

# Active Adults Live Long – Live Strong

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Safety Doesn't Happen By Accident!

YOUR LIFE IS WORTH THE FIGHT!!

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# Myths v. Realities

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- **No one would be interested in me.** (Predators target all ages, races, genders, and other personal characteristics.)
- **I don't go out much.** (Home burglaries can lead to assault.)
- **I don't go out at night.** (More crime happens during the day.)
- **My husband or other friend is always with me.** (Not always!)
- **I live in a safe neighborhood.** (This is a misconception.)
- **Search for registered sex offenders and predators at:**  
<https://offender.fdle.state.fl.us>

# Pre-Incident Indicators

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- **1. Forced Teaming** – We are in this together. Manipulation to build a connection.
- **2. Loan Sharking** – Giving money or gifts, even small ones.
- **3. Too Many Details** – They keep talking because even they don't believe the lie they are telling you.
- **4. Unsolicited Promises** – I promise I won't take any more of your time after you.....
- **5. Typecasting** – A slight insult or back-handed compliment, intended for you to resist being labeled and give in.
- **Source: The Gift of Fear by Gavin de Becker**

# Situational Awareness

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- **YOUR MIND IS YOUR #1 SAFETY TOOL**

- **OODA LOOP**

- 1. Observe** – Who is acting different or what looks different than would be expected? Out of the norm?
- 2. Orient** – Consider your safety tool choices. Look for a way out. Don't turn your back on a potential threat.
- 3. Decide** – Select your self defense tool and prepare to execute the action you chose.
- 4. Act** – Use your safety tools and leave the area. (Repeat the above if needed.)

**GET OFF THE “X” – Find a way to move/leave the situation.**

- **YOUR LIFE IS WORTH THE FIGHT!**

# First Things First

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- **You win every fight you don't get it. If your situational awareness is high, you will be aware and prepared and can get away.**
- **Verbal Boundary – Hold out your hand and yell, NO! BACK OFF!!**
- **Say: “I have a pepper spray/stun gun and will use it. I said Back Off!”**
- **Let your NO mean NO! NEVER negotiate.**

# Be a Hard Target

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- **Walk confidently. Fake it if needed. Be aware all around you. Avoid distractions. No phones, only one earbud.**
- **Portray strength and let it be evident you are paying attention. Use a light and/or alarm. This is possible even if you use a cane or walker.**
- **Predators target people who seem weak, distracted, or easy prey.**
- **They don't want to get hurt. They don't want to get caught. Make eye contact so they know you can identify them.**

# Cooper Color Code-Your Combat Mindset

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- **WHITE** – Unprepared and Unready to Take Action
- **YELLOW** – Prepared, Alert, and Relaxed. Good Situational Awareness
- **ORANGE** – Alert to Probable Danger. Ready to Take Action
- **RED** – Action Mode. Focused on the Emergency at Hand
- **BLACK** – Panic. Breakout of Mental & Physical Performance
- **GOAL** – Maintain a Position Between Yellow and Orange

# Home Safety

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- **Outside** – Lights, trimmed landscaping, sharp/pointed shrubs. Don't put empty boxes from expensive items in trash. Put old work boots outside.
- **Inside** – Identify an exit route out of your house if you need to quickly escape. Keep a safety tool by all your doors, your bedside, and near favorite spot.
- **Garage** – Hide a few safety tools so you can always access them. Close the door as soon as you get in.
- **Staging Your Home** - Identify common items that can be used as a weapon. Make sure you have something in every room. All windows and doors locked, always. Get the Step Off Alarm and Locked Down Door Lock from Damsel in Defense. Have something in your bathroom and shower.
- **Visitors** – Do NOT answer your door if you aren't expecting someone. Then, still verify. Call 911 if someone is asking for help. Use caution when collecting package deliveries left at your door.
- **Be Unpredictable** - Vary your routine and patterns. Be aware if there are strange vehicles or people outside. Do not go home if you sense something isn't right. If you think someone is following you, make four right turns. If they are still there, call 911 and drive to the police station.



# Security On-The-Go

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- **Your Vehicle** – Don't leave documents with your address in your car.
- **Entering and Exiting Buildings** – Stop and look before going in and out of a building. Have your safety tools in hand or within easy reach.
- **Gas Stations** – Lock the doors. Safety tools in hand. Don't leave your purse on the seat. Go in the daytime. If it doesn't seem right, leave. Even if you aren't finished pumping your gas.
- **Travel** – You can take a safety whistle, safety pen, personal alarms, door lock, and door alarm anywhere. Stun guns and striking tools can be put in your checked bag. Pepper spray is Never allowed on a plane. Check state restrictions before bringing any safety tools with you out of your state.
- **Know the Resources in Your Area** – Find multiple routes to your nearby hospital or police station. Check this out in areas you travel too.
- **Privacy** - Don't be too talkative about your personal details or travel plans to a stranger. Be aware of how loud you are speaking. Bring a Damsel in Defense Diversion Safe to hide valuables.

# Online Safety

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- **Artificial Intelligence – The Good and the Bad**
- **Emails, Games, or Chat Rooms**
- **Social Media: Facebook, Instagram, TikTok, LinkedIn, Twitter etc.**
- **Search Engines**
- **Computers, Smart Phones, Smart Watches, Tablets**
- **Solution: Communication & Damsel in Defense's Digital Defense**
- **\*\*\*Visit [www.ourrescue.org](http://www.ourrescue.org) for a great resource on keeping kids safe online.**
- **Don't click on any links. Look for misspellings or incorrect grammar. Stay away from chat rooms and games. Never share personal information. Have a code word or phrase with loved ones to avoid a scam where their voice is cloned to ask you for money. Be aware of anything that is "urgent" or requires you to make an immediate decision.**

# Creating a Personal Protection Plan

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- **Make a Commitment to Prioritize Safety. – And Share What You Learned Today!**
- **Your body can't go where your mind hasn't imagined. Practice yelling. Visualize threatening scenarios and think about what you would do and how you would act to survive.**
- **Family Code Word or Phrase, or Emoji – In Public, Calls, Texts, and Emails**
- **Layered Protection for Plans A, B, C, D, E.**
  - **A. Stun Gun – Stun and Run**
  - **B. Pepper Spray – Spray and Get Away**
  - **C. Striking Tool – Strike and Hike**
  - **D. Your Body - Elbow to the ear, kick in privates, fingers in the eyes, throat strike, open palm strike to the nose**
  - **E. Last Resort – Lethal Weapon**
- **Make a Plan to Upgrade Your Home's Safety Profile**
- **Carry Personal Protection Tools ALL the Time and EVERYWHERE**
- **Think about Your Safety Plan at the Beginning of Each Day**
- **Watch out for Normalcy Bias (It's never happened before.) Be Prepared Not Scared!**
- **Stop trying to help strangers. Be more concerned with being safe than being nice.**
- **ALWAYS TRUST YOUR INSTINCTS! ALWAYS!!!!**

# THANK YOU!!!!!!

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## Next Steps:

1. **Schedule a FREE personal home safety audit with me.**
2. **Join my Private Facebook Safety Training Group:**

**Defend 1 Now** - <https://www.facebook.com/groups/461119999252579>

Contact me for any Safety Questions or Concerns.

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