

PERSONAL SAFETY &

# SITUATIONAL AWARENESS GUIDE

MARTELL TRAINING GROUP, LLC.



[Defend Confidently Book on Amazon](#)  
[Our Online Course](#)

## Table of Contents

- Guide 1 What is Situational Awareness?
- Guide 2 Travel Safety for Professionals
- Guide 3 Home Defense Basics
- Guide 4 Concealed Carry Confidence
- Guide 5 Parking Lot Safety and Vehicle Defense
- Guide 6 Internet Safety for Parents and Kids
- Guide 7 Survival Mindset From Fear to Readiness
- Guide 8 Non Lethal Self Defense Options
- Guide 9 How Criminals Choose Their Victims
- Guide 10 Workplace Violence Prevention
- Guide 11 Criminal Interview Techniques and Responses
- Guide 12 Everyday Carry for Situational Readiness
- Guide 13 Verbal De-escalation and Command Presence
- Guide 14 Emergency Preparedness at Home and Work
- Guide 15 Personal Security While Exercising Outdoors
- Guide 16 Verbal Altercation Strategies

# Situational Awareness 101

Awareness is your first defense.

## WHAT IS SITUATIONAL AWARENESS?

Situational awareness is the ability to identify, process, and comprehend the elements of information about what is happening around you. It's not about being paranoid. It's about being present.

Whether you're walking to your car, shopping, or sitting in a restaurant, being aware allows you to detect potential threats early and avoid dangerous situations entirely.

## WHY IT MATTERS

Most violent encounters don't start with an explosion of action. They begin with subtle cues and behavior shifts. Criminals often test potential victims to gauge whether they're aware or distracted. A confident, alert presence can discourage threats before they escalate.

## CONDITION YELLOW: THE AWARE STATE

This is your ideal daily mindset, relaxed but alert. You're aware of who and what is around you without fixating on any one thing. You're watching for anything that doesn't fit the norm or baseline of your environment.

## SETTING THE BASELINE

Every environment has a baseline of what's typical for that time and place. Identifying that baseline allows you to quickly notice deviations. For example, someone pacing in a coffee shop or watching people without ordering could be a signal.

## RED FLAGS: PRE-INCIDENT INDICATORS

- Unusual clothing for the setting (e.g., coat in hot weather)
- Loitering without a clear purpose
- Following or shadowing movement
- Trying to get too close or force interaction
- Repeated eye contact attempts or target-locking gaze

## YOUR DAILY AWARENESS ROUTINE

Use these mental drills to sharpen your situational awareness skills:

- When entering a room, identify at least 3 exits

Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>

Online Course: <https://shopmtgsafety.com>

# Situational Awareness 101

Awareness is your first defense.

- Note anyone behaving outside the norm
- Locate potential cover or concealment options
- Observe people's hands they often reveal intent

## TIPS FOR HIGH-RISK SPACES

Parking lots, ATMs, gas stations, and transitional spaces (like walking from the store to your car) are high-risk areas.

- Walk with purpose to project confidence
- Avoid distractions like phones or ear buds
- Keep your hands free and keys ready
- Scan around and behind before entering your vehicle

## INTEGRATING AWARENESS INTO YOUR LIFESTYLE

Situational awareness isn't something you turn on in emergencies. It's a mindset you carry every day. Practice it consistently, and it becomes second nature, allowing you to protect yourself and those you care about.

## LEARN MORE

For deeper insights, read *Defend Confidently*: <https://www.amazon.com/dp/B0DS2YL89W/>

Take your training further at <https://shopmtgsafety.com>

*Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>*

*Online Course: <https://shopmtgsafety.com>*

# Situational Awareness 101

Awareness is your first defense.

## TRAVEL SAFETY FOR PROFESSIONALS DOMESTIC & ABROAD

Whether you're heading to a conference, visiting clients, or working remotely while traveling, personal safety is often overlooked in professional travel planning. This guide provides field-tested strategies to help you stay safe and confident wherever your work takes you.

