CourseMints

GUIDE

Personal Safety Awareness

Practical Skills to Feel Safer Every Day

SELF-PACED PDF COURSE

COURSEMINTS.COM

CourseMints

Personal Safety Awareness

Practical Skills to Feel Safer Every Day

COPYRIGHT

© 2026 CourseMints. Published by Morvex Corporation Limited, Studio No. 28, 2 Old Brompton Road, London, England, SW7 3DQ. Registry Nr: 17034959. info@coursemints.com

All rights reserved. No part of this guide may be reproduced, stored or transmitted in any form without written permission from the publisher, except as allowed by the license below.

YOUR LICENSE

This guide is licensed to the buyer for personal use. You may download it, read it on any of your devices and print as many copies as you need for yourself. Please do not resell, share, upload or redistribute it, in whole or in part.

DISCLAIMER

This guide is for educational purposes only. Results depend on your effort and circumstances, and no particular outcome is guaranteed. If you are dealing with a medical, legal, financial or mental health concern, please consult a qualified professional.

INSIDE THIS GUIDE

Contents

	How to Use This Guide	4
CHAPTER 1	Awareness Without Paranoia	7
CHAPTER 2	Trusting Your Intuition	12
CHAPTER 3	Safety at Home	16
CHAPTER 4	Out and About, Day and Night	20
CHAPTER 5	Transport and Travel	24
CHAPTER 6	Dating Safety	28
CHAPTER 7	Online Safety and Privacy	32
CHAPTER 8	Harassment and Stalking	37
CHAPTER 9	De-escalation and Boundaries in Tense Moments	41
CHAPTER 10	Self-Defense Principles	45
CHAPTER 11	Getting Help: Emergency Numbers, Helplines and Reporting	49
CHAPTER 12	Your Personal Safety Plan	54

How to Use This Guide

Feeling safer is not about living on high alert. It comes from a small set of habits that run quietly in the background, a few decisions you make ahead of time so you never have to make them under pressure, and knowing exactly what to do and who to call if something goes wrong. This guide teaches those habits for the places where life actually happens: at home, out at night, in cars and on public transport, on dates, online, and in the tense moments when someone's behavior starts to worry you.

One principle before anything else

Harm is always the responsibility of the person who causes it. Nothing in this guide is a set of rules you must follow to "deserve" safety. If something has happened to you in the past, it did not happen because you walked home alone, trusted someone, had a drink, wore the wrong thing or did not fight back. Safety habits lower some risks and give you more options. They cannot guarantee anything, because no one can control another person's choices.

It also helps to know where risk really lies. Government crime surveys in the US, the UK and elsewhere consistently find that most sexual and domestic violence is committed by someone the victim knows, not by a stranger in the dark. So this guide gives as much attention to dates, partners, colleagues and online contacts as it does to dark parking lots.

What this guide does not cover

This is not a self-defense course. Physical skills must be practiced with a qualified instructor, and Chapter 10 explains how to find a good class. It is not legal advice either: laws on harassment, stalking, recording, protective orders and self-defense differ between countries and states. Planning a trip in depth is the subject of *Solo Female Travel Guide*.

⚠ CAUTION

If you are in danger right now

Stop reading and call your local emergency number: **911** in the US and Canada, **999** in the UK (112 also works there), **112** across the European Union and in many other countries. If you are not in immediate danger but need to talk to someone, Chapter 11 explains the helplines that exist in most countries and how to find yours safely.

How to get the most from it

1. **Read Chapters 1 and 2 first.** Awareness and intuition are the foundation of everything else.
2. **Then read in the order your life needs.** If you are dating again, start with Chapter 6. If someone is bothering you online, go to Chapters 7 and 8.
3. **Do the exercises in writing.** Stress makes complex thinking harder. A plan you wrote down last week is far easier to follow in a frightening moment than one you try to invent on the spot.
4. **Do the setup tasks the day you read them.** Most safety habits are set once and then run on their own.
5. **Talk to the people around you.** Agree on check-ins and code words with friends, family or roommates. Safety is easier as a team.
6. **Finish with your plan.** Chapter 12 pulls everything into one page you can keep and review.

