

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

A MAJOR TERROR THREAT MOST U.S. CITIES ARE NOT PREPARED FOR

How To Protect Yourself From A Violent Drone Attack

By Jason Hanson

Former CIA Officer

In the summer of 2024, the Department of Homeland Security issued warnings to local law enforcement about the use of drones in terror attacks. What most people may not know, is that the use of drones to attack large crowds is not a new threat for the U.S.

The fact is, on December 9th, 1979, more than 45,000 fans attended an NFL game between the Jets and Patriots. During the halftime show at Shea Stadium, there was a performance by the Electronic Eagles of the Radio Control Association of Greater New York.

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It was a model air show featuring radio-controlled airplanes performing maneuvers around the stadium. Partway through the show, a model airplane crashed into the football field.

Fans who noticed how close the RC planes were getting to people in the stands became concerned. One fan said, *"They were sending those things right over the crowds. I had an aisle seat near an exit, and I had it in my mind that if it came near me, I would run. It seemed so stupid, so sick, to send this thing over these people."*

Then, as the show was ending, one of the pilots lost control of an RC plane. The lawnmower-shaped plane circled the stadium a few times, then

nose-dived into the stands striking two spectators. Two men in their 20s suffered serious head injuries. One of the victims suffered a concussion and was transported to the hospital for observation. The other victim needed emergency surgery. A witness said it looked *"like he had been attacked by an ax."* Tragically, after what was initially a successful surgery, the fan died four days later from his injuries.

No one was criminally charged in the incident because officials deemed it an accident. And while this wasn't a drone attack in the conventional sense, it is exactly the type of attack terrorists could carry out. Imagine the carnage if the flying lawnmower was armed with an explosive.

The truth is that the federal government has warned that U.S. cities are underprepared for the threat of drone attacks. In fact, your own local government is likely not at all prepared for a deadly drone.

Since you'll likely need to protect yourself, here are a few things to keep in mind if you think a drone is attacking or targeting you. At outdoor events, it's crucial to be aware of your surroundings. Look for places where a bad actor could

launch a drone, places like parking garages and areas where someone could both view the crowd and fly their drone. Bad guys likely won't be using expensive, sophisticated drones. Instead, they will be using common drones that are easy to fly as long as they are in the line of sight.

Officials have warned that terrorists could use drones to carry hazardous or explosive materials. These drones could intentionally be flown into a crowd. So, if you see a drone land, stay clear of it and don't approach a drone just because it crashes. The bad guy could be hoping that a crowd swarms the drone to check it out or to see what it is.

Alarmingly, according to the Department of Homeland Security, there is little confidence in common drone countermeasures. This includes drones with 5G controls, jamming protection, and software that disables restrictions. The ability to defeat drone countermeasures has led law enforcement to turn to kinetic measures. Simply put,

physically bringing down the drone could be the most effective tool.

This is why net guns are one way that local law enforcement could take down a drone. A net will physically stop the blades and cause the drone to fall to the ground.

"Simply put, physically bringing down the drone could be the most effective tool."

Keep in mind, it's illegal for civilians to shoot down a drone, but law enforcement can do a lot more and net guns are one way to physically stop a drone attack.

In the incidents in New Jersey a few weeks ago, there were roughly 5,000 reports of drone sightings. With this large number of drones, it wouldn't be hard for criminals to use them in massively destructive and nefarious ways.

This is one of the many, many reasons that I don't live in a big city. This is also one of the reasons that I don't go to places with huge crowds like a rock concert or major political events.

It's also why I have my QRF (quick reaction force) sling bag that I mentioned on the special live intel briefing I did last month. Remember, the Quikclot, Israeli bandage, and CAT tourniquet may be the most important pieces of gear you have with you, if one of these attacks happens when you're around.

Obviously, I pray it doesn't happen, but I think it's time for all of us to have more medical gear in our car or sling bag, in addition to all the other gear we have like flashlights, knives, water filters etc. etc. etc.

Vang Comp Chair Cover

Vang Comp Systems was founded in 1990 by gunsmith Hans Vang and is known for its custom shotguns. However, one of their latest products is a chair cover that makes it easy to discreetly carry a shotgun. The cover looks like a portable folding chair bag, so you can sling it over your shoulder, and it won't raise any red flags.