### PRE-TRIP PREPAREDNESS

- Share your itinerary and emergency contacts with someone you trust
- Avoid posting travel plans or real-time updates on social media
- Pack light but smart: flashlight, portable door lock, personal alarm, and charger

### HOTEL SAFETY STRATEGIES

- Request a room between the 3rd and 6th floors for safety and emergency access
- Use secondary locks: door wedges, portable locks, or alarms
- Never open the door without verifying visitors with the front desk

### TRANSPORTATION TIPS

- Confirm your ride-share license plate and driver details before entering
- Sit in the back seat behind the driver
- Stay alert in parking garages, rest stops, and gas stations

### INTERNATIONAL AWARENESS

- Research scams and safety advisories before departure
- Register with the U.S. Embassy via the STEP program
- Use hotel safes for valuables and carry a decoy wallet if needed

### IN-TRANSIT AWARENESS DRILLS

- Be mindful of how people observe or follow you
- Keep personal items in front of you, not on your back
- Scan public areas before choosing where to sit or stand

### LEARN MORE

Read more in Defend Confidently: <https://www.amazon.com/dp/B0DS2YL89W/>

*Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>*

*Online Course: <https://shopmtgsafety.com>*

## **Situational Awareness 101**

Awareness is your first defense.

Continue your training at <https://shopmtgsafety.com>

*Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>*

*Online Course: <https://shopmtgsafety.com>*

# Situational Awareness 101

Awareness is your first defense.

## HOME DEFENSE BASICS SECURE YOUR FAMILY WITH CONFIDENCE

Most intrusions can be stopped before they ever begin. By establishing multiple layers of home defense, you can deter, delay, and defeat threats without panic. This guide outlines how to turn your home into a hard target.

### LAYER 1: THE PERIMETER

- Install motion lights and cameras at entry points
- Keep bushes and hedges trimmed to remove hiding spots
- Use timers or smart lights when away to simulate occupancy

### LAYER 2: ENTRY POINTS

- Reinforce doors with 3-inch screws and heavy-duty strike plates
- Use deadbolts, door bars, or smart locks for extra protection
- Apply security film to glass and install window locks

### LAYER 3: THE INTERIOR

- Keep your cell phone near your bed and charged
- Secure firearms or defensive tools within quick access safes
- Create a family plan: know where to meet, who calls 911, and how to communicate

### FAMILY TRAINING DRILLS

- Practice safe room retreats with kids
- Teach how to use a flashlight tactically
- Rehearse calling 911 calmly and clearly

### ADDITIONAL CONSIDERATIONS

- Use dogs or alarms as force multipliers
- Consider layered locks and panic buttons for high-risk locations

### LEARN MORE

Dive deeper in Defend Confidently: <https://www.amazon.com/dp/B0DS2YL89W/>

Train smarter at <https://shopmtgsafety.com>

*Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>*

*Online Course: <https://shopmtgsafety.com>*

# Situational Awareness 101

Awareness is your first defense.

## HOW TO CONFIDENTLY CARRY CONCEALED

Carrying concealed is more than having a firearm. It's about preparation, mindset, legal knowledge, and consistent training. This guide offers essential tips to responsibly and confidently carry daily.

## MINDSET OVER METAL

- Carry for protection, not ego
- Know the weight of responsibility: mental, moral, and legal
- Respect the power of every decision you make while armed

## DAILY CARRY CHECKLIST

- Firearm and holster properly secured
- Sturdy gun belt
- Spare magazine (where legal)
- Flashlight and non-lethal option (OC spray)

## HOLSTER SELECTION TIPS

- Full trigger guard coverage
- Reliable retention
- Comfortable for all-day wear and safe reholstering

## CLOTHING AND CONCEALMENT

- Avoid printing with proper layering
- Know how movement affects concealment
- Practice drawing with what you wear every day

## LEGAL AND ETHICAL PREPAREDNESS

- Know your state and local carry laws
- Understand when you are justified to use deadly force
- Carry insurance or legal defense coverage if possible

## LEARN MORE

Master these principles in Defend Confidently: <https://www.amazon.com/dp/B0DS2YL89W/>

*Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>*

*Online Course: <https://shopmtgsafety.com>*



## **Situational Awareness 101**

Awareness is your first defense.

