



## Speak Up!

### Basic Verbal Self-Defense

- Use your voice, face, and body.

Give the same messages with all three channels of communication.

- Project confidence and calm.

You can act calm, serious, and confident even when you don't feel that way. Don't plead or apologize.

- Tell them what you want.

Say, for example, "Stand over there" or "Stop touching me."

- Repeat yourself.

Repetition can get them to stop what they're doing. And if they don't hear you, or respect your request, that gives you important information about them and their intentions.

- Peg your response to level of the threat.

Match their intensity, and get more intense if you need to.

- Stay on your own agenda.

You don't need to respond to diversions, threats, questions, blaming, guilt-tripping, and so on. Just stick to *your* point.

- Make no excuses.

"No" is a complete sentence. Being polite is fine at first, but if they don't respond, drop the niceties. You don't need to explain yourself. You don't need to apologize for how you feel or what you want. You also don't have to wait for your "turn" in the conversation.

- Use statements.

"Leave me alone," rather than "Would you please leave me alone?"

- Attack the behavior, not the person.

Tell them what they're doing that you don't like ("You're standing too close") rather than blaming them as a person ("You're such a jerk"). Avoid cursing, name-calling, put downs, and other things that could escalate the situation unnecessarily.