**SOME TIPS ON SELF-DEFENCE**

1. The best self-defence you can do is to

**avoid the situation** beforehand

1. Always **be aware of your surroundings**: look around and don’t be absorbed in your mobile
2. One of the **most important tool**s is your **voice**, saying “Stop”, “Help”, “Emergency”, “Leave me alone” in a strong, loud, and powerful way
3. If you are grabbed from behind: try to immobilize your opponent and **use your hands to hit and strike and free yourself**
4. If someone covers your mouth: **bite into the hand** as hard as you can
5. Try to **hit sensitive parts** of your opponent: the **groin** area, the **throat** area and most effective the **eyes**