

## Top Tips To Help You Make The Decision To Stay Safe

### 1. trust your instincts

You have them for a reason, they've kept you and your ancestors alive for thousands of years. Trust them. If it *feels* wrong it might very well *be* wrong.

### 2. decide *now* how to act *then*

Making it up as you go along isn't the best way to survive a tricky situation. Thinking about things ahead of time helps to ensure a good outcome if the situation does ever come up.

### 3. don't be there when it kicks off

It's never too late to decide that it's time you left and went somewhere that is better for you. The sooner you make that decision the sooner things will get better for you.

### 4. run

Running away is the advice given by all the groups who know dangerous situations best – the police, fire brigade, ex-soldiers etc. Unless you absolutely **have** to be there, leave as quickly as possible.

### 5. staying safe isn't a team sport

They might be a friend/partner/family member etc but the best way you can help is by getting help, something you can do most easily if you're not threatened yourself.

### 6. is it really worth it?

It's only money, or a beer, or drunken words, or words designed to wind you up – be big enough and wise enough to recognise that whatever it is, it's not as important as your health.

### 7. if you have to defend yourself, don't hold back

If you are going to have to defend yourself, don't mess around – do it properly to maximise your chances of coming out of it well.

### 8. shouting works

Shouting helps to frighten an opponent and make you braver and stronger. Shout when threatened.

### 9. keep things public

Don't let them keep what they're doing a secret. By making it public you make it more likely they'll get caught. This might put them off.

### 10. stay in shape

The fitter you are the more able you are to look after yourself.

