



Your self-defense choices in 5 easy words

R U N

Leave, walk away, get out of there, run as fast as you can, say "see you later..." Don't. Be. There.

YELL

Use your voice, talk to them, get really loud, tell them what you want, give them a command, get attention...

Tell

Get help, give someone a command ("go get the teacher!") ask a friend ("please stay with me till this person leaves"), ask a stranger, tell a parent, counselor, or HR person, or ... (who can **you** tell?)

Hit

If it's a really dangerous situation and you can't run, yell, or tell -- or if you tried those things and they didn't work

GO ALONG

If they're trying to take your stuff (not to hurt you) or if you think it is the only or best way to survive an attack.