THE 5 PRINCIPLES OF SELF-DEFENSE

THINK
Use your head. Be present. Listen to your intuition. Notice what is going on and what you want to do.

YELL
Use your voice to speak up for yourself and others. Be calm or loud. Express your boundaries clearly.

RUN
Get away. You decide when to leave an uncomfortable situation.

FIGHT
Physical resistance. Use the hard parts of your body against vulnerable targets.

TELL
Heal and share in a safe space with someone you trust to support you.

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