

FREE FIRST STEP

FREEDOM 15

15 Personal Safety Conversations.
One Evening Together.
Better Prepared Tomorrow.

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DISCLAIMER

This guide is educational. It shares principles, habits, and general safety practices drawn from decades of training and real-world experience – but it is not legal advice, medical advice, or a guarantee of any outcome. Laws on self-defense, defensive tools, and alcohol vary by state, school, and employer; know the rules where she lives, works, or studies. Every situation is different, and no guide can cover them all – use good judgment, and when in doubt, choose the safest option available. By using this material, you agree that Threat-Proof Life, High Threat Systems LLC, and Trevor Thrasher are not liable for how this information is applied.

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WHAT THIS IS, AND WHAT IT ISN'T

Let me be clear about what you're getting here.

This Quickstart gives you fifteen conversations worth having with your daughter and enough information to understand why each matters. By the time you're finished, you'll know what to talk about, what she already knows, and probably uncover a few things neither of you has really thought through.

That's valuable. Most families never get that far.

At some point you'll sit down with her and open this guide. She'll answer the first question. Then she'll ask you something back. Or push back. Or tell you she already knows this.

And you'll be holding a page of questions you can't answer, trying to sound certain about something nobody ever explained to you either. Maybe the whole conversation feels uncomfortable because you're not sure how all of it works yourself.

That's the part a list can't help with. It's also the difference between this Quickstart and **Freedom 15: Complete Action Program.**

This guide gives you the what and the why. The Complete Action Edition gives her the how: the exact steps, demonstrations and real-world incidents you watch together, and simple exercises that turn a conversation into something she has actually practiced. Some things can be explained on a page. Posture, voice, movement, timing, and recognition need to be seen and practiced.

Most parents want to prepare their daughters; they just don't know where to start or how to teach something nobody ever taught them. So they give the advice they know (be careful, watch your drink, stay with your friends, call me if you need anything) and hope.

This is the first step beyond hope.

For now, have the conversations. Ask the questions. Find out what she knows and where neither of you has a confident answer. That's exactly what this Quickstart is supposed to do.

Then take the next step: turn those conversations into capability, together. You'll find it at the end of this guide.

WHO THIS IS FOR

Freedom is the goal. Every parent wants a daughter who can stand on her own. She may be fifteen, eighteen, or twenty-four. High school, college, a first job, her first apartment, traveling alone, or moving somewhere new. If she's more and more responsible for herself, this is for her.

That freedom is a good thing. But being new somewhere creates three vulnerabilities, and she should know what they are.

WHY BEING NEW MATTERS

1. SHE DOESN'T KNOW WHAT NORMAL LOOKS LIKE YET.

At home, experience tells her what fits and what doesn't. Somewhere new, that baseline disappears. She doesn't know which areas to avoid or whether the guy she's seen three times belongs there. **It's harder to recognize abnormal when you haven't learned normal yet.**

2. SHE WANTS TO FIT IN.

She doesn't want to look rude, paranoid, dramatic, or uncool, and sometimes the safest decision is socially uncomfortable. Risk isn't always a stranger. It can be a friend, date, or someone she knows. **Familiar doesn't automatically mean safe. Someone who keeps pushing a reasonable boundary is giving her information.**

3. HER SUPPORT SYSTEM JUST GOT SMALLER.

Parents, teachers, coaches, and familiar adults aren't always nearby. She's making more decisions herself, around new people and in unfamiliar places. That's independence, but **she needs some of the capability that support system used to provide.**

TWO RULES THAT MAKE EVERYTHING ELSE WORK

RULE ONE: NEVER TRADE YOUR SAFETY FOR YOUR SOCIAL STATUS.

The pressure to fit in when you're new is enormous, and predators can take advantage of it. She knew she should check the rideshare but didn't want to insult the driver. Something felt wrong at the party, but leaving seemed dramatic. She said no once, but saying it again might make things awkward.

Give on the small stuff if you want. ***Never give on your safety.*** *The people worth knowing won't demand that you do.*

RULE TWO: NEVER FLY ALONE. HAVE A WINGMAN.

In the military, we rarely send one person when two can do the job better. The same principle works on a Friday night. A good wingman watches the group, notices the guy who won't take a hint, and still has good judgment when someone else's may be affected by alcohol or emotion. Make the agreement before going out: **if one says we're leaving, we leave. Nobody gets left behind.**

Two more things cost nothing: pick a **trusted adult** nearby she can call without fear of getting in trouble, and establish a **family code word** that means, *It's really me. I need help. Start helping now.*

THE FIFTEEN CONVERSATIONS

These aren't fifteen lectures. Read each one, ask the question, and let her answer first. You're looking for what she already knows and where the gaps are.

1. PROTECT YOUR DRINK.

Drink spiking can happen when a drink is left unattended or when someone hands her one they already opened. And the person doing it may be someone she knows. Predators will attempt to isolate her once she becomes impaired enough and will look like they are assisting her to safety when they leave.

