



WHAT YOU KNOW, JUST ISN'T SO

THE PROGRESSIVE FENCE DEMYSTIFIED!



HI GUYS, I'M ERIK KONDO,
AND TODAY I WILL BE YOUR HOST ON A
GUIDED TOUR OF THE "NOT-ME!"
PHILOSOPHY OF SELF-DEFENSE.



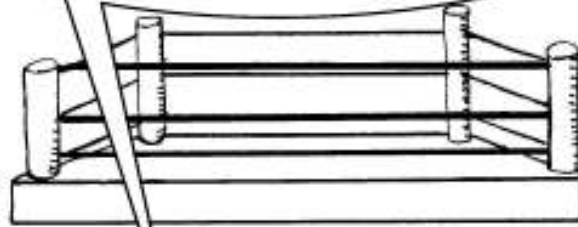
A LOT OF PEOPLE OVER-SIMPLIFY SELF-DEFENSE...



OL' BESSIE HERE IS ALL
THE SELF-DEFENSE I
NEED!



SELF-DEFENSE IS ABOUT
FIGHTING! IT'S A JUNGLE OUT
THERE! GET THEM BEFORE THEY
GET YOU!



ACTUALLY, IF THAT WERE TRUE, SELF-DEFENSE
WOULD BE A LOT SIMPLER...

AAAH! IT'S THE ZOMBIE
APOCALYPSE! KILL 'EM ALL!



BUT (FORTUNATELY) THE WORLD ISN'T LIKE THAT.
MOST PEOPLE ARE JUST NORMAL PEOPLE.





SOME PEOPLE ARE JERKS, BUT NOT A REAL
THREAT.





ONLY A FEW PEOPLE ARE
A REAL PROBLEM. YOU CAN'T RESPOND
TO EVERYTHING WITH PHYSICAL ENFORCEMENT.
YOU NEED A PROGRESSIVE RESPONSE
WHICH IS APPROPRIATE TO THE
SITUATION...





VIOLATING PEOPLE COME IN TWO FLAVORS.
ANTISOCIAL PEOPLE USE VIOLENCE TO ACHIEVE
SOCIAL GOALS...

NOW I'M GONNA TEACH YOU A
LESSON!



THIS GUY WANTS TO BE DOMINANT. THE SITUATION
CAN BE DE-ESCALATED BY LETTING HIM HAVE IT.

PREDATORS HAVE NO SOCIAL GOAL. THEY WANT A RESOURCE (LIKE MONEY), OR THE VIOLENCE ITSELF IS THE GOAL. YOU CAN DETER A MUGGING BY NOT LOOKING LIKE AN EASY TARGET, BUT YOU CAN'T DE-ESCALATE IT.



PREDATORS TRY TO GET CLOSE WITHOUT SETTING OFF ANY ALARM BELLS. DOES THIS GUY REALLY WANT A LIGHT, OR IS HE JUST TRYING TO GET CLOSE?



THE FIRST STAGE OF A PROGRESSIVE RESPONSE IS STRONG, CONFIDENT BODY LANGUAGE. WE CALL THIS THE "VISUAL FENCE."

HEY BABY, COME
HERE A SECOND!

SHE IS IGNORING
HIM, MEANING "I'M
NOT INTERESTED."



MAYBE HE DOESN'T GET THE MESSAGE, SO SHE ESCALATES HER RESPONSE TO VERBAL. WE CALL THIS THE "VERBAL FENCE."



IF HE DOESN'T RESPECT HER VERBAL FENCE,
PHYSICAL ENFORCEMENT IS NOT YET JUSTIFIED,
BUT A PHYSICAL FENCE, IS...



HIS VIOLATION OF HER PHYSICAL FENCE IS HER TRIGGER TO ACT. IF HE CONTINUES TO MOVE FORWARD AFTER BEING TOLD TO STOP, THIS CONFIRMS HIS BAD INTENTIONS.



OUR PHYSICAL FENCE LOOKS LIKE THIS BECAUSE IT GETS YOUR HANDS UP, WHERE YOU WANT THEM, WITHOUT DOING ANYTHING OVERTLY THREATENING.



COMPARE THIS...

HEY MAN, I DON'T
WANT ANY
TROUBLE.



...TO THIS:

HEY MAN, I DON'T
WANT ANY TROUBLE.

YEAH, RIGHT!



MOST PEOPLE RESPOND TO THREATS WITH SOCIAL RESPONSES, AND THIS WORKS MOST OF THE TIME, BECAUSE MOST PEOPLE ARE SOCIAL. BUT THIS CAN BACKFIRE DISASTROUSLY WHEN DEALING WITH PREDATORS.



IN A BAR, A WOMAN MIGHT FEEL COMFORTABLE
GIVING SOME JERK A PIECE OF HER MIND.



IF WORSE COMES TO WORST, HER FRIENDS,
OR A BOUNCER, WILL INTERVENE.

ALRIGHT, THAT'S ENOUGH.



BUT TRY THAT IN AN EMPTY PARKING LOT...



...AND THIS MIGHT HAPPEN:



UNDERREACTION CAN BE AS BAD AS OVERREACTION. IN A BAR, AVOIDING EYE CONTACT IS A COMMON TECHNIQUE WOMEN USE TO DISCOURAGE UNWANTED APPROACH...



...BUT TURNING YOUR BACK ON A PREDATOR IS EXACTLY WHAT HE WANTS.



THE PROGRESSIVE FENCE PROVIDES YOU WITH AN APPROPRIATE RESPONSE TO BOTH ANTISOCIAL PEOPLE AND PREDATORS, EVEN WHEN YOU DON'T YET KNOW WHICH KIND YOU'RE DEALING WITH.

SELF-DEFENSE IS A BIG TOPIC, AND WE'VE BARELY SCRATCHED THE SURFACE. TO LEARN MORE,

CONTACT "NOT-ME!" :

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