The chair cover is made of 1000D Codura Nylon, has a 1-1/2" heavy weight poly pro handle, and is waterproof. The cover is padded on the inside with 1/4" thick foam and has a tear-resistant bottom panel that protects the muzzle of the gun.

If your shotgun has receiver-mounted optics and pistol grip stocks it may be a tight squeeze, but it should still fit. The drawstring for the cover is 550 paracord and the cover has a 6" x 8" Velcro loop panel for storing extra ammo.

The chair cover bag comes in three lengths: 33", 38", and 42" and a variety of color options including red, silver, black, green, and blue. This chair cover is certainly a unique way to conceal the fact that you are walking around with a shotgun.

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435-572-4432

or e-mail support@spymbriefing.com



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NOT SO STRANGE INVESTMENT BEDFELLOWS

Stockbrokers Are Embracing Precious Metals Portfolios?

By Forest Hamilton

Universal Coin & Bullion

One reason I'm invited to speak all over the country about gold, silver, and certified gold investment coins is my love for the stock market.

A "gold guy" who has devoted his life to studying the gold market yet also loves investing in stocks often throws people for a loop.

Simple logic would seem to put me at odds with saying positive things about a market that is often painted as the enemy of physical metals like gold and silver. But I have made nearly half of my net worth in the stock market.

While I prefer physical gold for its privacy, portability, and performance, the stock market has proven to be an excellent complement to physical precious metals. Many investors I speak with have fallen into the trap of simply doing what their financial advisor or broker tells them to do without performing their own proper due diligence. Now, I am not suggesting your advisor or stockbroker is intentionally misinforming you about gold's benefits and performance. However, I have found that many of them simply don't know the facts when it comes to physical gold and silver as investments.

They tend to repeat tired arguments about gold without really examining the numbers. In fact, I imagine you would see some wide eyes if you told your advisor or broker that gold has outperformed the major stock indexes over the first 25 years of the 21st century by over 3-to-1.

But the truth is, from the end of 1999 until the end of 2024, after adjusting for inflation, gold rose over three times more than its closest competitor, the S&P 500, and nearly four times more than the Dow Jones Industrial



Average. While I already knew that gold and certified gold coins had outperformed the stock market, one of the things that surprised even me in 2024 was that gold rose nearly 28% while the dollar strengthened.

Generally, gold rises in an inverse proportion to the falling dollar. So, gold rising almost 30% while the dollar got stronger demonstrates just how much people and countries are waking up to the many benefits of owning gold and certified gold investments. Imagine what will happen when the dollar inevitably drops in value.

The U.S. Dollar Index (DXY) increased by over 7% throughout 2024, climbing from 101.33 to 108.49 over the past year. This rise indicates that gold and other commodities appreciated by an average of more than 7% when measured in other currencies, compared to their performance against the U.S. dollar.

The euro and yen are the two most significant currencies in the DXY, both of which fell by 5.4% and 11.4%, respectively, during last year. However, the ongoing high deficits in the U.S. budget will eventually hammer the dollar.

Last month, *The Wall Street Journal* cited Dominic Schneider, the head of global foreign exchange at UBS's wealth management division, who

stated that the dollar is likely to "lose steam" in the first quarter and may end 2025 down 5% against the euro and 8% against the Japanese yen. Furthermore, Bank of America has assessed that the dollar is currently more than 20% overvalued. A decline of even 10% in the dollar's value in 2025 would result in gold reaching an additional 14% increase to \$3,000. If gold mirrors its rise from 2024 and achieves over a 25% gain, it will exceed \$3,300 an ounce.

I watch my personal financial advisors work hard to protect and grow my portfolio, and I am grateful for their expertise and friendships. They would tell you that their perceptions about gold have changed since I provided them with facts, figures, and encouraged them to do their own research. Now, instead of bashing gold, they own quite a bit of it and also ask me to help their clients understand the right way to own it. I'm happy to do the same for you.

[Publisher's Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly at foresthilton@universalcoin.com or call 409-926-7001. Please know, if you purchase any coins from Forest, we don't receive any compensation from him. We simply know he's one of the good guys in the business that can be trusted.]

WINTER SURVIVAL IN URBAN ENVIRONMENTS

A Case Study Of Two Different Approaches

By EJ Snyder

Former Army Ranger and Extreme Survivalist

John is a homeless war veteran I met last winter in Fayetteville, NC while doing my charity work with homeless vets. When John got out of the Army he had no plan, the economy was bad, and he'd recently lost his job because of an alcohol problem and DUI. This is the story of his first homeless night.

