

## Worksheet 4 - Evening venue

Bars, restaurants, events - arrival, the room, the exit.

### LOCATION / SITUATION

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### DAY AND TIME (BASELINE) - what does normal look like here at this hour?

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### S - SCAN - people, exits, lighting, obstacles, where help is

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### A - ASSESS - what would count as a change? direction, distance, pace, attention, numbers

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### F - FIND OPTIONS (AT LEAST TWO) - named places, people, routes

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### E - EXIT EARLY - my trigger to leave, and what I do first

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### HABIT TO CHANGE - phone away, one ear out, vary the transition

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