



## What is a Threat?

**What We Do: Help people learn to protect themselves from threats.**

### What makes you afraid?

At Self-Protection.org we help people learn to protect themselves from threats. So, what is a threat?

Threats exist whether we can observe them or not, whether we can measure them or not, whether we can predict them or not. Threats exist independent of the individual and therefore are not the fault of individual. Threats are made up of events created by causes and effects. Understanding these causes and effects is a first step in providing the individual a basis to learn self-protection. How? By studying the personal vulnerabilities (causes of effects) and taking action to reduce those vulnerabilities. By reducing the threat to smaller, more perceivable, and actionable parts, the entire threat comes into clearer view.

But, what are these threats? What do threats look like and how do they behave?



### Natural Threats

Threats exist all around us – including **natural** events like the weather. A tornado is a type of weather (threat) event defined as a violently rotating column of air in contact with the ground which develops from a thunderstorm. Tornadoes do not just happen; rather tornadoes are *caused by* thunderstorms.

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### Health Threats

**Health** related threats arguably cause more suffering than any other type of threat in our modern, “advanced” society; which seems ironic since we spend so much on healthcare. Where does the disconnect exist? Maybe we are missing the cause/effect relationship involved in health threats and what simple actions we could take to affect these threats.



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### Accidents

**Accidents** occur when individuals do not perceive, understand, or prepare for, the cause and effect relationship within the events



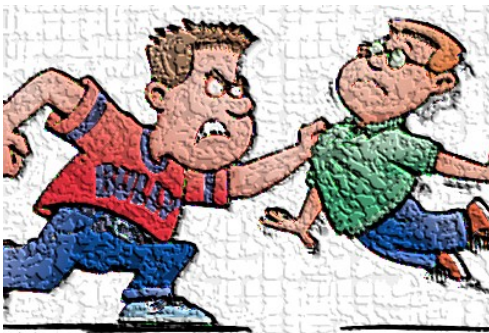
that become accidents. For example, some statistics show that falling is the number two cause of accidental death – number one being car accidents.

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## Non-Human Threats

**Non-human** threats cause a great deal of fear in our culture, but often this fear relates to a lack of understanding as opposed to a real threat. Rarely do animals seek out humans to attack. Most often we come into unintentional contact with animals and they “attack” in response.

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## Human Threats

Random crime screams of a misleading notion; victims many times are chosen. **Human** threats, criminals, abusers and bullies, have a strategy and a profile of victims. Victims unknowingly play right into that strategy and profile by not perceiving, understanding or preparing for the causes and effects surrounding them.

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## Become Empowered

All these threats – Natural, Health, Accidents, Non-human and Human - are known yet unknown, predictable yet unpredictable. The threats become the great mystery, but predictable within certain boundaries. We can see and understand the cause and effect relationships that become threats. Then, we can take simple actions to respond to threats. And so, the individual moves toward a more empowered life.

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Self-Protection.org | KC Metro Area, Kansas City, MO 64114

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