



Sexual harassment, assault and abuse can happen anywhere and anytime.

Below are some key **Personal Safety Tips**:

**1. Situational Awareness**

- Be aware of your surroundings
- Put your phone down and pay attention to what is around you
- Do not plug in

**2. Use your Voice**

- If approached, speak up and say things such as “NO”, “BACK OFF”
- Commit to the voice being used. Project clear and loudly

**3. Prevention**

- The best defense is to avoid any potential threatening situation from escalating
- Project confident energy and empowering posture, make eye contact

**4. Trust your “GUT”**

- When you have “that feeling” that something isn’t right, your “GUT” is talking to you. Trust it.

**5. Fighting Back**

- When left with no option and you are confronted with an attacker, fight back. If violence is unavoidable, fight back effectively so that you can remove yourself from the situation and return safely home. CALL 911.

For more information on personal safety or self defense, contact [fitinyourlife@outlook.com](mailto:fitinyourlife@outlook.com) or Instagram or FaceBook “KravMagaForceFire”.