



Pre-Event Planning & Preparedness Key Predictive Avoidance

Avoidance is 100% Effective 100% of the Time

1. Before going to a new location, I research or ask questions about the area's safety

◆ *Why it matters:* Proactive research helps you avoid danger before you're exposed to it.

2. I regularly consider and identify potential escape routes when entering public spaces (e.g., restaurants, theaters, malls).

◆ *Why it matters:* Knowing how to exit quickly increases your ability to evade threats.

3. I avoid places or events that are known for frequent criminal activity, violence, or large crowds with potential for conflict.

◆ *Why it matters:* Avoiding high-risk environments is a foundational skill in Predictive Avoidance.

4. When meeting someone I don't know well, I choose public places and tell someone where I'm going.

◆ *Why it matters:* This reduces your vulnerability and ensures someone can help if something goes wrong.

5. I keep emergency tools (e.g., flashlight, whistle, personal alarm, pepper spray) accessible and in good condition.

◆ *Why it matters:* Being equipped for emergencies shows foresight and can buy you time in a crisis.

6. I talk with my family or close friends about what to do in case of emergencies (e.g., where to meet, who to call).

◆ *Why it matters:* Pre-arranged communication and rally points reduce chaos when seconds count.

7. I think through "what-if" scenarios when planning activities, such as what I would do if things went wrong.

◆ *Why it matters:* Mental rehearsal builds calm, confident responses when unexpected threats arise.

8. I avoid traveling with people who are prone to reckless, aggressive, or unpredictable behavior.

◆ *Why it matters:* Your risk level increases with your company—know who you're trusting.

9. I pay attention to the time of day and whether conditions (e.g., darkness, weather, isolated areas) affect my safety.

◆ *Why it matters:* Time and environment can shift your risk—being aware shows smart adaptability.

10. I have backup transportation options (e.g., ride apps, friend contacts, cash for a cab) when I go out.

◆ *Why it matters:* An exit plan you control minimizes your dependence and enhances your freedom to act

Pre-Event Planning and Preparation is the First Soft Skill Set When We Go Out

The best defensive maneuver is to not be there when a SHTF moment occurs. Either it develops while we are out, or we make a wise choice to not go there in the first place.

Predictive Avoidance considers the risks to make a prudent decision. If we do decide to proceed, then we have a plan. No amount of advance planning can guarantee that we will be 100% safe under any circumstances.

Predictive Avoidance is the practice of evaluating future environments by evaluating current conditions and historical events.

Environmental Awareness is the on-site assessment of locations, conditions, security, of a particular environment and people.

Behavioral Indicators are the collective assessments of individuals and groups behavior as an indicator of future intentions.

Situational De-escalation is the ability to lower the levels of energy and emotions of a situation to help reduce the associated risks.