TIP

About the examples

The people in the example boxes are fictional composites, written to show the habits in action: Dana, a nurse who works night shifts; Mei, a graduate student who uses dating apps; Joanne, who recently started living alone after her husband died; and Tasha, who commutes by train and runs a small online business. They are not real clients or testimonials.

CHAPTER 1

01 Awareness Without Paranoia

Most of the time, nothing is wrong. Awareness simply means noticing your surroundings well enough to spot the rare moment when something is off, early enough that your options are easy: cross the street, wait in a shop, take the next train, step back inside. The earlier you notice, the less dramatic your response has to be.

Paranoia is something else: constant scanning and dread. It is exhausting, it shrinks your life, and it makes you worse at noticing, because fear narrows attention onto a single point and away from everything else. The aim of this chapter is calm attention, the kind you already use when you drive through a familiar neighborhood.

Why attention needs a little help

Your attention is limited. When it is fully absorbed by one thing, you can miss surprisingly large things happening right in front of you.

THE SCIENCE

Inattentional blindness

In a well-known 1999 experiment by Daniel Simons and Christopher Chabris, people watched a video and counted basketball passes. Roughly half failed to notice a person in a gorilla suit who walked through the middle of the game. In a later study led by Ira Hyman, people crossing a campus square while talking on a phone were much less likely to notice a nearby clown on a unicycle. A fully occupied mind misses things, so choose when to keep part of your attention free.

Four levels of attention

Many self-defense instructors teach a simple scale of attention, often traced back to a color code used by the firearms instructor Jeff Cooper. You do not need the colors. You only need to know which level you are in and to move between them on purpose.

Level	What it feels like	When it fits
Relaxed	Fully absorbed in a book, a show or a conversation	At home behind locked doors, with trusted people
Aware	Relaxed but noticing: who is around, where the exits are, what is normal here	Your default in public: streets, stations, parking lots, stores
Alert	Something has caught your attention; you watch it and think about your options	A person or situation that does not fit the normal pattern
Action	You are carrying out a plan: leaving, calling, shouting, asking for help	When the alert moment becomes a clear concern

The important level is **aware**. It is not tense or suspicious. It is the ordinary attention of someone who knows where she is and where she is going. Most of the safety habits in this guide only ask you to stay at this level during a few key moments of the day.

Baseline and anomaly

Every place has a normal pattern, its baseline. At a train station at 8 am people walk quickly, look at the departure boards and keep to themselves. In a café on a Sunday, people sit, talk and look at their phones. Once you know the baseline, things that break it stand out: an anomaly.

Anomalies worth noticing are about **behavior**, never about appearance:

- Someone whose attention stays on you while everyone else's is elsewhere.
- Someone who changes direction or speed when you do.
- A person lingering near your car, your door or a cash machine with no obvious purpose.
- A sudden change in a group's mood: voices rising, people moving away.
- Someone who keeps closing the distance after you have stepped back.

One anomaly is not danger. It is a reason to move from aware to alert and to think about your options. Skin color, clothing, disability, accent or being homeless are not anomalies and are not useful signals. Judging by appearance makes you less safe, because it points your attention at the wrong things.

How to practice awareness

1. **Pause at the threshold.** When you arrive somewhere new, take two seconds: where are the exits, who is here, what seems normal?
2. **Eyes up at transitions.** Transitions are the moments you move from one space to another: getting out of a car, leaving a building, walking from the bus stop to your door, waiting at a cash machine. Keep your phone in your pocket for these moments; the rest of the time, scroll as you like.
3. **Keep one ear free** when you walk somewhere quiet or after dark, or keep the volume low enough to hear footsteps and traffic.
4. **Know your route before you set off.** If you need to check a map, step into a store or stand with your back to a wall.
5. **Walk like you know where you are going.** Head up, a steady pace, a glance around when you cross a road. This is not about looking tough. It helps you see, and it helps you feel steadier.
6. **Notice and name.** On any walk, silently name three things: the people closest to you, a place you could step into, and one thing that is different from usual. Practiced for a week, this becomes automatic.
7. **Act early and small.** If something catches your attention, choose one small, easy option now: cross the road, slow down, go into the shop. Small early moves are what awareness is for.