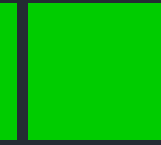


How to Verbally Defend Yourself Then Tell a Teacher/Authority



Training Exercise

- Set physical boundary; space, arms & hands
- Set verbal boundary; “STOP” or “NO”
- Continue verbal boundary if necessary; “back OFF!” & “back off NOW!” (*see video*)
- Important to exercise your yelling muscles in case of emergency e.g. yelling for help