Self-Defense Theme

5D’s Classic

5D’s Heads

5D’s Aliens

Street Harassment Theme

3A’s
Bullying Theme

5D’s of Bully Defense

- **Decide:** TO DECIDE means to calmly gather your thoughts, learn about bullying, and make a plan to defend yourself.
- **Deter:** TO DETER means to avoid potential or actual bullying. Learn to recognize when others may be bullying you, and how to stop it.
- **Disrupt:** TO DISRUPT means to interrupt or stop an unruly event in a manner.
- **Disengage:** TO DISENGAGE means to escalate yourself from an unruly person or situation.
- **Debrief:** TO DEBRIEF means to discuss and heal after an unruly event.

Dating Violence Theme

Defeat Dating Violence

- **Think Locally**
- **Act Locally**

Domestic Violence Theme

Defeat Domestic Violence

- **Think**
- **Talk**
- **Take Action**

Commit to Help End Domestic Violence

- **Decide**
- **Act**
- **Help**
- **Advocate**

Commit to the importance of healthy relationships with your family and friends. Deciding to be a part of the solution
**Children’s Safety Theme**

**Safety Footprint - Non Readers**

Your Safety Footprint™ - How much you know and do to keep yourself and others safe.

Having a bigger Safety Footprint means you, your family and friends are safer.

**Safety Footprint - Readers**

Your Safety Footprint™ - How much you know and do to keep yourself and others safe.

Having a bigger Safety Footprint means you, your family and friends are safer.

**Defeat Violence Theme**

**5D’s for Everyone**

- Decide against violence & deter the crime
- Disrupt and disengage from violence
- Think locally & act locally
- This safety message is sponsored by NOT-ME Inc.

**5D’s for Students**

- Decide against violence & deter the crime
- Disrupt violence in progress & disengage from violence
- Debrief and heal after violence
- This safety message is sponsored by NOT-ME Inc.
Community Policing Theme

Self-Defense for Society

5D’s Community Policing

Think locally act locally and support community policing.