The bitter wind cuts through his jacket as I surveyed downtown Fayetteville. It was 38 degrees and dropping, and there were no shelter beds available for him. This was survival in its rawest form. The next 12 hours could kill him if he made the wrong choices. John's first priority was getting off the wind-swept streets.

He spotted a parking garage and remembered that concrete structures retain heat. The third floor had a corner blocked by a maintenance vehicle, which looked perfect: less wind, hidden from security, and the concrete still radiating warmth from the day.

He's got a backpack with some essentials, a military surplus sleeping bag rated for 20 degrees, a reflective emergency blanket, and layers of clothing. He spent 30 minutes dumpster diving behind a nearby office building and found cardboard boxes to use as a makeshift sleeping mat.

Earlier, he'd filled two plastic bottles with hot water from a gas station bathroom. Wrapped in spare socks, they go into his sleeping bag with one at his core and the other at his feet. He is fully clothed inside the bag and wrapped in an emergency mylar blanket to reflect his heat back

onto him. He survived the night to fight another day. He was alive but roughed up. He did a lot of things right, but he could have done better.

As a decorated military veteran and survival expert, I would have handled this much differently. Granted I have more training, but I share this to help anyone who may find themselves in this situation – even for a night – and to help save lives. When facing urban survival in sub-freezing conditions, you've got to think tactically. Always try to stay calm and think. Use your head, it's your greatest survival asset.

First, I would do reconnaissance of the area to find three potential shelter locations. For example: an abandoned warehouse, a highway underpass, and a wooded area near the railroad tracks. The warehouse would win because of its multiple exit points, elevated position for security, and protection from elements. Using my knowledge of thermal dynamics, I'd create a shelter within a shelter. Use wooden pallets and get them up off the concrete floor. I'd find cardboard and newspaper and use it as insulation on all sides. I'd make myself a cocoon.

Next, I'd gather resources. The urban environment is full of resources if you know where to look. Behind restaurants, in dumpsters, loading docks, and areas where trash gathers like on fence lines and riverbeds. I'd find some bubble wrap (it's premium insulation). Then I'd find a food source behind a grocery store where they throw out day-old bread and produce. Not pretty, but it's calories and you need to fuel your body and generate body heat.



I'd also try to find things like peanut butter packets in the dumpster. Peanut butter is high-fat and high-protein, exactly what you need in survival situations. I'd search for a discarded lighter with some life left. Then I'd gather some wood to make a fire. I'd scour around for a discarded milk jug or water bottle to fill with water. Then I'd look for a screwdriver or discarded knife or sharp tool I could commandeer for defense. In this way, I'd cover all my survival bases. The key difference in my approach would be the military precision. Every piece of material would have multiple purposes.

John's method relies more on modern urban adaptation and minimal risk. My approach draws heavily on military experience and maximizing available resources. Sure, both of us would likely survive, but this process and thinking has helped keep me alive in some of the harshest environments and weather across the globe. For that reason, I would plan on using the methods above and leave nothing to chance.

Remember warriors — your mind is your most powerful survival tool. The cold wants to break you mentally before it breaks you physically. Stay safe, stay warm, stay alive, and survive on.

BREAK FREE OF SELF-IMPOSED RESTRAINTS AND GET PREPARED

Lessons From A "Down The Road" Experience

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

We were in airborne training and our instructor was at the front of the room exhibiting and demonstrating the physical aspects of our parachute system. Plummeting from 35,000 feet at over 200 mph with the ground eagerly awaiting your arrival is not the time to try and figure out the difference between the red ball and the "D" ring.

As a sport, civilian skydiving trains and encourages jumpers to fall "spread eagle, belly low." This posture slows their descent and allows them to enjoy the view and exhilaration. With that posture, jumpers can expect a peak velocity of about 120 mph.

However, military personnel are taught to get to the ground fast to avoid getting shot on the way down. An aircrew member bailing out at 38,000 feet can achieve fall rates in excess of 230 mph. So, we train to adjust our posture to slow our descent just before our chute opens to reduce the damages of "Opening Shock."

Imagine traveling at about 180 mph and suddenly being yanked to a near stop with straps cinched through your groin area, passing through both sides of your crotch, and up your back and chest. Bang! That is "opening shock" for aircrew bailouts.

