Self Protection Principles

Use YOUR voice!
STOP-LET GO-HELP

Maintain eye contact

Keep a safe distance away
(arm or leg length)

Keep your hands open, and
visible, in front of your face

Stand in a “ready” posture
(knees slightly bent)

Try to be closest to an exit

If an incident does occur
get the physical and
emotional support you
need!

ARM GRABS
If someone grabs your arm, wrist or hand, close your fingers on the hand they have, grab your own hand and pull it up through the opening of their thumb and fingers. If the aggressor has both their hands on you remember their weak spot is between their two hands. Grab your hand and pull your hand through that space.

Photos courtesy of Change Makers and WCB Worksafe MB 9/2014
FEED THE BITE
Using both your hands if able, press on the aggressor’s head to lessen the grip. As seen here, you can also try to place your fore finger under the aggressor's nose and move in to cause a vibrating sensation. This may lessen the grip. Do NOT yank away as this may cause more damage. Human bites resulting in an open wound need medical attention!

HAIR PULLS
To lessen the tension of your hair being pulled, try to control the aggressor's grip by applying pressure over their hands with both your hands rather than pulling your head away. If they have a grip on your pony tail, try to free yourself by lowering your body and using your elbows against their arms.

KICKS
Try to move out of the way of the kick. If able, lift your leg to deflect using your shin.

CHOKE HOLDS
Choke holds of any kind pose an immediate concern. Think quickly and respond calmly. By squeezing your arms around theirs and lowering your body, the aggressor’s hands may release. If you can, use your hands to grab their hands to pull them away from your throat area. Focus on trying to tuck your chin down to protect your airway (breathing tube).