



Self Defense Concepts

- **Be Aware of Your Surroundings.**
- **Trust Your Instincts.** Listen to your body's warning signals.
- **Respect Yourself:** Believe you are worth defending! Stand up for yourself against emotional, verbal, or physical abuse.
- **Use Your Voice:** Your voice is a powerful weapon you can use to protect yourself or call attention to dangerous situations. Say no to your attacker. Demand that your attacker stop. Yell for help. Tell someone about the assault.
- **Fight Back:** When you fight back (physically or verbally) you are more likely to escape with less injury.
- **Channel Your Fear Into Anger.** Use your body's natural adrenaline to find power to fight back!
- **Your Body is a Powerful Weapon:** Elbows, knees, feet, hands, and voice. Use whatever is free to fight back.
- **Go for the Primary Targets:** Strike eyes, throat, and knees for greatest impact.
- **Use Multiple Techniques to a Single Target:** Don't count on just one blow!
- **Use Your Environment:** Everyday items can become weapons of defense.
- **Make Space Between You and Your Attacker:** put furniture or other objects between you and your attacker.
- **Run to Safety.** Call for help, find someone your trust. Report the assault.
- **Stranger Attacks are Rare:** Your attacker is most likely to be someone you know, i.e. an acquaintance, family, or intimate partner.
- **Rape is Not a Sexual Act:** It is an act of intimidation, humiliation and control to gain power over another.