



Sexual Assault Personal Safety Tips

Sexual harassment, assault and abuse can happen anywhere and anytime. Please follow these tips to keep safe.

1. Situational Awareness

- Be aware of your surroundings.
- Put your phone down and pay attention to what is around you.
- Do not plug in.

2. Use your Voice

- If approached, speak up and say things such as “NO”, “BACK OFF”.
- Commit to the voice being used. Project clear and loudly.

3. Prevention

- The best defense is to avoid any potential threatening situation from escalating.
- Project confident energy and empowering posture, make eye contact.

4. Trust your “GUT”

- When you have “that feeling” that something isn’t right, your “GUT” is talking to you. Trust it.

5. Fighting Back

- When left with no option and you are confronted with an attacker, fight back. If violence is unavoidable, fight back effectively so that you can remove yourself from the situation and return safely home. CALL 911.





Resources:

- [Vancouver Police Department](#)
- [National Sexual Violence Resource Centre](#)

For more information on personal safety or self defense, contact:

fitinyourlife@outlook.com

Or find “KravMagaForceFire” on Instagram or Facebook

Canada Suicide Prevention Hotline

1-833-456-4566

or text

45645

Kid's Help Phone

1-800-668-6868

or text CONNECT to

686868

Hope For Wellness Help Line

(Indigenous Folx)

1-855-242-3310

CASASC Sexual Violence Helpline

1-866-956-1099

text

403-986-4357

local

403-356-1099