Explore carry training at <https://shopmtgsafety.com>

*Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>*

*Online Course: <https://shopmtgsafety.com>*

# Situational Awareness 101

Awareness is your first defense.

## **PARKING LOT SAFETY & VEHICLE DEFENSE**

Your vehicle and surrounding parking areas are transitional spaces which are prime locations for opportunistic crime. This guide shows you how to stay alert, defend yourself, and reduce risk in and around your vehicle.

### **BEFORE YOU APPROACH YOUR VEHICLE**

- Look around and behind your vehicle as you approach
- Have your keys in hand before exiting the building
- Stay off your phone and keep your head on a swivel
- Watch for vehicles parked closely next to your driver's side

### **WHEN ENTERING YOUR VEHICLE**

- Immediately lock all doors once seated
- Start the engine before adjusting seat or mirrors
- Avoid sitting idly or checking your phone
- If something feels off, trust your gut and move to a safer location

### **IF YOU SUSPECT YOU'RE BEING FOLLOWED**

- Do not drive home. Go to a public location or police station
- Call 911 and clearly report your location
- Use flashers and horn to attract attention if necessary

### **DRILLS & AWARENESS HABITS**

- Practice entering and exiting your car quickly
- Know your surroundings at gas stations, garages, and rest stops
- When parking, reverse into your space if possible for a faster exit

### **LEARN MORE**

Read more in Defend Confidently: <https://www.amazon.com/dp/B0DS2YL89W/>

Explore complete safety training at <https://shopmtgsafety.com>

*Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>*

*Online Course: <https://shopmtgsafety.com>*

# Situational Awareness 101

Awareness is your first defense.

## INTERNET SAFETY FOR PARENTS & KIDS

The digital world offers great tools and great risks. Kids today are exposed to scams, predators, and dangerous apps long before they're emotionally equipped to handle them. This guide helps you stay ahead of online threats and protect your family.

## COMMON ONLINE THREATS

- Sextortion: predators posing as peers to solicit images
- Grooming: building trust to exploit children over time
- Dangerous apps: disappearing messages, false identities, and private browsers
- Gaming chats and voice apps with unrestricted contact

## PARENTAL STRATEGIES

- Keep devices in common spaces, not behind closed doors
- Know all usernames and passwords -this is supervision, not spying
- Regularly check app usage and privacy settings
- Talk early and often. Make it safe for your child to report concerns

## SAFE PRACTICE RULES FOR KIDS

- Never share photos, school info, or location
- Never meet someone they only know online
- Use screen names that protect identity
- Report anything that feels wrong immediately

## USEFUL MONITORING TOOLS

- Bark, Net Nanny, Qustodio, Circle by Disney
- OJJDP's Internet Crimes Against Children (ICAC) Task Force for reporting

## LEARN MORE

Field-tested strategies in Defend Confidently: <https://www.amazon.com/dp/B0DS2YL89W/>

Parent training resources at <https://shopmtgsafety.com>

*Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>*

*Online Course: <https://shopmtgsafety.com>*

# Situational Awareness 101

Awareness is your first defense.

## **SURVIVAL MINDSET FROM FEAR TO READINESS**

In a moment of crisis, your body will default to its lowest level of training. Developing a survival mindset doesn't mean living in fear. It means training your brain to respond under pressure. This guide will help you turn hesitation into action and fear into focus.

