

WHAT IS A PERSONAL PROTECTION PLAN?

A PLAN
CREATES
OPTIONS.

BECAUSE HOPING NOTHING HAPPENS ISN'T A STRATEGY.

A Personal Protection Plan is a proactive approach to identifying potential risks, understanding your options, and preparing yourself to respond to situations that could threaten your safety or the safety of people you care about.

**IT'S NOT ABOUT LIVING IN FEAR.
IT'S ABOUT TAKING RESPONSIBILITY FOR THE THINGS WITHIN YOUR CONTROL.**

IT'S MORE THAN PHYSICAL SELF DEFENSE

When most people think about self defense, they picture fighting off an attacker. But physical techniques are only one small part of protecting yourself.

Effective personal protection begins long before a confrontation becomes physical. It includes recognizing concerning behavior, establishing boundaries, maintaining awareness, understanding your environment, and knowing when to leave. It also includes practical preparation for everyday emergencies, unexpected circumstances, and situations where your usual routines or resources may no longer be available.

The goal isn't to become better at fighting. It's to become better at recognizing and avoiding situations where fighting might become necessary.

WHAT SHOULD YOUR PLAN INCLUDE?

A good Personal Protection Plan considers several areas of your life.

01 PERSONAL AWARENESS Understand your routines, habits, and environments. Consider where you spend your time, how you travel, and what might increase your vulnerability.	02 COMMUNICATION & SUPPORT Identify trusted people you can contact when you need help. Establish emergency contacts, check-in procedures, and backup ways to communicate.	03 ENVIRONMENTAL SAFETY Consider your home, workplace, vehicle, and frequently visited locations. Identify exits, safe locations, and practical ways to reduce unnecessary risks.	04 EMERGENCY PREPAREDNESS Prepare for situations that require immediate action, including medical emergencies, natural disasters, unexpected travel disruptions, or the need to leave a location quickly.	05 BOUNDARIES & DECISION-MAKING Think about how you respond when someone makes you uncomfortable, ignores your boundaries, or attempts to control your choices. Practice recognizing when it's time to disengage or leave.	06 PHYSICAL RESPONSE & ESCAPE Understand your physical capabilities, limitations, and available options if avoidance is no longer possible. Physical self defense training can help you develop skills to create opportunities for escape.
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YOUR PLAN SHOULD BE PERSONAL

There is no universal plan that works for everyone. Your lifestyle, environment, physical abilities, responsibilities, and personal circumstances all influence what your plan should look like. And those circumstances change.

**A GOOD PLAN SHOULD BE REALISTIC,
ADAPTABLE, AND REVIEWED REGULARLY.**

START SMALL. THINK AHEAD.

You don't need to prepare for every possible emergency or imagine every worst-case scenario. Start by asking yourself three questions:

1. What situations or circumstances could affect my safety?
2. What options and resources would I have available?
3. What could I do today to be better prepared?

Sometimes preparation means learning a new skill. Sometimes it means having an emergency contact, keeping your phone charged, identifying an alternate route, or giving yourself permission to leave.

KNOWLEDGE CREATES OPTIONS.

A Personal Protection Plan cannot guarantee your safety. No plan can. But preparation can help you recognize potential problems earlier, make informed decisions, and respond more effectively when something unexpected happens. **You don't have to live your life expecting danger. You can live your life knowing you've taken steps to prepare for it.** And remember, avoidance is a skill, not weakness.