



UTPD PERSONAL SAFETY & SELF DEFENSE TIPS

AWARENESS CONSIDERATIONS

KNOW YOUR RIGHTS: You always have the right to say “**NO**” and to respond however you need to if someone does not listen to you.

TRUST YOUR INSTINCTS: If you are feeling uncomfortable, there is probably a reason why.

BE AWARE OF YOUR SURROUNDINGS.

DEVELOP A PLAN OF ACTION: Think ahead about different situations and visualize yourself responding defensively.

KEEP AN EYE ON YOUR FRIENDS: Utilize Bystander Intervention.

RESPONSE CONSIDERATIONS

INCREASE REACTION TIME: Step back or step aside.

MAINTAIN GOOD BALANCE.

IDENTIFY VULNERABLE LOCATIONS ON ATTACKER'S BODY; *Nose, Eyes, Throat, Fingers, Groin, Shin, Top of Feet, etc.*

USE YOUR INDIVIDUAL WEAPONS: Feet, hands, elbows, etc.

AVOID PANIC: Breathe, yell with direct commands – “**No! – Don’tTouchMe! – GetBack!**”

DISENGAGE AND RUN

Take a Self Defense Class: Contact UTPD at: UTpolice@utoledo.edu

Victim of Sexual Assault or Intimate Partner Violence	419-530-3431
YWCA HOPE Center Rape Crisis 24/7 Hotline	1-866-557-7273
University of Toledo Police Department	911

**Remember Your Goal Is To
GET TO A SAFE PLACE!**

**What You Do to Survive
an Attack is the Right Option
FOR YOU!**