## **DENIAL IS DANGEROUS**

- Most people freeze because they don't believe what's happening
- Rehearsing scenarios mentally helps your brain recognize threats faster
- Awareness leads to acceptance. Acceptance enables action

## **CONTROL YOUR BREATHING, CONTROL YOUR RESPONSE**

- When stress spikes, heart rate rises and clarity drops
- Practice tactical breathing: In 4 seconds, hold 4, out 4, pause 4
- This method keeps your body from locking up during fear response

## **BUILDING RESPONSE HABITS**

- Visualize what you would do in common threat scenarios (e.g., parking lot approach, home break-in)
- Break tasks into steps and repeat them mentally or physically
- Train your family to follow clear commands in emergencies

## **PREPARATION = CONFIDENCE**

- Learn a skill, rehearse it, then test it under stress
- Take classes in self-defense, firearm safety, first aid, and verbal de-escalation

## **LEARN MORE**

Psychological and tactical tools in Defend Confidently: <https://www.amazon.com/dp/B0DS2YL89W/>

Start your preparedness journey at <https://shopmtgsafety.com>

*Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>*

*Online Course: <https://shopmtgsafety.com>*

# Situational Awareness 101

Awareness is your first defense.

## NON-LETHAL SELF-DEFENSE OPTIONS WHAT YOU NEED TO KNOW

Not every threat requires a lethal response. Having non-lethal tools in your self-defense plan gives you a layered approach that's legal, effective, and versatile. This guide explains the options and their proper use.

## POPULAR NON-LETHAL TOOLS

- Pepper spray (OC): Effective for crowd control and personal defense
- Stun guns / TASERs: Electrical incapacitation for close-quarters
- Tactical flashlights: Disorient attackers and light your environment
- Personal alarms: Attract attention and disrupt potential threats

## CHOOSING THE RIGHT TOOL FOR YOU

- Consider legality in your state or locality
- Think about environment: home, travel, office, jogging
- Match your comfort level and willingness to deploy under stress

## DEPLOYMENT TIPS & TRAINING

- Carry where accessible, not buried in a bag
- Practice drawing and aiming in a safe area
- Replace expired sprays and test periodically

## TACTICS FOR SUCCESS

- Pair OC spray with verbal commands: 'Back up! Get away!'
- Use light to check surroundings and deter confrontation / Strobe function of flashlight can pause attack for you to get away or go for other device
- Always have an exit plan after using a tool

## LEARN MORE

Learn layered defense strategies in Defend Confidently: <https://www.amazon.com/dp/B0DS2YL89W/>

Non-lethal training options at <https://shopmtgsafety.com>

*Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>*

*Online Course: <https://shopmtgsafety.com>*

# Situational Awareness 101

Awareness is your first defense.

## HOW CRIMINALS CHOOSE THEIR VICTIMS DON'T BE AN EASY TARGET

Criminals aren't looking for a fair fight. They want an easy win. They observe behaviors and patterns to decide who's vulnerable. This guide helps you understand what they look for and how to signal strength.

## WHAT PREDATORS LOOK FOR

- Distracted posture (head down, phone out)
- Slow, unaware movement
- Isolation or predictable routines
- Signs of fear or lack of boundaries

## HOW TO PRESENT YOURSELF AS A HARD TARGET

- Walk with purpose and confidence
- Make brief eye contact to show awareness
- Control your personal space and reactions
- Vary your routines, especially when walking or driving

## AVOIDANCE BEHAVIORS THAT INVITE TARGETING

- Appeasing or apologizing when confronted
- Ignoring red flags out of politeness
- Standing too close to strangers without awareness

## DAILY DRILLS

- Practice walking with command presence in public
- Scan for exits and assess people in your space
- Run what if scenarios in your mind to build mental reps

## LEARN MORE

Behavioral insights from law enforcement in *Defend Confidently*:

<https://www.amazon.com/dp/B0DS2YL89W/>

Awareness and threat training at <https://shopmtgsafety.com>

*Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>*

*Online Course: <https://shopmtgsafety.com>*

# Situational Awareness 101

Awareness is your first defense.

## WORKPLACE VIOLENCE AWARENESS & PREVENTION

Every business, school, or office should have a plan to recognize, prevent, and respond to violence. This guide helps employees and managers alike spot warning signs and prepare a safer work environment.

