

## Common Items Used For Self Defense

If you live in a bad neighborhood or you are fearful of a relative or acquaintance, then you are probably looking for different ways that you can defend yourself in the event of an attack from another person or even just a stray dog. There are lots of ways that you can defend yourself and a lot of things that you probably carry on your person every single day that can be used for self-defense. You probably are not even aware that they can be used as weapons! Here are a few of the most common items that you could carry and protect yourself with.

Some of the easiest things that you can use to help defend yourself are coins. Most of us have at least a few of these on us most of the time and if you hit the right spot, they can really hurt! Don't be afraid to take a wad of coins out of your pocket and throw them right in an assailant's face. It might not hurt them enough to stop them, but it'll cause them to at least hesitate long enough for you to get out another weapon or if you hit the right spot, slow them enough for you to get away.

Something else that is great that can be used for self-defense is a belt. It might take a little longer for you to get it off, but if you know trouble is coming, it can be a good weapon. Use the buckle end to do the most damage and if possible, aim for the face.

The use of a pen is pretty straightforward: stabbing. Stab someone almost anywhere and you'll slow them down enough to at least be able to get a head start running. For women, a nail file can be used in the same fashion.

Something else for women to not forget: high heels! If you have a pair of high heels on, don't be afraid to take them off and start swinging!

And finally, one of the greatest weapons you have at your disposal is your voice. When in doubt, SCREAM! Never, ever let someone lead you away from a crowd against your will because once you are in the vehicle and gone with them, it's very likely they are going to kill you, anyway. In most cases, if you vocalize your need for help, the assailant will flee, especially if it's in the daytime and there are other people about. This is common with many parking lot kidnappings.

## About the Author

Jennifer Fairbanks is a community supporter and researcher in [violence against women](#) along with her side business [family violence prevention fund](#).

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