



5 Ways to Avoid Conflict

1. Always be aware of your surroundings.
 - Watch where you are going and stay away from potentially dangerous areas.
 - Know your exits in a building. Think about which direction(s) you would go if a situation were to occur outside.
2. Appear confident. If you are not confident, fake it. Stand tall; walk with a purpose.
3. Remain Calm. Control your breathing, pause and think.
4. Walk away from potentially dangerous situations.
5. Ask/call for help.