

# Ninja Bee's Guide to Self-Defence



## 1. Bee LOUD



## 2. Bee BIG



- Use the "Fence"
- Left foot forward
- both arms up

## 3. Bee FAR AWAY

- Walk away if you see a situation that could get dangerous
- Use your eyes and ears when you're out and about
- Avoid being touched/ don't attack
- Run away
- GET HELP if needed

