

I need to be SAFE: I'm worth it!

Janet Goliger

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I assume that young adults, particular teenagers, often, if not always, hang out with their friends till late at night. Of course, youths tend to believe that they are the strongest and that nobody can hurt them. Well... think again! Everyday, we would turn on the news to hear about people getting killed or abducted. Rather than just being afraid or becoming a victim, Janet Goliger teaches us how to protect ourselves from any unexpected attacks in her guidebook, *I Need To Be Safe!: I'm Worth It!*

Janet Goliger introduces this book firstly by teaching us how to identify “dangerous strangers” She advices us to try and remember the “dangerous stranger’s” facial characteristics. She even suggests to play a little trick on the stranger by pretending to play a “description game” In other words, she recommends us to play a little game, where we have to select a person and describe his or hers facial features. This way, we can remember who the follower was.

The book then moves on a next chapter called “Approached by a Stranger” I personally find this section the most important. Goliger gives us few possible scenarios and teaches us how to respond in them sort of scenarios. For example, she says that when a stranger gets close to us, we should always yell out “NO” This is to alert the surroundings and let the stranger know that we are not afraid. It is, indeed, crucial to show the stranger that we are not scared of them. According to Goliger, strangers love weak people. Therefore, we should never show our fear.

The last portion of the book teaches us how to protect ourselves. She provides few guidelines, including pictures and different steps. For example, the book shows us how to defend ourselves by “Arm-grab-Crutch Striking”

This book is a useful tool for pretty much everyone. It is very important to be aware of the reality; that is a world surrounded by violence and crimes. Now, I am not saying that our society is completely filled with dangerous people. But it is always important to be prepared for any unexpected attacks that can happen to any of us at any moment.