

Situational Awareness

Practical safety tips for everyday life

Situational awareness isn't about living in fear. It is about paying attention, trusting your instincts, and developing simple habits that allow you respond quickly when something feels wrong.

These helpful tips are meant to empower women to stay alert, defend their space, and navigate daily life with greater confidence.

Core Safety Habits

Trust your instincts

If something feels wrong, notice it. You do not need proof to take your discomfort seriously.

Prioritize safety over politeness

You don't owe anyone your time, attention, or access to your personal space.

Put the phone away

In parking lots, store entrances, hotel lobbies, and sidewalks are not the time to be buried in your screen.

Keep one ear tuned in

If you wear headphones while walking or running, keep one ear free so you can still hear what's going on around you.

Check your surroundings before moving

Notice exits, people nearby, cars around you, and anything that seems out of place before you continue.

Walk confidently

Keep your head up, shoulders back and walk with purpose. Presence alone can make you less attractive to a predator seeking an easy target.

**Your safety always takes priority.
Awareness isn't paranoia - it is wisdom in action.**

What to Notice Early (Red Flags)

- Notice patterns, not just isolated moments
- Repeated unwanted appearances in various places
- A story or excuse that does not add up



- Someone forcing conversation or contact when you are not inviting it
- Questions or comments that seem too personal or oddly timed



- A gut feeling that grows stronger instead of fading away
- Someone waiting for you, watching you, or tracking your movements



Simple Plans Matter

Have a simple plan

You don't need advanced training to think ahead. Simple plans are easier to remember under stress than complicated ones.

Escape first, not fight first

The goal is to create distance and reach safety. Self-defense should help you escape, not prolong the danger.

Know where you're headed

If you need to move quickly, go toward people, an open business, security, or a clearly visible exit.

Create time and distance

A distraction, a change of direction, a shove for space, or a loud response might give you the second or two needed to escape.

Get help early

Tell staff, security, a friend, or someone nearby when something feels wrong. More eyes on the situation can protect you.

Use the buddy system

If a location seems dangerous, try to avoid being alone when you can. Support can improve your chances of remaining safe.

When the Situation Changes, So Should Your Response

- Staying calm is best, and the main goal is to protect yourself and escape.
- Make noise and attract attention

- Don't quietly cooperate if it reduces your chances of escaping.
- Use your voice, movement, and surroundings to distract the attacker

- Once you're safe, document what happened and report it to the proper authorities.

- If you need to defend yourself, do so completely and concentrate on freeing yourself.

Digital And Travel Safety

Do not post in real time

Wait until you are home to share vacation photos, live locations, or travel updates.

Review followers and comments

If a comment feels creepy or invasive, pay attention. You can quietly remove, block, and protect your space online.

Watch location sharing

Review apps, devices, and settings that might expose your location or travel history.

Check for tracking risks

If you suspect a tracker or unusual alert, carefully check your bag, car, and belongings.

Be cautious with public charging and Wi-Fi

Use trusted networks whenever possible and safeguard your device when traveling.

Understand the normal rhythm of a location

Whether at home, in a hotel, or at an event, awareness increases when you recognize what is normal and what is not.

You don't need to apologize for looking out for yourself. Awareness isn't fear. It is a calm, practical way to keep your peace, your space, and your safety.

Quick Safety Reminders

- 1 Listen to your gut
- 2 Keep your head up
- 3 Limit distractions
- 4 Notice patterns
- 5 Walk with confidence
- 6 Know your exits
- 7 Ask for help early
- 8 Stay near people when needed
- 9 Share less online in real time
- 10 Make a simple plan before you need one

Contact & Contributors

Jennifer Lee

The Healing in Sharing

Contact: TheHealingInSharing@gmail.com



Website



Memoir

Mike Dandridge

CD Risk Consulting

Website / resource link: taplink.cc/mike_dandridge/



Website



Episode

Sifu James DeFillips

Wah Lum Kung Fu

Website: www.wahlumkungfu.com/



Website



Episode