

APRIL 2023

THE RED CORD

ISAIAH 61:1



BEFORE THE DAMAGE IS DONE

YOU'VE HEARD IT SAID...

"THE BEST DEFENSE IS A GOOD OFFENSE."

AND...

"AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE."

AGREED. BUT WHAT DOES THAT HAVE TO DO WITH HUMAN TRAFFICKING? IT MEANS, IT IS BETTER AND EASIER TO STOP A PROBLEM, ILLNESS, ETC., FROM HAPPENING THAN TO STOP OR CORRECT IT AFTER IT HAS STARTED AND DAMAGE HAS BEEN DONE. TRAFFICKERS LOOK FOR VULNERABLE VICTIMS. ONE OF THOSE VULNERABILITIES IS APPEARING WEAK AND DEFENSELESS. BUT WHAT IF A PERSON WAS EQUIPPED WITH SELF-DEFENSE SKILLS THAT COULD THWART THE AGGRESSION OF A TRAFFICKER? WHAT IF A WOMAN OR GIRL TRAINED IN SELF-DEFENSE COULD USE THESE SKILLS TO PREVENT A SEXUAL ASSAULT? (CONT.)



**BOTH ACTIONS,
SEXUAL ASSULT AND
SEX TRAFFICKING,
VIOLATE THE
HUMAN BODY.**



Both actions, sexual assault and sex trafficking, violate the human body. **Some studies indicate that as many as 90 percent of sexually exploited people in the sex trade have a history of child sexual abuse.** Through the use of force, fraud, or coercion, traffickers continue to compel survivors to engage in commercial sex, and sexual violence as the everyday reality of their lives while in the trafficking situation.

The Red Cord exists to raise awareness and offer ways to prevent human trafficking. That is done each month through offering community trainings and resources. **Awareness is power. So is prevention.** Learning how to be situationally aware, understanding how traffickers think and work are good preventative tools to personally possess. **The best form of preventing human trafficking is to be educated about the topic and understand the vulnerabilities that traffickers seek.**

One way to reduce the vulnerability of women is to equip them with self-defense training. That is happening Saturday, April 1st in Lawton. (See the Events section for details.) Self Defense classes that include awareness, avoidance, de-escalation, and verbal assertiveness techniques may deter an assault before it happens. Studies have shown that women with self-defense training report fewer attempted rapes than those with no training.

What are the benefits of a woman participating in self-defense training and knowing how to defend herself from the threat of sexual assault? They are many, including:

- **Helps her feel more confident** in all areas of her life.
- Reduces fear and **increases self-confidence.**
- Feels **more comfortable** in her body.
- Positively **affects those around her**, including her family, friends, coworkers, children, and community.
- Interacts more comfortably and assertively with a range of other people, values her own feelings, and **takes seriously her right to be safe and respected.**

<https://jocelynhollander.com/wp-content/uploads/2018/02/Feminism-Psychology-2016-Hollander-207-26.pdf> (cont.)

Cont.

Red Cord President, Ahsha Morin, set expectations about the upcoming self-defense training day, **“Our hope is that participants leave feeling empowered, educated, and wanting to learn more. But this is not a ‘one and done’ training. It takes practice and we encourage women to practice with other women, and with an instructor if possible.”**

If you miss this date, look for other opportunities to receive self-defense training. Read more of Ahsha’s thoughts concerning self-defense in this month’s blog.





APRIL 2023 Blog

You are Invited to be confident, safe and strong in unstable situations

Ahsha Morin, The Red Cord President

Please accept our invitation to join the self-defense training on Saturday, April 1. This is a training we offer only once a year as a primary prevention. **It is a risk reduction strategy for women in our community.** We see the annual self-defense class as an opportunity for women to be invited into a safe environment to learn and build self-confidence about a sensitive topic – sexual assault. We know that some women may have already experienced this, or have a difficult time discussing it. Women have the opportunity to talk and learn skills together that can prevent a sexual assault. This class is a supplement or added tool to have in their tool box for safety. I encourage mothers, daughters, aunts, grandmas etc. to attend and practice self-defense tactics. It's a tool, much like learning CPR that you hope you never have to use. But in the case you do have to, you are practiced and prepared. You have been educated and trained. Education is always going to be “key” to prevention of anything. Giving young girls the education and safe place to learn and build self-efficacy to fight off an offender (male or female) is necessary. It gives them a “fighting chance” to stop any kind of attack.

Why would we NOT want to equip our future generation of women to learn how to protect themselves?

Why would you NOT want to be confident, safe and strong in unstable situations?

Ahsha Morin

"GIVE THEM A "FIGHTING CHANCE" TO STOP ANY KIND OF ATTACK."

HERE IS HOW YOU CAN PREVENT MODERN DAY SLAVERY TODAY:

1. ATTEND A FREE TRAINING EVENT.

[HTTPS://THEREDCORD.ORG/UPCOMING/](https://theredcord.org/upcoming/)

2. BE INFORMED. READ INFORMATION ON OUR WEBSITE.

[HTTPS://THEREDCORD.ORG/GET-THE-FACTS/](https://theredcord.org/get-the-facts/)

3. SHARE WHAT YOU'VE LEARNED WITH SOMEONE IN YOUR CHURCH, SCHOOL, COMMUNITY ORGANIZATIONS. REQUEST A TRAINING IN YOUR LOCATION. [HTTPS://THEREDCORD.ORG/TRAINING/](https://theredcord.org/training/)

4. PRAY. USE THE MONTHLY PRAYER CALENDAR.

[HTTPS://THEREDCORD.ORG/PRAYER/](https://theredcord.org/prayer/) SIGN UP TO RECEIVE URGENT PRAYER TEXTS. [HTTPS://VERIFIED-BROADCAST-9201-5JCRMM.TWIL.IO/SUBSCRIBE.HTML](https://verified-broadcast-9201-5jcrmm.twil.io/subscribe.html)

5. SUPPORT THE RED CORD TO CONTINUE TO FUND TRAINING EVENTS AND OFFER RESOURCES TO OUR COMMUNITY.

[HTTPS://SECURE.PROCESSDONATION.ORG/THEREDCORD/DONATION.ASPX?DONATIONREFID=F98CJ6689698E](https://secure.processdonation.org/theredcord/donation.aspx?donationrefid=f98cj6689698e)

6. CONTACT THE RED CORD:

[HTTPS://THEREDCORD.ORG/SAMPLE-PAGE/](https://theredcord.org/sample-page/)



APRIL EVENTS

- Self-defense class** for women and teens (ages 12 and up), April 1st , 4:00 – 5:30 p.m. Dreadnought Brazilian Jiu-Jitsu Academy, 1913 NW Cache Rd, Lawton. Please register at The Red Cord for only \$10. Only 50 spots are available. Please bring water bottle and wear comfortable clothing.
- CU Military/Veterans Resource Fair**, April 4th-5th, 9:00 am-3:00 p.m., Cameron McMahon Centennial Complex
- FREE community Human Trafficking Education and Awareness training**. Tuesday, April 18 at Ft. Sill Credit Union, 6:30 p.m.