



Protect Yourself

Spotlight 9

Module 7

Across the Curriculum



1 Read the situations (1-4). What do you think self-defence is?
Read the definition to check.

1 You are waiting for a lift, but when it arrives and the doors open, you see that it is empty apart from a man standing in the corner. He makes you feel uneasy. What would you do?

- A trust your bad feeling and not get in
- B get in anyway
- C something else



1 Read the situations (1-4). What do you think self-defence is?
Read the definition to check.

2 The school bullies start shouting insulting comments at you on your way home from school. What would you do?

- A shout insulting comments back
- B say nothing and walk away
- C something else



1 Read the situations (1-4). What do you think self-defence is?
Read the definition to check.

3 You have just left the school library and it's starting to get dark. Your dad is at work so he can't pick you up. What would you do?

- A take the short cut across the park – you're tired and want to get home quickly
- B catch the bus, sit at the back and fall asleep
- C something else



1 Read the situations (1-4). What do you think self-defence is?
Read the definition to check.

4 You are walking back from your friend's house one day when a mugger suddenly tries to snatch your bag. What would you do?

- A let him take your bag immediately
- B hold onto your bag tightly, then run away if you can
- C something else



self-defence /ˌself dɪ'fens/ (n) the action of protecting yourself against something bad

2




Now imagine you are in each situation. What would you do in each? Discuss in pairs, then report back to the class.

► A: *What would you do in the first situation?*

B: *Well, if the man in the lift made me feel uneasy, I wouldn't get in.*

A: *Yeah, me too. It's too risky. etc.*



- 3 a Look at the title of the text, the photograph and headings 1-4 in Ex. 3b. What is the text about? Read through and check.
- b  Match the paragraphs to the headings. There is one heading that does not match.

- 1 Take a self-defence class **C**
- 2 Feel safe
- 3 Use your head **B**
- 4 Reduce the risks **A**



4

Read again and choose the correct word (A, B, C or D) for each gap. What is the author's purpose?



- | | | | |
|---------------------|----------------|------------------|----------------|
| 1 A apart | B away | C aside | <u>D along</u> |
| 2 A saying | B speaking | <u>C telling</u> | D talking |
| 3 <u>A onto</u> | B back | C across | D down |
| 4 <u>A make</u> | B do | C change | D turn |
| 5 A for | B to | C by | <u>D up</u> |
| 6 A manner | <u>B way</u> | C style | D mode |
| 7 A regions | <u>B areas</u> | C parts | D departments |
| 8 <u>A look for</u> | B watch out | C look to | D find out |
| 9 A around | B up | <u>C away</u> | D forward |
| 10 <u>A during</u> | B while | C through | D across |

6

🎧 Listen and read to make a list of things you *should* and *shouldn't* do to protect yourself. Imagine you are a police officer giving a talk about self-defence to some students. Use your list to help you give your talk. Record yourself.



<i>You should ...</i>	<i>You shouldn't ...</i>
<i>trust your instincts</i>	<i>do anything to make a situation worse</i>

use busy roads
give a mugger your bag
ignore insults
walk fast
carry your mobile phone
let people know your whereabouts
sit near the bus driver
take a self-defence class

use lonely roads
try and put up a fight
say something rude back
take short cuts
go out alone at night
panic during an attack



7

THINK!



Discuss the following proverb.



Words of Wisdom

“One pound of learning requires ten pounds of common sense to apply it.”

Persian proverb



THANK YOU