

HELPFUL SELF DEFENSE TIPS

FOR WOMEN

- *Always stay aware of your surroundings.
- *Trust your instincts—if something feels off, it probably is
- *Keep pepper spray or another self-defense product on your keychain for quick access
- *Take a women's self-defense class to learn practical techniques like hand strikes, knee strikes, and groin strikes.
- *Aim for vulnerable areas like the eyes, nose, groin, or knees if you need to defend yourself.
- *Know local laws before carrying stun guns, pocket knives, or other self-defense weapons
- *Use your voice—shouting loudly can be an effective way to scare off potential threats.

