



Always know your exit.

The Urban Ninja field card: twelve small habits for restaurants, stores, transit, garages, events and hotels.

1 Find two exits on arrival



- Spot two ways out when you walk in, not one
- So one blocked door is not the end of the plan
- Note a place you could hide, too

2 Sit where you see the door



- Back to a wall, a view of the entrance
- Near an exit beats the best table in the room
- Kids on the inside seat, away from the aisle

3 Read the room



- Notice what normal looks like here
- Watch for behavior that does not fit the place
- Look up from the phone every few minutes

4 Trust the uneasy feeling



- You do not need a reason to leave
- Go early, before it is obvious to anyone else
- Walk into an open business, not home

5 Hands and eyes free



- Do not carry so much you cannot see or react
- Bag on your lap or across the body, never on the floor
- Earbuds out in garages, lots and stations

6 Parking lots and garages



- Park in a lit, busy spot near the door
- Keys in hand before you reach the car
- Look around and inside the car before getting in

7 Buses and trains



- Wait where other riders are, in the light
- Sit near the driver or operator
- If someone bothers you, move and tell the operator

8 Hotels: count the doors



- Find the two closest exits from your room
- Count the doors between room and exit
- That count gets you out in the dark

9 Pick a meeting point



- Choose one spot for every outing: a sign, a gate, a car
- Easy for a child to find and say out loud
- One out-of-area contact everyone can text

10 Lower the temperature



- Calm, slow voice, and give them space
- Hands down, open and visible
- If it is heading toward violence, leave and call 911

11 See something, say something



- Tell staff, security or local police
- Say who, what, when, where and why it seemed off
- An emergency is always a 911 call

12 If it goes wrong: run first



- Get out using the exits you already found
- Leave belongings; call 911 once you are safe
- Hide only if you cannot get out; fight as last resort

Two exits, free hands, eyes up. Leave early and feel silly later.

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