



Verbal Commands for Self-Defense

An essential tool for Self-Defense is your voice. A loud and clear command will not only communicate with a potential threat, but will also call attention to your situation from bystanders. Both of these commands should be used with a strong semi-passive stance to maximize the message with effective body language.

"Please stop!"

The simple command of "please stop!" can be used in a variety of circumstances and is a good base to add specific details onto. For example, "please stop touching me!" or "please stop following me!"

"Don't come any closer!"

The command of "don't come any closer!" can be used in threat assessment. If a potential threat is approaching, using the command can immediately clue the defender into the intentions of the suspect. If the suspect continues to approach, they likely have bad intentions.

If the individual or groups that you are communicating with don't respect your verbal commands, you should immediately leave the situation and seek help. If you cannot escape, physical force may be needed.