

BUILD YOUR PERSONAL PROTECTION PLAN

YOUR SAFETY. YOUR CIRCUMSTANCES. YOUR PLAN.

KNOW.
PREPARE.
PLAN.
ADAPT.

A Personal Protection Plan (PPP) is an individualized approach to identifying potential risks, understanding your resources, and preparing for situations that could affect your safety. It's not about living in fear. It's about creating options.

YOU CAN'T CONTROL WHAT OTHERS DO, BUT YOU CAN PREPARE FOR WHAT COULD HAPPEN.

01

ASSESS YOUR DAILY LIFE

Look at your regular routines and environments. Consider where you spend your time, who you interact with, and situations where you might have fewer options available.

CONSIDER:

Where do I spend most of my time?
Do I regularly travel alone?
Are there locations where I feel uncomfortable?
What routines might need additional safety considerations?

02

IDENTIFY YOUR SUPPORT SYSTEM

Nobody should have to navigate an emergency without knowing where to turn. Identify people and resources you trust.

CONSIDER:

Emergency contacts
Trusted friends, family members, or neighbors
Workplace or school security
Community resources and support organizations
How you would communicate if your phone was lost

03

EVALUATE YOUR ENVIRONMENTS

Your home, workplace, vehicle, and frequently visited locations all present different considerations. Know your options and identify ways to reduce unnecessary risks.

CONSIDER:

Available exits and alternate routes
Lighting and visibility
Areas where you could seek assistance
Reliable transportation
Access to communication

04

ESTABLISH PERSONAL BOUNDARIES

Boundaries are a key part of violence prevention. Recognize when someone ignores your limits, and give yourself permission to disengage without unnecessary explanation.

CONSIDER:

How you respond when someone invades your space
Clear and direct statements you can use
Recognizing manipulation or intimidation
When it's time to leave

05

PREPARE FOR EMERGENCIES

Some situations require immediate action. Reduce the number of decisions you'll have to make by preparing in advance.

CONSIDER:

Important documents and identification
Emergency cash or access to funds
Medications and medical information
Transportation alternatives
Supplies for children or pets
A basic emergency bag or Go Bag

06

UNDERSTAND YOUR PHYSICAL OPTIONS

Physical self defense is one component of your protection plan. Consider your current physical capabilities and limitations, and opportunities to create distance or escape.

CONSIDER:

Your physical capabilities and limitations
Opportunities to create distance or escape
Whether additional training would benefit you
The legal considerations surrounding physical force

07

REVIEW AND UPDATE YOUR PLAN

Your circumstances will change, and your plan should change, too. Keep it realistic, current, and useful.

CONSIDER:

Moving or changing jobs
Changes in relationships or routines
Changes in travel, family responsibilities, or health
Reviewing emergency contacts and supplies

SMALL STEPS CREATE OPTIONS.

You don't have to prepare for every possible scenario. Start with what matters most to you, and build from there. A Personal Protection Plan isn't a prediction of what will happen. It's preparation for what could happen.