

Protect yourself in social situations.

1) Set boundaries and enforce them; **2) Be on the lookout** – don't accept food or drink from strangers and don't leave your food or drink unattended; **3) Avoid social manipulation** – you don't have to put yourself in an isolated situation with someone just because you are in a group situation with him elsewhere. If he is violating your boundaries or scaring you, forget the rules normally applied to social situations, make a scene and attract others to your aid.

Specialized training is not needed for many self-defense tactics.

1) Move fast and hard, without giving away what you are going to do – use the element of surprise to your advantage; **2) Break the assailant's hold on you;** and **3) Avoid moves that will enable an assailant to grab you** or knock you down.

Ordinary objects make non-lethal weapons that increase effectiveness of hand-blows, such as, ballpoint pens, pencils, car keys, nail files, and flashlights.

Pepper spray is used more than all other self-defense sprays because of its effectiveness and the predictability of its effects. Pepper spray does not have long-term impact, so there is no risk of maiming or killing an attacker. Pepper spray, used according to instructions, will disable an attacker for 30-45 minutes. For more information on pepper spray, visit www.pepperface.com.

More information

For more details, additional things you can do to protect yourself, and for other resources, visit www.ncdsv.org