### RECOGNIZING PRE-ATTACK INDICATORS

- Sudden mood swings, aggression, or fixation on a grievance
- Obsession with weapons, violence, or past incidents
- Withdrawn or erratic behavior, especially after conflict
- Threatening comments or written messages

### TEAM SAFETY CULTURE

- Encourage a 'See Something, Say Something' policy
- Make anonymous reporting easy and confidential
- Hold regular safety briefings and de-escalation training

### PHYSICAL SECURITY CHECKLIST

- Controlled access and locked doors
- Emergency exit awareness for all staff
- Communication plan for on-site threats

### ACTIVE THREAT RESPONSE TIPS

- Know your escape, barricade, and fight options
- Keep personal defensive tools legal and accessible
- Participate in drills and practice under realistic scenarios

### LEARN MORE

Workplace safety content based on field experience: <https://www.amazon.com/dp/B0DS2YL89W/>

Situational training programs at <https://shopmtgsafety.com>

*Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>*

*Online Course: <https://shopmtgsafety.com>*

# Situational Awareness 101

Awareness is your first defense.

## HOW CRIMINALS TEST POTENTIAL VICTIMS QUESTIONS, DISTRACTIONS, AND RESPONSES

Most attacks don't start with sudden violence, they begin with a test. Predators often use 'interview techniques' to gauge a person's awareness, boundaries, and willingness to resist. This guide helps you recognize the warning signs and respond with confidence.

## THE APPROACH HOW TESTING BEGINS

Predators use conversation starters to break barriers. These questions seem harmless, but they serve to test your reaction and attention.

## COMMON QUESTIONS USED TO TEST VICTIMS

- 'Hey, do you have the time?'
- 'Can you help me find my dog?'
- 'You look familiar, have we met?'
- 'Can I ask you something real quick?'
- 'Can you spare a dollar or help me with directions?'
- 'Do you live around here?'

## WHAT THEY'RE LOOKING FOR

- Are you distracted, polite to a fault, or easily flustered?
- Do you seem uncomfortable setting boundaries?
- Are you isolated and unaware of your surroundings?
- Do you allow them to get closer than necessary?

## STRONG RESPONSES TO DISRUPT TESTING

- Make direct eye contact and respond firmly: 'No.'
- Keep physical distance: 'Sorry, I cant help you.'
- Use body language to indicate awareness: squared shoulders, confident tone
- If needed, create a verbal barrier: 'Back up, you're too close.'

## ADDITIONAL TACTICS

- Repeat commands with volume: 'I said back up!'

Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>

Online Course: <https://shopmtgsafety.com>



# Situational Awareness 101

Awareness is your first defense.

- Move toward a public or populated space
- Don't apologize for protecting yourself. Trust your instinct

## DRILLS TO PRACTICE

- Role-play being approached in a parking lot or on a walk
- Practice saying 'no' without smiling or explaining
- Teach family members to respond to manipulative questions

## LEARN MORE

Behavioral pre-attack patterns in Defend Confidently: <https://www.amazon.com/dp/B0DS2YL89W/>

Full personal safety training at <https://shopmtgsafety.com>

*Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>*

*Online Course: <https://shopmtgsafety.com>*

# Situational Awareness 101

Awareness is your first defense.

## EVERYDAY CARRY (EDC) FOR SITUATIONAL READINESS

Everyday Carry or EDC is the collection of tools you keep on your person to be prepared for emergencies, self-defense, or unexpected situations. A good EDC setup supports your mindset, mission, and mobility. This guide helps you build a practical system that works for your lifestyle.

## WHAT MAKES AN EFFECTIVE EDC?

- Accessible: You can get to it quickly and safely
- Consistent: You carry it regularly so it becomes natural
- Purposeful: Each item solves a real problem you may face
- Adaptable: You can scale your carry based on environment

## CORE EDC CATEGORIES

- Defensive: firearm, non-lethal tool (OC spray), tactical pen
- Utility: flashlight, folding knife, multi-tool
- Communication: fully charged phone, backup power bank
- Medical: tourniquet, pressure bandage, trauma kit (if space allows)

## EDC TIERS LAYERS OF PREPAREDNESS

- Tier 1: On-body (pocket, belt, or discreet carry)
- Tier 2: Off-body (bag, briefcase, purse)
- Tier 3: Vehicle-based (car kit, emergency bag, spare tools)

## TRAINING WITH YOUR TOOLS

- Know how to draw and deploy under stress
- Practice using your flashlight and knife one-handed
- Take training for firearms, OC spray, and medical response

*Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>*

*Online Course: <https://shopmtgsafety.com>*

# **Situational Awareness 101**

Awareness is your first defense.

