

February is Self Defense and Personal Safety Month.

As Rorion Gracie once said, “self-defense is not just a set of techniques. It is a state of mind that starts with the belief that you are worth defending.” Throughout the month, we will provide tips and advice for protecting yourself in different situations and learning how to become proactive in your personal safety.

Week 4

As we approach the end of Self Defense and Personal Safety Month, this week we will focus on strategies for self-defense. Self-defense is a countermeasure that involves defending the health and well-being of oneself from harm. It includes awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques that enable an individual to successfully prevent, escape, and survive assaults. In recent years, self-defense training has become more popular, as violent crime is on the rise. A good self-defense course provides psychological awareness and verbal tactics, not just physical training. It has proven to be effective by increasing an individual’s options and empowering them with confidence and knowledge in the event of an assault. Many organizations offer various self-defense training courses at low rates, which prove to be a great investment in your personal safety.

In an [article](#) by WRAL, self-defense expert Kathy Olevsky answers frequently asked questions about self-defense and provides readers with beneficial tips for individuals that find themselves in an emergency situation. When asked the effectiveness of pepper spray/mace, Olevsky notes that many individuals who keep pepper spray on them carry it hidden, hoping to never have to use it. She advises individuals who keep pepper spray on them to carry it openly while walking to their car or while alone at night, keeping a finger on the trigger and held in front of them for those around to see. This ensures they will be perceived as “a fighter, not a victim.” When someone asked how they can make sure their home is safe, Olevsky recommends walking through their home from all points of entry to see “where they feel vulnerable.” Many people feel that windows make them vulnerable. An easy way to fix this is to place obstacles in front of them, or add window coverings to prevent criminals from looking inside. She advises individuals to check all doors for deadbolts, including the entrance from the garage. When asked what to do when confronted with a person with a weight/strength advantage, she notes that there are, in fact, many things you can do to counter the strength of size of an opponent. When an opponent who is stronger or taller, you have to outsmart them in a fight and use their own size against them. She argues that size and strength are not all there is to winning a fight or escaping an assault.

Throughout the month, we have recommended a few BulletBlocker products that relate to Personal Safety and Self Defense to keep you best prepared in an emergency situation. Our NIJ IIIA [Gabriel](#) is an ultra-concealable and lightweight compression vest ideal for those who desire a discreet layer of protection with full coverage. Its form-fitting material is comfortable and breathable for extended wear. Whether you are on the job, at school, or simply running errands, The Gabriel will give you the tactical advantage you desire. Our [Guardian](#) Backpack is another great option for those who want a concealable layer of protection. Its NIJ IIIA ant-ballistic panel only adds 20 ounces of weight to the backpack—about the same as a bottle of water. The versatile design conveniently comes in 5 different colors, customizable to individual preference. Its adjustable, padded straps help to stabilize the bag and provide all-day comfort. This pack is ideal for commuters, students, workers, travelers, or anyone else desiring an extra layer of protection. Finally, our [Tactical Organizer](#) and [Defender Notebook Folio](#) are both great options for storing important documents or using while on the job. They offer discreet NIJ IIIA anti-ballistic protection that can be used as a shield in the event of an emergency.

Week 3

As we move into the second half of Self Defense and Personal Safety Month, it's important to shift the focus to other aspects of safety other than protecting just yourself. Typically, self-defense is thought of as defending yourself and improving protective strategies. This week we will focus on home security and prevention strategies. According to [Nationwide](#), a home burglary occurs every 15 seconds in the United States, on average resulting in a loss of about \$1600. Only about 30% of homes have security systems; those without are 2-3x more likely to be broken into. Coupled with the fact that less than a quarter of reported burglaries are solved by police, it is vital to be protected in the event that your home falls victim to crime.

Some common-sense home theft prevention tips:

- Store safes in hidden areas of the house, such as a basement or lower level to reduce the risk of heat/fire damage
- Keep all personal information and important documents (passports, financial statements) in a locked safety deposit box
- Close the curtains to prevent thieves from seeing your home's layout or taking inventory of your belongings
- Make sure that your home's address is visible for police, firemen, and paramedics to easily identify your home
- Secure your wireless network so that criminals are unable to access confidential personal information

How to protect your home from thieves:

- Invest in a home security system equipped with an automatic call to the police
- Ensure that pet doors aren't a point of entry for a thief
- Strong exterior doors such as solid wood or metal provide strong protection against break-ins
- Use proper lighting outside to make your house less of a target

At BulletBlocker, we offer a variety of safety solutions that will make a great addition to your home. Our NIJ IIIA Bulletproof [Tactical Organizer](#) is a discreet and durable clipboard with ample storage space and organizational tools. It can be used on the job or at home for storing important documents and files. Its water resistant polypropylene construction provides the ultimate durability and keeps weight to a minimum. The Kevlar panel adds less than 10 ounces to its overall weight. The inside offers six separate storage compartments with a cover to keep forms and supplies in place during your day to day. Additionally, our NIJ IIIA [Defender Notebook Folio](#) is perfect for any student, commuter, or workplace professional desiring an extra layer of bulletproof protection that is both stylish and practical. The anti-ballistic panel is sewn discreetly into the genuine leather folio so you never have to worry about compromising comfort or concealability. The lightweight bulletproof notebook is ideal for anyone who wishes to effortlessly enhance their safety each day at school or work.

