so as to deal with attacks of street sexual harassment in a well-prepared manner. We do acknowledge the trauma and stress that come along with carrying a weapon for your safety as it makes you realise that you are constantly under threat, but there is only so much that we can do about it. Keep a bottle of pepper spray in your handbag and make sure that it is easily reachable. You don't want to hunt for it in times of distress. Spray it in the eyes of your attacker and call the cops.



