

Non Lethal Self Defense Tools

Introduction

- Planning and Preparing for worst-case scenarios of personal safety or security not being pessimistic; rather, it is being realistic to stay safe.
- Handy self-defense tools or weapons are items that you can use to protect yourself by delivering direct force on a perpetrator
- In this unit, we will be considering top 5 Non-Lethal Self-Defense weapons women and girls should carry around

1. Pepper Spray

Pepper spray is the Number 1 non-lethal self-defense tool used by women and girls all around the world.

It is easy to carry, readily available, requires no skill, can be used on multiple persons and effective in protecting against immediate threat.

Target: eyesight

Active ingredient: Oleoresin of Capsicum (OC)

2. Knives

Women and girls need to be careful when going around with a self-defense knife. It should be safely concealed to ensure they are not injured while trying retrieve another object from their bags or pockets. This will also ensure an attacker does not have access to it as well.

Not any knife will pass for a self defense knife, so make sure you get the right tool and be sure you are covered by the law of your country to carry such around

3. Alarms & Whistles:

This is another easy to carry tool that requires no skill before use. Alarms and whistles when used bring attention to the person under threat by alerting people around.

It is useful in situations such as walking alone in the dark and is expected to send the perpetrator running away.

4. Flashlights

These are useful especially when in the dark. They can help to safely navigate familiar and unfamiliar places and can serve as a tool to temporarily blind an attacker while the survivor escapes to safety to shouts for help.

It can also serve a dual purpose of a rod to inflict a painful poke on an assailant. Flashlights are not your regular self defense weapons but they can come in handy when the need arises.

5. Umbrella

The umbrella in your bag is basically to protect you from weather conditions such as rain or intense sun rays.

This tool as can also double as a self defense tool. You can suddenly open it on your attacker or use the blunt pointed end to inflict pain.

Remember, when there is a threat, explore all options to defend yourself.

Conclusion

Because these self-defense tools are non-lethal, you can plan for your personal safety and protect yourself without getting into trouble with the law.

