



TRTG's Situational Awareness Assessment Key

Avoidance is 100% Effective 100% of the Time

1. I regularly scan my surroundings and note exits, people, and possible hazards.

◆ **Why it matters:** Being alert to your environment helps you detect danger early and avoid threats before they happen

2. I avoid being distracted by my phone or devices in public spaces.

◆ **Why it matters:** Distraction makes you a soft target. Staying off your device keeps your senses free and ready to respond.

3. I notice when someone is behaving in a way that doesn't fit the situation.

◆ **Why it matters:** People often show warning signs before they act. Recognizing what's out of place triggers an alert inside and gives us time to respond.

4. I pay attention to people's body language and facial expressions.

◆ **Why it matters:** Nonverbal cues often reveal hidden intentions. Observing body language gives you vital information to stay safe.

5. I identify at least two exits when entering buildings or areas.

◆ **Why it matters:** Escape (not being there) is always the best defense. Plan ahead know how to extract yourself in bad situations.

6. I minimize blind spots by how I position myself in an environment.

◆ **Why it matters:** Smart positioning keeps you aware of approaching threats and increases your reaction time.

7. I stay alert in places like parking lots or transitional spaces.

◆ **Why it matters:** Transitional spaces are where we are most vulnerable. Awareness in these areas is critical.

8. I can recall details about my surroundings after leaving an area.

◆ **Why it matters:** Good memory of details may be important later on. Details might not seem relevant now but might be later on.

9. I quickly notice sudden changes in a person's behavior.

◆ **Why it matters:** People's appearance is not a reliable indicator of threat, but people's behavior is. Take note of behavioral changes.

10. I practice being aware even in familiar or 'safe' environments.

◆ **Why it matters:** Awareness skills need to be exercised to be developed – just like muscles. Complacency leads to vulnerability. Assaults can happen anywhere.

Situational Awareness Goes Much Deeper Than Just Being Observant.

TRTG has divided Situational Awareness into what we call the 4 soft skills of Personal Defense: Predictive Avoidance, Environmental Awareness, Behavioral Indicators, and Situational De-escalation. Each one is specific set of practices that help increase awareness of potential threats. These coupled with effective physical techniques help create an effective strategy to reduce the potential impact and exposure to personal threats that may arise as we navigate throughout our day.

Predictive Avoidance is the practice of evaluating future environments by assessing potential threats and risk factors, and making decisions based on our conclusions.

Environmental Awareness is the assessment of locations, functions, energy, conditions, security, etc of a particular environment.

Behavioral Indicators is the collective assessment of individual or collective behaviors of people.

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