



Safer Life

Safer Community

Our Vision: Reduce fear, violence and suffering in society

Safer Life

What does it mean to live a “safer” life?

We live in a world full of danger and the threat of danger. Whoever we are or where ever we live, this danger is very real. When our lives or the lives of our family members intersect with that danger, it becomes a traumatic event affecting our lives in deep, meaningful and often lasting ways. Traumatic events are difficult and upsetting experiences that cannot be completely avoided. But can the likelihood of these events be reduced in our lives? Or, at least, can their effects be reduced?



On Fear

Fear keeps us from living a safer life. Fear results from imaging or thinking about a future traumatic event. Fear restricts our actions or causes us to take actions we would not otherwise take. We also have very real physical responses, and harder to detect mental responses to fear. Fear contributes to sickness and disease causing even more traumatic events. Can we do anything about being afraid?

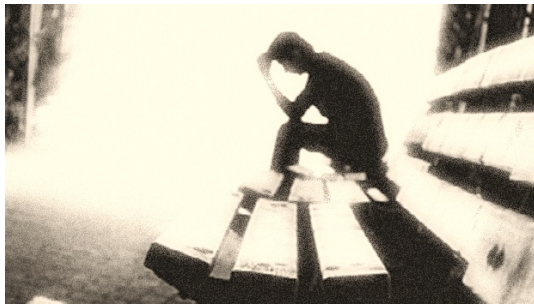
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On Violence

Violence keeps us from living a safer life. Violence is an unwarranted use of force; a current traumatic event. Violence is the most insidious form of traumatic event because it is intentionally targeted against us. The blame for violence is always and only on the person being violent. The causes of the event may be varied and complex; the blame however is simple. But does that mean we are powerless against violence?



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On Suffering

Suffering keeps us from living a safer life. Suffering occurs as a result of a past traumatic event. We suffer in real and sometimes lasting ways, both physically and mentally. No one deserves to suffer. It doesn't matter if we could have avoided the traumatic event. What happened, happened and now we are left with the remnants of that event. But, is our suffering an obligation of being involved with a traumatic event?

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Safer Community

Can we build a safer community?

As we, as individuals, learn and practice how to reduce our fear, our suffering and our exposure to violence, we become empowered. As we can connect with others through these experiences this empowerment grows. As more and more empowered individuals create more and more connections to others, a community develops; a safer community.



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Self-Protection.org is a 501(c)(3) nonprofit dedicated to building safer communities through the establishment of networks committed to empowering individuals to protect themselves from threats.

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