

Module 5: Avoiding the Repair Shop: Risk Management

Topic 2 Content: Self-Defense Notes

Introduction

Introduction
Self-defense can be used to defend yourself against strangers, bullies, and partners in a relationship, abusive family members, or any other people who try to attack you.

What you should remember about self defense is that it is not fighting back; it is trying to get away from the struggle. Aggressors usually are motivated to fight. Filled with adrenaline flowing through their blood, aggressors will have additional strength.

Click on each button to learn specific measures you can take for your own self-defense.

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Prevention

The graphic features a dark background with a red vertical bar on the left containing the text 'SELF-DEFENSE' in large, white, outlined letters. To the right of this bar, the words 'TAKE A CLASS' are written in a large, white, outlined font. A white text box with a black border is positioned in the upper right, containing the title 'Prevention' and a paragraph of text. Below the text box is a photograph of four students walking on a path in a park-like setting. The overall design includes several orange circular accents and a small 'i' icon in the top left corner of the red bar.

Prevention

An aspect of self-defense is prevention. Prevent yourself from harm by avoiding places that are unsafe, walking with friends after dark, and carrying a cell phone with you. Walk with confidence, and take paths you are sure of and familiar with. Continue to educate yourself with the information you need to stop and prevent attacks.



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Leave



The graphic features a white text box with a red border on the left side. Inside the box, the word "Leave" is at the top, followed by a paragraph of text. Below the text is a photograph of a woman in a light blue shirt standing next to a blue emergency phone pole. The pole has the word "Emergency" written vertically on it. The background of the graphic is dark with white text elements: "TION", "LEAVE", "ATION", "HOUT", and "TAKE A CLASS". There are also red circular accents.

Leave

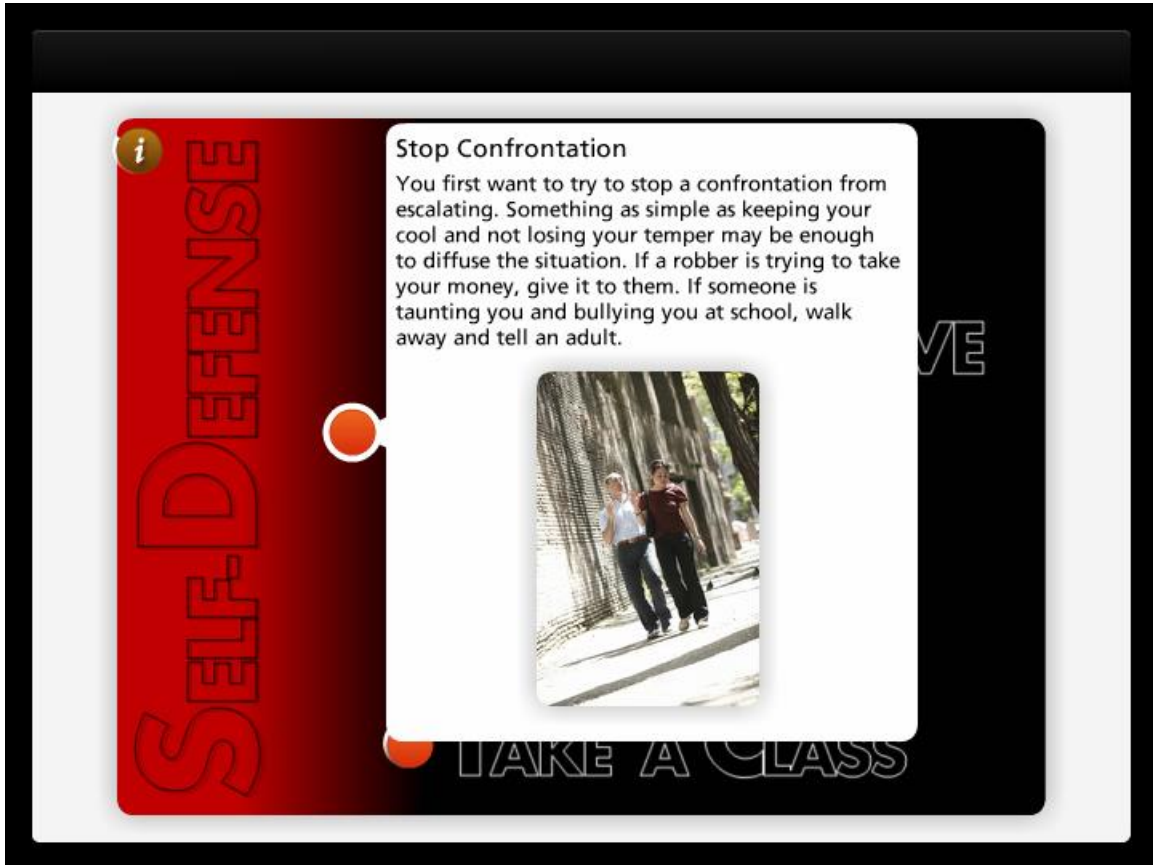
If you are in an uneasy situation trust your instincts. If you feel unsafe, you usually are. Try to leave unsafe places or situations before it turns hazardous. Many places, such as college campuses and parks, have emergency phones in case you need to call the police for help or to be escorted to a safe place.

