



We want everyone to feel **safe, strong, and respected** all the time.
Anytime that you don't – you have options!

	Think about this:	Things we practiced:
The Five Fingers of Strength & Safety:	Think Self-defense is anything you say, think, believe, or do to help yourself feel safer. We can use self-defense to help others be safer too.	<ul style="list-style-type: none"> • Feel strong and confident in your body, notice eye contact and posture • Learn your body's cues about danger or discomfort; pay attention and make a decision about what you want to do to feel better • Consider whether your "danger cues" are reacting to someone's identity or behavior
	Yell Being assertive is not the same as being rude. Saying what you want and how you feel is being assertive; not being respectful of another person is being rude.	<ul style="list-style-type: none"> • State what you want or need in a clear, concise way; there's no need to apologize or give excuses unless you want to • Notice if someone is not respecting what you want; notice manipulation tactics • Use firm, direct commands; become more firm and more direct if a situation escalates • Deescalate a situation if that will help you get out of it more safely
	Run If a situation makes you feel uncomfortable, get out of it asap. Trust your instincts on this – the best way to avoid a bad situation is not to be there.	<ul style="list-style-type: none"> • Wrist release ("snake"): make your hand firm, circle it around the grabber's wrist until it breaks the grip; add your other hand if needed to make it stronger • Choke release: tuck chin, arms up & squeeze tightly, step away, turn • When you practice at home, practice with someone who wants you to succeed
	Fight Some people believe they can't fight physically. Some believe that fighting physically is their only option. Either of these beliefs is limiting because it takes away options and choice. Learn and practice many different ways to deal with different situations.	<ul style="list-style-type: none"> • Striking a soft part of the body with a hard part of the body gives most impact • Body weapons: palm heel, elbow, hammer fist, heel of foot, knee • Actions: Strike (up, down, side), stomp, poke, pinch, scratch • Body targets: eyes, nose, throat, groin, knees, top of foot • You can turn everyday objects into weapons if you need to; if you are going to carry a formal weapon, be sure you have training and experience • If you fight, the goal is to disable enough that you can get to somewhere safer
	Tell We tell to help ourselves feel better. We tell to help prevent something from happening again to us or to someone else. Be a supportive, non-judgmental listener. Don't shame someone for having been hurt.	<ul style="list-style-type: none"> • Cultivate relationships with people who listen to you and support you • Challenge the idea that we should be embarrassed or ashamed if we are hurt • Involve professional helpers as needed • If someone tells you about an experience: express concern and ask if there's something they would like you to do (don't start asking why, who, when, etc.)