Talk about it: What would she actually do if someone, maybe even someone she might be attracted to, handed her an open drink, or she lost sight of hers?

2. THE DESIGNATED GUARDIAN.

A designated driver gets you home. A **Designated Guardian gets you home safe.** When everyone drinks, everyone's judgment drops together, and nobody notices the friend who disappeared or the guy who won't leave someone alone.

Talk about it: Who in her group would actually take that responsibility seriously?

3. DON'T GET ISOLATED.

Bad situations get harder when she's separated from the people who make her safer. The problem is that isolation can look like help: *I'll walk you home. I'll give you a ride. Let's go somewhere quieter.*

Talk about it: How would she recognize when she or a friend is being separated from the group?

4. RIDESHARE RULES.

A rideshare is a stranger's car she's voluntarily climbing into. The system depends on verification, and that's exactly the step people skip when they're tired, distracted, cold, or impaired. There are exact steps before she gets in, and a few things she needs to know once she's already inside.

Talk about it: Before her hand touches the door, what would she check to know this is actually **her car and her driver**?

5. BE THE ONE PREDATORS PASS.

Criminal predators select. They're looking for someone who appears vulnerable and an opportunity to act. She doesn't need to look tough; she just doesn't want to look like the easiest option. Some of what predators look for is common sense. Some of it you'd only know if you heard it in a predator's own words, and in the Complete Action Edition, you will. A convicted mugger explains who he picked, what he checked first, and what made him walk away.

Talk about it: Phone out? Earbuds in? Head down? How does she actually walk through a parking lot when she's alone?

THE FIFTEEN CONVERSATIONS

6. SEE IT COMING.

Trouble rarely comes completely out of nowhere. There's usually something before it – watching, positioning, approaching, testing, or behavior that simply doesn't fit.

"Be more aware" isn't much help on its own. What works is a simple system for when to raise her awareness, and specific signs that trouble is near. If you don't know the specifics, I cover them in many of my courses for military personnel, seasoned law enforcement, and everyday defenders.

Talk about it: What would make a person or situation stand out enough that she should stop what she's doing and pay attention?

7. TEST THE TAIL.

Being followed usually starts as a maybe – a face she's seen twice, footsteps that match hers, or a car making the same turns. Most people do nothing because acting on a maybe feels paranoid. The problem is waiting until that maybe follows her to her car, dorm, or front door.

Talk about it: How could she test whether someone is actually following her, and where would she go if the answer is yes?

8. SAY NO AND MEAN NO.

Predators often test boundaries before they cross them. That can be obvious with a stranger and much harder with someone she knows or likes. The important information isn't that someone asked – **it's what they do after she says no.**

There are exact verbal and nonverbal cues I have taught hundreds of women that make a "no" stick, whether she needs to be polite, firm, or deliver a warning.

Talk about it: Who is hardest for her to say no to – a stranger, a guy she likes, or a friend? What does she do when the first no isn't respected?

9. NEVER GO TO A SECOND LOCATION.

Someone trying to force her into a car, another room, an alley, or anywhere more isolated is taking her somewhere she'll be harder to find, harder to help, and easier to control. This is one decision she should make before she ever faces it.

Talk about it: Does she understand that if someone tries to take her somewhere against her will, that's the point where everything changes?

10. YOUR EVERYDAY EQUALIZER.

She may never need a defensive tool, but size and strength matter. A tool can change that equation – if it's legal, accessible, and she actually knows how to use it. Something buried at the bottom of her bag isn't much of a tool.

In one short session, I took my wife from six seconds to about six-tenths of a second to get her flashlight out, just by changing her start position and where it rode.

Talk about it: What will she realistically carry, where will it be, and can she get to it quickly?

THE FIFTEEN CONVERSATIONS

11. BEHIND THE WHEEL.

Her car gives her mobility, protection, and a way out – until it breaks down or something unexpected happens. Most young women have never really thought through what they'll do when they're alone and the car suddenly isn't solving the problem.

Talk about it: What would she do if she broke down, a stranger stopped to help, or flashing lights appeared behind her and something didn't feel right?

12. THE SPARE PHONE.

Her phone is her lifeline until it's dead, broken, lost, stolen, or left behind when she has to leave somewhere quickly. If every emergency plan depends on that one phone working, she doesn't really have a backup plan.

Talk about it: What's her Plan B when her primary phone isn't available?

13. LOCK DOWN YOUR ROOM.

Her dorm or apartment should be the place where she can create safety. But dorms and shared houses have propped doors, strangers walking through, and guests nobody else knows. If something goes badly wrong, she should know how to make her room a much harder place to enter.

Once the door is blocked, does she know the most important position in the room, and the next most important thing to do?

Talk about it: Stand in her actual room and look at it together. If someone dangerous were outside that door, how would she keep them out?

14. THE DIGITAL PREDATOR.

Everything she posts tells people something – where she lives, where she goes, when she's alone, and sometimes where she'll be next. Most of it seems harmless until someone puts the pieces together.

