

LADDER OF ESCALATION

FROM HEALTHY BOUNDARIES TO FULL PROTECTIVE ACTION

1



INTERNAL BOUNDARY

Your intuition notices something is off. Listen to your gut. This is your first signal.

2



SOCIAL BOUNDARY

Use calm, respectful communication to set a boundary. Most people stop here.

3



VERBAL ASSERTION

Give clear, direct commands. You are no longer negotiating.

4



DISTANCE CONTROL

Create space. Move, angle, and use obstacles. Keep your escape options open.

5



PRE-ATTACK INDICATORS

Look for danger cues and changes in body language. Multiple indicators = imminent threat.

6



PHYSICAL TECHNIQUES

Use trained skills to protect yourself. Create an opportunity to escape.

7



ESCAPE

Break contact. Create distance. Get to safety. Call for help.

PREVENTION & AWARENESS

Stop problems before they start.

RECOGNIZE & RESPOND

Read the situation. Use the right tools at the right time.

PROTECT & ESCAPE

If they don't respect your boundaries, protect yourself and get out.

MEAN GIRL
SELF DEFENSE
confident | resilient | worth the fight