

"Goals that are not written down
are just wishes."

The 5D Decision for Life

From this day on, I **decide**

- to plan and prepare to keep myself, and the people I care about safe, and healthy
- to do my best to **deter**, and prevent unsafe, and unhealthy situations from happening to me, or those I love
- to do my best to **disrupt**, and interrupt any unsafe, or unhealthy situation in progress
- to do my best to **disengage**, and get away from an unsafe, or unhealthy situation as soon as I am able
- to **debrief**, and discuss with a trusted person about any unsafe or unhealthy situations that have occurred in the past, or may occur in the future.

Signed _____

Date _____

DECIDE

Never be taken to a secondary location.
Carry a mobile telephone.
Take a self-defense class.
Never give up. Lock your doors.
Do not accept a ride from a stranger.

DETER

Be aware of your surroundings.
Be assertive. Stay alert for danger.
Walk with confidence.
Use your intuition.

DISRUPT

Kick to the groin. Stomp on the instep.
Use anything available as a weapon.
Yell as loud as you can.
Gouge the attacker's eyes.

DISENGAGE

Flee at the first opportunity.
Get away as fast as you can.
Never corner the attacker.
Have an exit strategy.

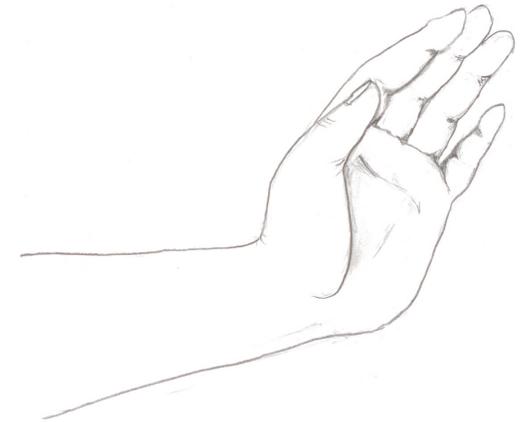
DEBRIEF

Go to the police.
Don't shower or wash your hands.
Get medical attention.
Talk to someone you know and trust.
Seek legal advice.



NOT-ME!

DECIDE DETER DISRUPT DISENGAGE DEBRIEF



The 5D's of Self-Defense

DECIDE & DETER

DECIDE

Decide not to be a victim.
Use preparation and planning prior to an act of aggression.
Learn about crime and criminal behavior.
Train to respond to all forms of aggression.
Practice avoidance and risk reduction.
Acknowledge the existence of risk.
Condition your body and mind for the realities of violence.
Make and follow a safety plan.
Take a self-defense class.

DETER

Deter and prevent an act of aggression.
Learn how to de-escalate a confrontation.
Project confidence with body language.
Be assertive. Detect danger.
Practice situational awareness.
Respond to the warnings of intuition.
Create safety zones.
Utilize boundary setting.
Deceive when necessary.
Build readiness. Diffuse confrontations.
Determine *Confirmation of Bad Intention*.

Confirmation of Bad Intention - The determination that the aggressor intends harm.
Trigger to Act - The event that propels you into decisive action.
Opportunity to Escape - The moment of opportunity to flee from the aggressor.

DISRUPT & DISENGAGE

DISRUPT

Disrupt the aggressor.
Respond to the *Trigger to Act*.
Foil his or her plans.
Apply verbal and/or physical techniques.
Use tactics such as the employment of weapons of opportunity.
Execute a decisive strategy.
Attack the attacker.
Utilize any means available.
Create the *Opportunity to Escape* in order to disengage.

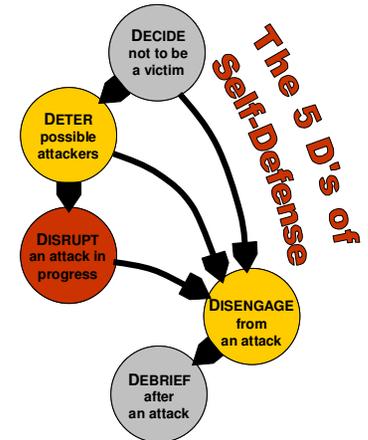
DISENGAGE

Disengage and get away from the aggressor.
Respond the *Opportunity to Escape*.
Create an ending.
Carryout an exit strategy.
Cause the aggressor to break off his actions.
Evade and escape.
Terminate the aggressor's ability to engage and cause harm.
Don't corner the aggressor.
Flee to safety.
Get out of there.

DEBRIEF

DEBRIEF

Debrief and discuss the consequences of aggression. Preserve evidence .
Reduce the after effects.
Promote physical and emotional healing.
Go to the police. Get legal advice.
Seek support and assistance.
Learn and practice resilience.



National Resources

National Center for Victim's of Crime
www.ncvc.org (800) FYI-CALL
National Crime Prevention Council
www.npc.org (800) NCPC-911
National Domestic Violence Council
www.ndvh.org (800) 799-SAFE
National Organization for Victim Assistance
www.trynova.org (800) TRY-NOVA
National Sexual Violence Resource Center
www.nsvrc.org (877) 739-3895
Rape, Abuse & Incest National Network
www.rainn.org (800) 656-HOPE