



TRAINING WITH JEN

PERSONAL SAFETY GUIDE

STAY SMART. STAY SAFE.

THE FIRST STEPS...

1 SITUATIONAL AWARENESS

BE AWARE OF WHAT IS HAPPENING AROUND YOU. LIMIT YOUR DISTRACTIONS TO STAY ALERT.

2 INITIAL CONTACT

USE VERBAL COMMANDS TO DE-ESCALATE A CONFLICT SITUATION. MAINTAIN DISTANCE BETWEEN YOURSELF AND THE THREAT.

3 DEFENSIVE PROTOCOLS

REMEMBER THAT YOUR SKILLS UP TO THIS POINT ARE KEY. PRACTICAL DEFENSIVE PROTOCOLS ARE YOUR LAST RESORT TACTICS TO DEFEND YOURSELF.

“
**STOP
STAY BACK
REMAIN CALM**
”

VERBAL COMMANDS

Your verbal commands help to de-escalate a conflict situation. Remember to create distance between yourself and the threat. Confidence is key!

Observe your environment
Orientate in the situation
Decide a course of action
Act on it



ARC OF SURVEILLANCE

Keep an eye on your surroundings by maintaining your arc of surveillance. Remember to look behind you and keep checking.

LIMIT DISTRACTIONS

Put your phone away and limit your headphone use. Remember to keep your belongings secure and hidden. Don't advertise!



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