## **EQUIPMENT MAINTENANCE**

- Recharge or replace flashlight batteries
- Clean and inspect your tools weekly
- Check expiration dates on sprays and medical items

## **EDC MINDSET**

- Be the calm one in chaos, the helper in need, the protector in danger
- Carry with humility and purpose, not ego

## **LEARN MORE**

EDC insights woven throughout Defend Confidently:

<https://www.amazon.com/dp/B0DS2YL89W/>

See our EDC recommendations and training at <https://shopmtgsafety.com>

*Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>*

*Online Course: <https://shopmtgsafety.com>*

# Situational Awareness 101

Awareness is your first defense.

## VERBAL DE-ESCALATION AND COMMAND PRESENCE

Words are powerful tools in conflict. Verbal de-escalation can defuse tension, prevent violence, and give you control in a high-stress moment. This guide outlines how to project authority and resolve situations without force.

### WHAT IS COMMAND PRESENCE?

Command presence is the ability to project calm authority and control using your voice, body language, and demeanor. Its how you say something, not just what you say that determines how others respond.

### KEY ELEMENTS OF VERBAL DE-ESCALATION

- Stay calm and composed, even if others are emotional
- Use a steady, firm tone without shouting
- Avoid sarcasm, threats, or hostile body language
- Listen actively and repeat back concerns to show understanding

### PHRASES THAT CALM A SITUATION

- 'I want to help, but I need you to stay calm.'
- 'Lets figure this out together.'
- 'Take a breath. I'm listening.'
- 'I understand you're upset. Lets talk through this.'

### PHRASES THAT ESCALATE TENSION (AVOID)

- 'Calm down!'
- 'What's your problem?'
- 'You need to relax.'
- 'I don't have time for this.'

### WHEN TO USE STRONG VERBAL COMMANDS

- Use direct language for safety boundaries: 'Back up!' 'Stop!' 'Leave now!'
- Strong commands should be practiced so they sound confident and sharp

Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>

Online Course: <https://shopmtgsafety.com>

# Situational Awareness 101

Awareness is your first defense.

- Avoid apologizing when giving clear, safety-based instructions

## **BODY LANGUAGE MATTERS**

- Maintain upright posture and hands visible
- Use a calm but serious facial expression
- Keep safe distance -don't let someone crowd you

## **TRAINING TIPS**

- Practice command phrases aloud at home or in training scenarios
- Role-play de-escalation and boundary-setting with a partner
- Record yourself to hear how your tone sounds under pressure

## **LEARN MORE**

Command presence skills in Defend Confidently: <https://www.amazon.com/dp/B0DS2YL89W/>

Situational speaking strategies at <https://shopmtgsafety.com>

*Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>*

*Online Course: <https://shopmtgsafety.com>*

# Situational Awareness 101

Awareness is your first defense.

## EMERGENCY PREPAREDNESS AT HOME AND WORK

Emergencies rarely happen on schedule. Whether its a natural disaster, medical crisis, or workplace incident, your level of preparation determines how well you and your family respond. This guide outlines what to have, what to know, and how to plan ahead.

