

PERSONAL SAFETY 101

Do Simple Things Well

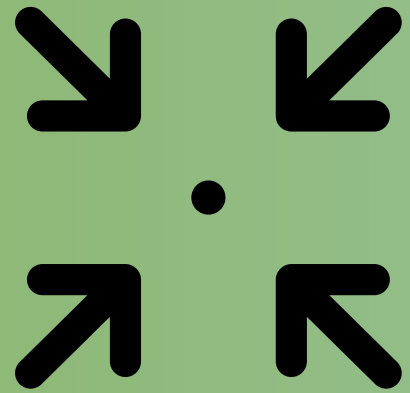


"YOU HAVE THE GIFT OF A BRILLIANT INTERNAL GUARDIAN THAT STANDS READY TO WARN YOU OF HAZARDS AND GUIDE YOU THROUGH RISKY SITUATIONS."

- GAVIN DEBECKER

BE PRESENT

Humans have a unique ability to let their minds wander and be mentally a million miles away. Keep your mind focussed on what is happening in the here and now to stay safe.

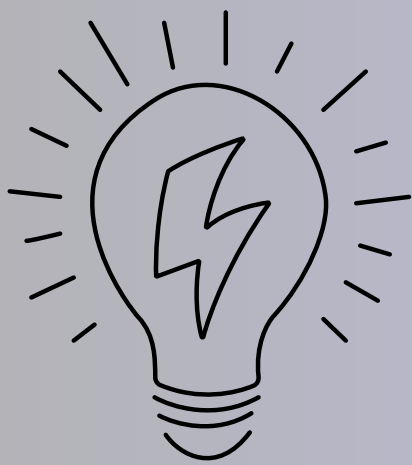


USE ALL YOUR SENSES

Our modern world is visually oriented. Don't forget to use your other senses to help you pick up on danger signals early.

KNOW YOUR THREATS, EXITS, & ASSETS

Whenever you arrive in a new setting or environment, take a brief moment to notice behaviors or conditions that might elevate risk.



HAVE A PLAN

Always have some options in mind if you should need to act immediately. How will you get out? How will you connect with friends and family? How will you respond to active threats?

seth elliot

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