

THE 5 PRINCIPLES OF SELF-DEFENSE

YELL

Use your voice to speak up for yourself and others. Be calm or loud. Express your boundaries clearly.

RUN

Get away.
You decide when to leave an uncomfortable situation.

FIGHT

Physical resistance.
Use the hard parts of your body against vulnerable targets.

THINK

Use your head. Be present. Listen to your intuition. Notice what is going on and what you want to do.

TELL

Heal and share in a safe space with someone you trust to support you.