I still have scars on my inner thighs from the results of opening shock during PLF (parachute landing falls) training, where I failed to adjust the torso harness on my parachute correctly.

So, our instructor was introducing



us to the mechanisms of attaching, adjusting, and securing our parachute harness. He pointed out the tragic error of mistakenly pulling your Koch harness release instead of the red ball to activate your 10-minute emergency oxygen "Cherry Bottle."

While a parachuting crewman will need to activate his emergency O2 on descent (above 10,000 feet, the oxygen density is too low to sustain consciousness), he does not want to activate his Koch release.

The Koch release is a quick disconnect device (metal buckles just over each breast) on your parachute harness that quickly, easily, and instantly separates the harness from the actual parachute – not something you want to do before landing.

I blurted out something like, "I think I will duct tape my Koch Releases," and probably giggled like a seven-year-old. The instructor simply smiled and said, "We'll get to that Down the Road," with an ominous tone and facial expression.

Two days later, we'd been driven to a remote area and instructed to sit

on the road and wait. The instructor called me to stand beside him behind a USAF pickup truck sitting on a gravel and dirt road. I knew I was about to be used as an example of something ominous. He handed me a roll of electrical tape (a standard item in crew and deployment kits) and offered to securely tape my Koch releases.

He explained that we were about to embark on chute-drag training, and I was relieved when he allowed me to go back and sit with the others without having taped my releases. Then they tied our parachute harness to the back bumper of the pickup truck and dragged us down the dirt road several times (first on our backs then on our stomachs) until we learned how to position ourselves and activate the emergency Koch release while being dragged at about 25 mph.

The instructor must have had hundreds of trainees make some dumb remark about never using their emergency Koch releases on their chutes. I wonder how many other guys got the "Down the Road" response.

This training represented the genuine experience of a ground landing

during windy conditions where your parachute becomes a parasail. I can attest to the pain, fear, and panic that rushes through your mind as the dirt grinds away at your clothes and flesh as you are being forcibly dragged by your parachute.

Imagine living through a shoot-down, bailout, and parachute landing fall, only to be violently dragged to death by your own parachute. When properly used, Koch releases are a mercy device, not a death sentence.

The lesson I learned was that the tools, tactics, gear, and equipment that we use to stay alive can become the instruments of our death if we do not have a disengagement plan. Never get into anything that you do not know how to get out of and have a plan for doing so. Over-reliance on any device or tool, or failure to understand how to transition to the next phase of your survival, career growth, education, or personal development may expose you to avoidable damage.

To share an example of this principle, we carry a special knife on the inside left thigh of our flight suits. Mine was orange, with a hook blade and a switchblade. The hook blade remains deployed but is stowed in that special pocket.

That very critical piece of gear is affixed to our flight suits with a six-foot lanyard. I can tell you from personal experience how easy it is to let that little sucker slip out of your hands during parachuting. The hook blade is for performing a ‘four-line’ modification.

Even a perfectly packed parachute can develop problems during deployment due to high winds or improper orientation at the opening. One of those deployment malfunctions is a “Mae West,” or “Line Over.”

This military-round-parachute malfunction occurs when one or more lines go over the top of the

canopy. The lines bifurcate the canopy into two ‘mounds,’ and the normally convex circular parachute takes on the look of a woman’s bra.

The big problem is that the fabric gets bunched, melts with friction heat, and then fuses together. When that happens, you do not get the benefit of a canopy. Instead, you are just the weight dragging a long piece of nylon to the ground behind you at 120 mph.

Using the hook blade on our special knife, when one or more of the lines (up to four) cross over the top of the canopy and cause a bifurcated double canopy, we can swiftly cut those cords.

Rather than trying to figure out which cord is the offending cord (tough to do anytime, but especially at night, with your eyes watering, your chute spinning, and possible injuries or compromised vision), we are trained to perform a ‘four-line modification’ — a very scary procedure where you cut up to four of your own parachute cords as you wildly careen towards the ground.

Just like our parachute cords can become an instrument of our own death, so can your car seat belt or car or office windows. And in a more esoteric sense, our education or ideology can sometimes prevent us from freeing ourselves from certain intellectual restraints.

Because we have been taught something is true and immutable, like the necessity of parachute cords and parachutes being securely attached to your harness, we may believe that such is the culmination of all truth or that we have the final and definitive answer.

However, situations and circumstances may override the truth of having your parachute secured to your harness being safe and lifesaving. The time will inevitably arise when you will have to exercise cognitive control over passive

reliance on past experience and education.