## WHY PREPAREDNESS MATTERS

- Emergencies are chaotic. Preparation creates calm
- First responders may be delayed. Be your own first line of defense
- Families and teams need communication and coordination under pressure

## HOME PREPAREDNESS CHECKLIST

- Flashlights with extra batteries
- Fire extinguisher (and knowledge of how to use it)
- First aid kit: trauma items, meds, gloves, tourniquet
- Emergency food/water for at least 3 days
- Copies of documents and cash in a waterproof bag

## WORKPLACE PREPAREDNESS CHECKLIST

- Know exits, fire alarm locations, and emergency protocols
- AED (defibrillator) and first aid location
- Establish a rally point for staff or coworkers
- Encourage coworkers to keep basic kits at their desk or in a drawer

## COMMUNICATION PLANS

- Identify 2 emergency contacts outside your region
- Have a written phone list in case phones die or disconnect
- Use group messaging apps or text chains for check-ins

## GO-BAGS AND VEHICLE KITS

- Keep a ready bag with flashlight, power bank, spare clothes, hygiene items, water, snacks, and basic first aid

Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>

Online Course: <https://shopmtgsafety.com>

# Situational Awareness 101

Awareness is your first defense.

- Store extra supplies in your vehicle for long-term mobility

## DRILLS AND FAMILY TRAINING

- Practice fire escape and severe weather shelter drills with kids
- Discuss what to do if phones are down or youre separated
- Rotate food, batteries, and meds every 6 months

## LEARN MORE

Emergency planning & preparedness in Defend Confidently:

<https://www.amazon.com/dp/B0DS2YL89W/>

Complete home defense and readiness at <https://shopmtgsafety.com>

*Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>*

*Online Course: <https://shopmtgsafety.com>*

# Situational Awareness 101

Awareness is your first defense.

## PERSONAL SECURITY WHILE EXERCISING OUTDOORS

Whether you're walking, running, or hiking, outdoor exercise comes with personal safety considerations, especially for solo or early morning routines. This guide offers practical steps to stay fit without letting your guard down.

### CHOOSE SAFER ROUTES

- Avoid isolated areas, wooded trails, or poorly lit paths
- Choose loops near public spaces or areas with regular foot traffic
- Vary your routes and times to avoid predictable patterns

### STAY SITUATIONALLY AWARE

- Keep music low or wear only one earbud
- Scan ahead, behind, and to the sides at regular intervals
- Make eye contact with passersby to show alertness

### TOOLS TO CONSIDER CARRYING

- Flashlight or headlamp for early/late runs
- Whistle or personal safety alarm
- Pepper spray or tactical pen in a running belt or clip or in your hand
- Mobile phone with GPS enabled
- Wear ID or emergency contact wristband

### IF YOU'RE APPROACHED OR FEEL UNCOMFORTABLE

- Move toward a public area immediately
- Use firm verbal boundaries: 'Back off!' 'Leave me alone!'
- Be prepared to use your self-defense tool and run to safety

### PARTNER UP OR CHECK IN

- Exercise with a friend or dog when possible
- Let someone know your route and expected return time
- Use safety tracking apps like Life360, Road ID, or Strava Beacon

Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>

Online Course: <https://shopmtgsafety.com>



# Situational Awareness 101

Awareness is your first defense.

## CLOTHING AND VISIBILITY

- Wear reflective gear or lights during dawn/dusk hours
- Avoid clothing that hinders movement or concealment of tools

## MINDSET = CONFIDENCE

- Walk and run with purpose
- Don't second-guess your intuition
- You have the right to defend your space and safety

## LEARN MORE

Street-level awareness and preparedness in *Defend Confidently*:

<https://www.amazon.com/dp/B0DS2YL89W/>

Fitness and carry tool strategies at <https://shopmtgsafety.com>

*Learn more: <https://www.amazon.com/dp/B0DS2YL89W/>*

*Online Course: <https://shopmtgsafety.com>*

# Guide 16: Dealing with Verbal Altercations – Public and Workplace Strategies

---

## **DEALING WITH VERBAL ALTERCATIONS - PUBLIC AND WORKPLACE STRATEGIES**

Verbal altercations can escalate quickly, leading to personal, professional, or even legal consequences. Whether in public or at work, how you respond to aggression with words is critical. This guide equips you with tools to remain composed, de-escalate tension, and protect your safety and reputation.

