

# Tigress' Roar Women's Self-Defense



**Connect. Evolve. Protect.**

## **Personal Safety Tips**

### **Don't be a victim!**

- Stay with a group, use the buddy system to go out in public.
- Speak up, make noise, don't be afraid to say something to stop someone in their tracks.
- Keep your back clear.
- Walk with good posture and intention.
- Stay off your phone.
- Make eye contact. Be loud. Make sure they know your intentions.

### **Stay Aware!**

- Stay out of isolated areas, especially dark areas. Always stay in well-lit areas.
- Frequently scan your environment, looking for unusual sights, smells, and sounds.
- Go inside a business, cross the street, or go into a safe area if you feel threatened.
- Develop awareness of what's normal in your area and in public spaces

### **Keep it on Lockdown!**

- Always lock your doors
- Make sure that you know who you are letting in
- Check your social media settings and ensure that only friends can see your posts. Also, disable location finders on social media sites that publicly share this information.

### **Fight if you have to!**

- Use personal items as weapons
- Know how to call 911 on your phone