This week, make steps to enhance your home's safety and protection. A key factor of personal safety is not only yourself, but also ensuring that your home is protected too.

Week 2

As we continue to recognize February as Self Defense and Personal Safety Month, this week we will focus on safety strategies that could save your life. A few years ago, Forbes published an [article](#) with suggestions for safety that could be beneficial when used correctly in various situations. The following list of suggestions has been adapted from the article.

1. Set the home address on your car GPS to a fake address—not your actual one. In the event that someone breaks into your car, they could use your GPS home location to figure out where you live and rob your home.
2. Keep your car keys on your nightstand. Many key-fobs have a panic alert button that will cause the horn to blast and headlights to flash. This could save lives during a home invasion by scaring intruders away, and also helps to alert neighbors that an emergency situation is unfolding.
3. Be careful about the information you choose to share on social media. Avoid publicly posting “check-ins” to distant locations, or sharing about events/vacations that include the whole family being away from home. This lets people know that your house will be vacant—and a prime target for robbery. Limit the personal information you share or update your privacy settings to ensure that only close friends and family have access.
4. Be aware that cameras are recording everywhere. Block people’s view of your hand when typing in alarm codes, PIN numbers, etc.
5. Before walking to your car in a parking lot, take out your keys and carry them with you. this reduces the amount of time it takes to get into your car, reducing your chance of an attack. Additionally, a key can serve as a makeshift weapon in the event of an emergency.

In addition to implementing safety strategies like the ones listed above, it is also beneficial to equip yourself with the right gear. At BulletBlocker, we offer a variety of products to help keep you safe and your mind at ease. Our backpacks are a great addition to your safety practices. One of our most popular, the [Guardian](#), is a lightweight and comfortable backpack built with NIJ IIIA anti-ballistic protection. Its adjustable and ergonomically designed straps stabilize the bag to provide all-day comfort, ideal for students or commuters who wear backpacks for extended periods of time. The pack is designed to hold your belongings with ease and efficiency, with multiple compartments and ample storage space. The backpack with the anti-ballistic panel weighs in at less than five pounds, ensuring all-day comfort.

Following safety strategies like the ones listed above can put you at an advantage in the event of an emergency. It is crucial to invest in yourself and your personal safety by keeping up with the latest emergency preparedness and self-defense strategies.

Week 1

As people go throughout their everyday life, they often don’t expect the unexpected. One may find themselves in a situation that seems perfectly safe until suddenly they realize they are in the presence of danger. In these situations, it is necessary to have a plan of action to take and a defense mechanism prepared well in advance. According to the [NY times](#), violent crimes (including homicides) rose for the second consecutive year in 2016. Violent crimes increased nationally last year by 4.1%. These statistics illustrate the importance of developing self-defense strategies to use in the event of a sudden emergency. Though it is easy to put off protective strategies with the mindset of “that would never happen to me,” or “I live in a safe area,” it is important to keep in mind that crime and violence can happen anytime, anywhere, and to anyone.

Caltech Security published a crime prevention [article](#) with precautions for personal safety. Below is a list of common strategies to follow to maximize your safety and minimize the risk of becoming a victim:

- Always be aware of your surroundings and the people around you, regardless of the time of day, and especially when in an unfamiliar area
- Avoid dark and vacant areas, and use well-lit routes if possible. If you ever feel like you are being followed, move to a well-lit or populated area immediately and call for assistance.
- Park in well-lit areas. Avoid parking in secluded parts of a lot.

- Trust your instincts. If someone or something makes you feel uncomfortable, get out or get away as quickly as possible.

At BulletBlocker, one of our most popular clothing products for discreet protection is our [Gabriel](#) Ballistic Base Layer Compression Vest. Created by one of our finest engineers, the vest is the most concealable piece of body armor on today's market with a NIJ IIIA rating. Whether an undercover task-force member, a silent operator, or a private citizen wanting an ultra-concealable piece of body armor, the Gabriel BBL gives you the tactical advantage you need with the lightweight comfort you deserve. Each Gabriel is custom built and its sleek design leaves a nearly invisible footprint under most garments, giving you instant protection and reassurance that you will be safe in any emergency situation.

As we begin the month of February, consider the steps you can take to better prepare yourself for emergency situations in terms of self-defense and protection. Now more than ever is a great time to invest in yourself and your personal safety.