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Stop Confrontation



The graphic features a red vertical bar on the left with the word "SELF-DEFENSE" written vertically in white. To the right, a white text box contains the following text:

Stop Confrontation
You first want to try to stop a confrontation from escalating. Something as simple as keeping your cool and not losing your temper may be enough to diffuse the situation. If a robber is trying to take your money, give it to them. If someone is taunting you and bullying you at school, walk away and tell an adult.

Below the text is a small photograph of two people walking away from the camera on a sidewalk. The background of the graphic is black with the words "TAKE A CLASS" at the bottom.

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Shout

SELF-DEFENSE

PREVENTION

STOP CONFRONTATION

TAKE

Shout

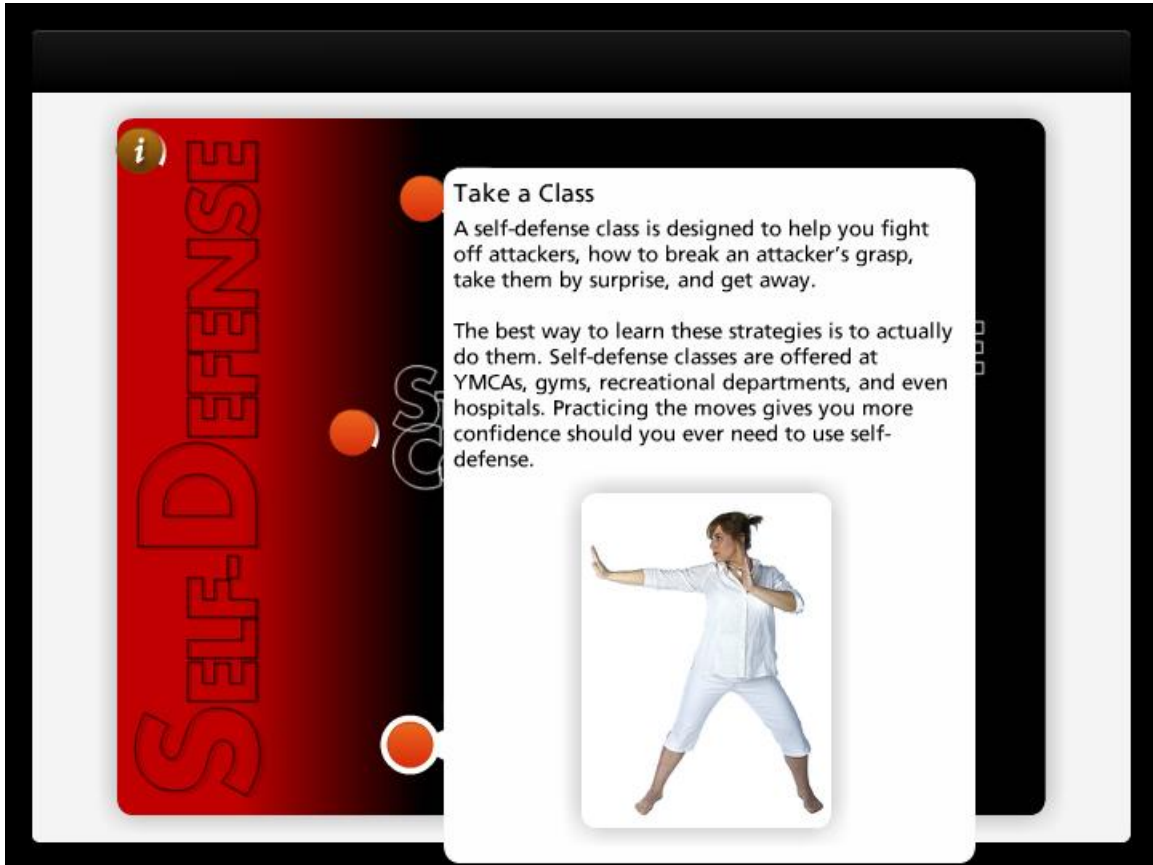
Sometimes taking an attacker by surprise is all it takes. Try shouting things like "No," "Police," and "Help!" Yelling may scare off an attacker or get someone else's attention that can help you.

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Take a Class




SELF-DEFENSE

Take a Class

A self-defense class is designed to help you fight off attackers, how to break an attacker's grasp, take them by surprise, and get away.

The best way to learn these strategies is to actually do them. Self-defense classes are offered at YMCAs, gyms, recreational departments, and even hospitals. Practicing the moves gives you more confidence should you ever need to use self-defense.



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