

ALABAMA A&M  
UNIVERSITY  
DEPARTMENT OF  
PUBLIC SAFETY

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# BULLDOG DEFENSE

TIPS & RESOURCES  
FOR MAINTAINING  
YOUR SAFETY



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# Be Aware of Your Surroundings

- Stay away from shadow areas while walking at night
- Never walk and operate your phone while in public
- TRUST YOUR INSTINCTS
- Present yourself with confidence
- De-Escalate if possible
- Plan and (prepare for) your escape route
- Learn basic self-defense techniques



Please scan the QR code to access our Safe Space Anonymous platform.

**FREE Self Defense Classes**



## LEARN AND PRACTICE

Learn and practice self defense techniques from trained law enforcement officers and a certified self-defense instructor

## FREE CLASSES

Self Defense classes that are presented by the Department of Public Safety are at no cost to current students, faculty and staff

## COMMUNITY ENGAGEMENT

Get to know the police officers that serve Alabama A&M University



## YOU ARE WORTH DEFENDING!

*"Self Defense is Not Just a Set of Techniques; It's a State of Mind, And it Begins With the Belief that You Are Worth Defending."*

- RORION GRACIE