Prepare for the potentiality that a principle, notion, concept, or law that you have come to rely upon for security may be overruled by new situations. As we grow and become exposed to deeper concepts, greater laws, and larger contexts, we may have to break free of the restraints of restrictive thinking and smaller ideas.

Self-reliance results from critical thinking, planning, and the willingness to not succumb to outside controls. We start life as imitators, but by adulthood, parenthood, and professional-level work, we must evolve from imitators to innovators.

Each of us will eventually face our “Down the Road” moment, and we will eventually need to cut our cords and free ourselves of our safety harnesses. Do what you can now to be mentally, physically, financially, and spiritually prepared to do what was formerly unthinkable.



SAVINT

YOUR MONTHLY SAVINGS INTELLIGENCE

Don't forget to grab a Flashbang Flashlight since we now have more in stock. The Flashbang is very versatile and was built for self-defense. The 230-lumens of light can easily blind someone and the 16-inch length is perfect for stopping an attacker. To see pictures and the video of me running over the flashlight in my military Humvee, visit www.FlashbangLight.com.

ONE KEY INDICATOR TO RULE THEM ALL

How To Measure And Improve This Vital Health Marker

By Dr. Omar Hamada

Special Operations Physician

To help ensure you're as healthy and fit as possible throughout 2025, I want to discuss an important health marker and how to improve it. The two primary predictors of overall fitness, which translates into longevity, are muscle mass and strength, and VO2 max.

VO2 max is a measure of the maximum amount of oxygen your body can utilize during intense exercise, and it's a critical indicator of cardiovascular fitness and endurance. A higher VO2 max reflects a stronger cardiovascular system and better aerobic endurance. The average person has levels ranging from 30 to 50, athletes like marathon runners have levels as high as 60 to 80 mL/kg/min or higher.

VO2 max is also a key indicator of overall health. Research shows that higher levels are associated with reduced risks of cardiovascular disease, diabetes, and mortality.

Factors that influence VO2 max are things like genetics, age, gender, training, and altitude. Genetically, some individuals are naturally predisposed to higher levels of cardiovascular efficiency. VO2 max declines with age, typically by about 1% per year after the age of 25. However, regular physical activity can slow this decline. Men tend to have higher VO2 max levels than women due to differences in muscle mass, hemoglobin levels, and lung capacity.

Aerobic training significantly enhances VO2 max by improving heart efficiency, oxygen transport, and muscular endurance. Training at higher altitudes can improve VO2 max because the body adapts to lower oxygen levels with increasing altitude thus enhancing its oxygen-carrying capacity.

Improving VO2 max requires consistent, targeted training. Things like High-Intensity Interval Training (HIIT), steady-state endurance training, fartlek training, training at altitude, strength training, strategic nutrition, and good recovery.

HIIT involves alternating between short bursts of intense activity and periods of rest or low-intensity exercise. For example, sprinting for 30 seconds followed by walking for 90 seconds, repeated for 20-30 minutes.

HIIT pushes your cardiovascular system to its limits, forcing your heart and lungs to work harder to deliver oxygen to your muscles. Over time, this improves your body's oxygen utilization and improves your VO2 max.

Longer sessions of moderate-intensity aerobic exercise in heart rate zone 2 (jogging, cycling, or swimming) helps build a strong aerobic base and increases the efficiency of your heart and lungs, improving oxygen delivery to your muscles. Aim for at least 150 minutes per week to see improvements.

Fartlek, or "speed play," is a combination of steady-state and interval training. It involves varying your speed and intensity during a single workout. For example, during a run, you might sprint for 1 minute, jog for 3 minutes, and repeat. This variability challenges your cardiovascular system in different ways, enhancing VO2 max over time.

Strength training can indirectly improve VO2 max by increasing muscular efficiency and endurance. Stronger muscles require less oxygen during exercise, allowing you to perform at higher intensities for longer periods. Focus on compound movements like squats, deadlifts, and pull-ups, which engage multiple muscle groups.

Training at high altitudes where oxygen levels are lower forces your body to adapt by producing more red blood cells, which enhances oxygen transport. Simulated altitude devices or masks can offer similar benefits.

A diet rich in complex carbohydrates, lean protein, healthy fats, and essential vitamins and minerals ensures that your body has the fuel and nutrients needed for effective training and recovery.