### **WHY VERBAL ALTERCATIONS ESCALATE**

- Misinterpretation of tone or intent
- Ego-driven responses or attempts to 'win'
- Stress, emotional reactivity, or substance influence
- Lack of clear communication or boundaries

### **PUBLIC ALTERCATIONS - STAYING SAFE WHILE STAYING CALM**

- Maintain distance-personal space is protection
- Speak in a calm but firm tone: 'I don't want trouble.'
- Avoid insulting, mocking, or challenging language
- If the person continues, walk away to a safer place
- Don't let ego or pride force you into a confrontation

### **WORKPLACE CONFLICT - DE-ESCALATION WHILE MAINTAINING PROFESSIONALISM**

- Keep your tone even and assertive-not aggressive
- Acknowledge feelings without agreeing: 'I hear you.'
- Focus on facts, not feelings: 'Let's stick to the issue.'
- Set boundaries: 'This conversation is no longer productive.'
- If needed, end the discussion and report the behavior

## VERBAL RED FLAGS THAT SIGNAL POSSIBLE ESCALATION

- Raised voice or clenched fists
- Verbal threats or intimidation
- Personal attacks or insults
- Physical posturing (stepping close, blocking exit)

## VERBAL SELF-DEFENSE PHRASES

### ENHANCED VERBAL SELF-DEFENSE PHRASES & TACTICS

When tensions rise, your words can either defuse the situation-or ignite it. The key is to control your tone, posture, and message. Here's how to sound confident, not confrontational.

#### Boundary-Setting Phrases (Polite but Firm)

- "I'm not interested in that-please move on."
- "That's close enough."
- "I don't talk to strangers. Please respect my space."
- "Not today. Take care." (Use while walking away)

Scenario: Someone persistently tries to start small talk in a parking lot.

"I'm good, thank you. Please keep your distance."

#### Disengagement Phrases (De-escalate Without Apology)

- "We're not going to solve this right now."
- "I don't want this to go further. Let's pause here."
- "I'm done with this conversation."
- "You have a right to your opinion. I'm walking away."

Scenario: A co-worker starts raising their voice in disagreement.

"This isn't productive. I'm stepping away so we can talk calmly later."

#### Assertive Command Phrases (Use Only When Needed)

- "Step back!"
- "Back away-now!"
- "Stop right there!"
- "Leave me alone!"
- "I said NO. Back up."

Tone Tip: These must be delivered sharply, clearly, and without hesitation.

Scenario: Someone blocks your way in a garage or sidewalk.

"Stop right there. Back up. I don't want trouble."

#### When to Add a Physical Cue

- Step back while issuing a command to reinforce your boundary.
- Raise your hand (palm out) while saying "That's enough."
- Angle your body-never square off unless preparing to defend.

#### Things to Avoid Saying

- "Calm down!" (Feels dismissive)
- "What's your problem?" (Escalates)
- "Relax!" (Triggers defiance)
- "I'm not afraid of you." (Unnecessary challenge)

## TRAINING DRILL:

Practice these with family or in a class setting:

1. Have someone "approach" and ask a testing question.
2. Respond with a boundary-setting phrase and proper tone.
3. Escalate with a command if they ignore your first response.

Record or debrief after each rep to improve confidence and body language.

### **TACTICAL WITHDRAWAL - WHEN TO WALK AWAY**

- De-escalation doesn't mean weakness-it's wisdom
- If someone is emotionally flooded, they won't hear reason
- Leave the area if safety, dignity, or professionalism is at risk

### **TRAINING TIPS FROM LAW ENFORCEMENT AND SAFETY EXPERTS**

- Practice response scripts for different situations
- Record your tone and facial expressions to see how you present
- Role-play difficult conversations with a trusted partner

### **LEGAL AND POLICY CONSIDERATIONS**

- Know your workplace policy for verbal abuse or threats
- Document incidents when appropriate
- Avoid retaliatory language-keep your credibility intact

### **LEARN MORE**

Conflict and de-escalation strategies in Defend Confidently:

<https://www.amazon.com/dp/B0DS2YL89W/>

Verbal defense tools and personal safety training at <https://shopmtgsafety.com>