There's another risk that's even more important to discuss: threats, blackmail, harassment, or sextortion. Those work because the victim is embarrassed or afraid to tell anyone.

Talk about it: Look at her last ten posts like a stranger would. What could you learn? Then make one agreement: if anyone online ever threatens or pressures her, **she tells you immediately and she is not in trouble. You handle it together.**

15. STOP THE BLEED.

Most emergencies she'll encounter won't involve a predator. They'll be car wrecks, falls, broken glass, accidents, and people getting hurt. Serious bleeding can kill in minutes, and sometimes the person standing closest is the only help available until the professionals arrive.

Talk about it: If someone were badly bleeding in front of her right now, would she know what to do?

YOU'VE HAD THE FIFTEEN CONVERSATIONS. THAT'S THE FIRST STEP.

If you worked through these honestly, you probably found some things she already understands, a few things you hadn't thought about, and at least a couple of questions neither of you could confidently answer. **That's exactly what I wanted this guide to do.**

Most parents give their daughters the best advice they know and hope they'll figure out the rest when the time comes. **You've identified the gaps before she has to find them the hard way.**

But identifying a gap and filling it are two different things. She knows she should verify the rideshare – does she know exactly how? She knows she should say no and mean it – can she do it convincingly when the person pushing the boundary is someone she actually likes?

Those aren't conversations anymore. **They're capabilities.**

And that's the next step.

THE FREEDOM 15 CONVERSATION CHECKLIST

Print this. Stick it on the fridge. One box per conversation, so you can see what you've covered and what's still waiting.

You don't have to do them in order, and you don't have to do them in one sitting. Partial counts.

THE FIFTEEN

- [ ] 1. Protect Your Drink
- [ ] 2. The Designated Guardian
- [ ] 3. Don't Get Isolated
- [ ] 4. Rideshare Rules
- [ ] 5. Be the One Predators Pass
- [ ] 6. See It Coming
- [ ] 7. Test the Tail
- [ ] 8. Say No and Mean No
- [ ] 9. Never Go to a Second Location
- [ ] 10. Your Everyday Equalizer
- [ ] 11. Behind the Wheel
- [ ] 12. The Spare Phone
- [ ] 13. Lock Down Your Room
- [ ] 14. The Digital Predator
- [ ] 15. Stop the Bleed

THE FIVE THINGS YOU DO TONIGHT

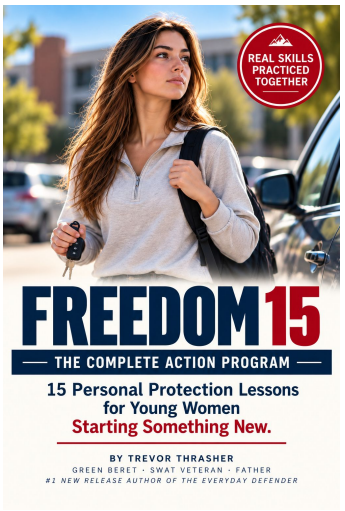
- [ ] Set the wingman agreement
- [ ] Name the trusted adult and make the no-trouble promise
- [ ] Create the family code word
- [ ] Set up the rideshare safety features
- [ ] Give her permission to protect herself

Two you'll want to date rather than check:

Started: _____ Finished: _____

Notes on what came up:

THE NOT MY DAUGHTER BLUEPRINT



You've had the conversations. Now turn them into capability, together. The Blueprint teaches the same fifteen in full, including the parts this guide stops short of: the actual rideshare check, what she says at the door, how to make a room hard to enter, and what to do if that fails.

The Complete Action Program, with the how: all fifteen lessons plus bonus practice chapters and a weekend plan, so each talk ends with something she has actually practiced. No login. Print it and scan the QR codes, or read it on a screen and tap the links.

Video lessons with me: avoiding being targeted, walking safely, assertiveness, the basic defensive response, defending a room, answering the door, and the timed tool drill, plus real incidents taken apart so she sees where each one could have gone differently.

The Victim or Victress On-Demand Webinar, included: I teach the principles all fifteen come from and apply them to three real incidents, so the two of you see one system instead of fifteen separate tips.

Six Opportunity Training Exercises: short drills that turn an ordinary moment into practice. Most take seconds and need no gym or gear. A printable PDF, delivered by email.

Her First 72 Hours plan and three printable checklists: so what you practiced at home goes with her.

Plan on one weekend: an evening for the webinar, a couple of hours with the Program, and a couple of hours of drills. If you don't believe she's meaningfully better prepared, email me within 60 days and I'll refund every dollar.

She's yours, and you want her to be the one they won't pick. You still do the work, and it matters that it comes from you. You just don't have to do it alone.

Scan to see the Blueprint

SEE THE NOT MY DAUGHTER BLUEPRINT

THANK YOU



Thank you for trusting me with something this important. I hope this guide helps you have conversations that make your daughter more capable, confident, and prepared as she becomes more independent. After everything I've done in my career, my most important roles are **husband and father**. I'm also an **Everyday Defender, just like you.**

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