Adequate rest and recovery are essential for improving VO2 max. Overtraining can lead to fatigue, reduced performance, and injury. Ensure you get enough sleep, stay hydrated, and incorporate active recovery sessions into your routine.

Improvements in VO2 max can come slowly, it depends on your starting fitness level, training intensity, and consistency. Beginners may notice significant improvements within 4-6 weeks training, while experienced athletes may require several months of focused effort and see more gradual changes.

VO2 max has historically been measured directly, however with the advent of more accurate biometrics, we can now fairly accurately estimate it in most people.

There are simple field tests like the Cooper 12-Minute Run Test or the Rockport Walking Test that can provide a rough estimate of your VO2 max.

VO2 max is a powerful indicator of cardiovascular fitness and overall health. By incorporating these methods into your fitness routine, you can enhance your endurance and boost athletic performance. Regularly measuring your VO2 max allows you to track progress and optimize your training for continued improvement, longevity, and overall health.

SIMPLE TIPS FOR STAYING SAFE IN PUBLIC PLACES

Get These Wrong And No "Move" Can Save You

By Matt Numrich

Head Instructor Of Spy Black Belt

Walking through bustling city streets or quiet neighborhoods can feel routine, but it only takes a moment of distraction to become vulnerable. Personal safety starts with awareness and preparation. Awareness is about being engaged with your environment—whether it's noting escape routes, identifying improvised weapons, alternate directions or simply observing the flow of foot traffic.

But recent incidents, including an account of a pedestrian being unexpectedly struck while distracted by their phone, highlight the importance of staying aware and proactive about personal safety. So, here's how to keep yourself prepared and safe.

First, limit or eliminate distraction. You see, distraction is a common thread in many public altercations. Many people who are attacked admitted they were looking down at their phone when they were attacked. This lapse in awareness made them an easy target.

To minimize risk, keep your phone in your pocket or bag while walking. By staying present and scanning your surroundings, you not only reduce the chances of being caught off guard but also send a subtle signal to potential assailants that you're alert.

Keeping your head up is also important. But there is value in literally making eye contact with those who pass you or are around your area and letting them know that you see them. Remember, predators want to have an edge and surprise you, but if you take that away from them by simply acknowledging their

presence, they will most likely find someone else.

Other simple actions can dramatically enhance your safety. Keep a safe distance from others, especially if their behavior feels off. Avoid walking too close to buildings where someone could surprise you or through isolated areas if possible. By staying in well-lit and populated spaces and maintaining situational awareness, you can significantly lower your risk of becoming a target.

Don't underestimate your gut either. That uneasy feeling in the pit of your stomach or the hairs standing on the back of your neck? These are often your instincts trying to warn you.

Many people dismiss these signals to avoid seeming rude or overreacting, but prioritizing safety over comfort is crucial. If you feel uneasy about someone's behavior or presence, create distance or change your route. It's better to act on these feelings than to ignore them and regret it later.

Another tip is to stop and talk to a person who is around you. Predators mainly attack people who are alone, not a couple or group. Engaging with someone around you – even if it is only temporary – helps build a dynamic that is not worth the hassle to most criminals.

In a worst-case scenario, you can ask a person nearby for help. Let them know someone has been following you around the mall, or you have an uneasy feeling that they are up to no good.

Knowing how to protect yourself physically can make all the

difference as well. But self-defense isn't just about "learning moves." It's about training your body and mind to respond under stress.

Many people freeze when struck unexpectedly, which gives an attacker more time to assault and overwhelm you. Practicing being hit (use pads and headgear) in controlled environments can help you manage the shock and take appropriate action.

"Remember, predators want to have an edge and surprise you."

Training also familiarizes you with the sensation of being hit, reducing the likelihood of panic in a real-life scenario.

It's an investment in confidence and capability.

Now, if an incident does occur, reporting it to the authorities is vital. A detailed account can aid in capturing the perpetrator and preventing further attacks. Details such as the location, time, and a description of the individual are immensely helpful.

In many cases, surveillance footage plays a key role in identifying and arresting assailants, so that awareness I talked about earlier may have you use routes with camera coverage. If it is after a situation, revisit the areas around the attack, looking for potential cameras that may have caught footage of the incident.

By integrating these habits and simple tips into your daily life, you're taking active steps to protect yourself and empowering others to do the same. Stay safe, stay alert, and remember—your safety is always worth prioritizing.