

5 ways to protect yourself

1. Become more aware of what is happening around you

Many people are so focused on what will happen next so they forget the present. Be more here and now!

2. Consider the location and with whom you are with

What environment are you in? With whom? Do you feel safe in that environment / with them you are?

3. Be clear in your communication

Dare to stand for what you want and say when something is not ok. This way, you better get out of situations you do not want to end up in.

4. Take a course / training with us

Learn conflict management. Learn self-protection. Become more aware of what you can and are allowed to do in threatening- and conflict situation.

5. Ultimately, purchase protection

You can buy protection in the form of alarms and sprays, you can also buy our security solutions eg adapting the environment and planning of your personal safety.