

# **SELF AWARENESS/DEFENSE UNIT**

## **ASSIGNMENT ONE**

NAME: \_\_\_\_\_ CLASS PERIOD \_\_\_\_\_

List three (3) activities in your personal life (do not include the situations that were discussed in class). Under each situation list five (5) ways the activity can be changed to help keep you out of harms way.

### **SITUATION ONE:**

- 1.
- 2.
- 3.
- 4.
- 5.

### **SITUATION TWO:**

- 1.
- 2.
- 3.
- 4.
- 5.

### **SITUATION THREE:**

- 1.
- 2.
- 3.
- 4.
- 5.