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Intro: Hey friends! Welcome to Girls Night. I'm Stephanie May Wilson and I am so happy that you're here. Each week I have a girlfriend over and we talk through one of the biggest questions we have about our lives as women.

We're talking about friendships and faith and relationships and self-confidence, about our calling in life, and how to live every bit of our lives to the full. Life is so much better and easier and absolutely more fun when we navigate it together as girlfriends. And I cannot wait to get started.

Friends, I'm so excited about today's episode because this conversation could not be more important and also this is so overdue. I cannot believe we haven't talked about this here on Girls Night yet. I'm so sorry about that. But here we are and I just... Oh, this episode is so good. I can't wait for you to hear it.

So today's episode is self-defense 101: simple strategies that every woman needs to know. Our guest for today's episode is my new friend Kailee Billerbeck. Kailee is the CEO and founder of Everyday Armor. She's combined an incredible background in martial arts with a passion for keeping women safe.

In the last few years, she has traveled to over 40 states by herself, teaching self-defense classes at colleges and universities. Her goal is to redefine self-defense and to help young women navigate life feeling more safe, confident, and independent. I love that.

So here are just a few of the things that Kailee is teaching us. She's going to talk to us about how to keep ourselves out of dangerous situations, how to be more aware of our surroundings, what we should be looking for. She's also going to talk to us about what we should do if we do end up in a vulnerable or dangerous situation, how to physically defend ourselves.

I love that Kailee, in this episode, talks about how we can keep ourselves safe. But she's also really careful to talk about how we can do that while not living in a constant state of fear. And I love that. You guys, this episode is so good and so practical, and I learned so much. I cannot wait for you to hear from her. So are you ready? Let's dive in.

All right, friends, I am so excited for who you get to meet today. I'm sitting here with my new friend Kailee Billerbeck. Kailee, thank you so much for being on the show.

Kailee: Of course, I'm super excited to be here and talk about these things. They're so important.

Stephanie: They're so important. For women who haven't gotten to meet you yet, can you tell us who you are, what you do, and a fun fact about yourself?

Kailee: Yes. So my name is Kailee, as you'd mentioned, and I own a company called Everyday Armor. The majority of what we do is traveling to different universities and teaching more sorority women, student bodies just about safety in more of a realistic fashion that's for everyday women who maybe haven't had a ton of experience and just making sure that it's accessible to them as well. So that's kind of a little bit about what we do.

Fun fact about me, when I was end of my junior year in college, I was a nanny in Cabo for a summer and it was the coolest experience ever.

Stephanie: Oh, my go... How did this happen?

Kailee: So a girl in my sorority, she knew them. I think she'd actually been an au pair for them and she posted it on our Facebook sorority page, and I was like, "Yeah, let's do it." So I signed myself up. Originally, I didn't really realize that the mom was actually from Austria. So they didn't just speak Spanish and English, they also spoke German a lot in the household, which was really crazy to navigate. But so cool.

Stephanie: That is so cool. So did they live in Cabo full time or did they live in the US and they were just traveling to Mexico for the summer?

Kailee: I believe the mom was on like a study abroad trip in Mexico City where she met the dad. And then they lived there up until... I want to say like a year passed when I had left. So I think for the last three years or maybe four they've been in Austria. So they moved from Cabo to Austria full-time.

Stephanie: That is so cool. That is so cool. What a cool summer job!

Kailee: Yeah.

Stephanie: I feel like I'm setting you up for another fun fact here. But I want to hear about your background. Because I mean, you own a company where you teach women how to be safe but you have a background in all kinds of... what's the overarching... Does martial arts cover all of them? Or what's the correct umbrella term?

Kailee: So martial arts would be just kind of all of it. Now my instructor here, he started a studio doing traditional Taekwondo. My sister and I were the first... I think there was another kid as well. We were like the first three people to ever get our black belts under him.

And then he ended up morphing the studio into something kind of his own where like our sparring style integrated Taekwondo, Muay Thai, and kickboxing. And then he also taught Brazilian jiu jitsu. Then I became an instructor, so we also taught just basic self-defense, escapes, weapons disarms, we worked with weapons, just all that kind of stuff.

So it was a really cool experience. I was morbidly embarrassed when my parents first signed me up for it and then I started to really fall in love with it.

Stephanie: How old were you when you started?

Kailee: I believe I was in third grade. How old is third grade? But yeah. My parents were-

Stephanie: Eight or something.

Kailee: The owner of the studio, my instructor, he made a deal with my mom's boss that basically we got free training in exchange for my instructor getting free meals or something. So it was really cool thing that was provided to my sister and I. I didn't realize it in third grade. Now looking back, I'm like, I'm so grateful for that training.

Stephanie: That is so cool. That is so cool. So you took that, and you've created Everyday Armor. How did that shift? How did it go from being something that you were like "I'm personally interested in this" to "I need to teach other people about this"?

Kailee: Back when I was in college, you know, there were some moments... Because we also taught just kind of different community responsibility, self-control, courage, you know, all those types of things were really integrated into our curriculum as well. So there were so many different tools and tactics and spatial awareness that I didn't even totally realize I had until I got into college and started seeing just, you know, different situations and how people would respond.

And there was no self-defense training. And I'm like, you know, being in a sorority, that's your perfect opportunity to educate women on these things. Even now, so many sororities have such little budgets for things like a self-defense course.

To me, just kind of seeing that firsthand, it was like, "Huh, something needs to change here." And then on top of that, when I lived in Mexico for the summer, my

final weekend there, I had gotten drunk one weekend, I passed out on a beach, and had a bunch of my things stolen.

And in that moment, I was like, "Okay." That was the most frightening moment I've ever been involved in, but there was no point throughout that entire situation where having those physical skills came to actually help me.

So it really was like, Okay, you know, this isn't being offered, self-defense in general, it's not being offered in a realistic way, really looking at what's actually going on. I'm irritated because I see stuff on social media that blows certain things, like trafficking, out of proportion in the wrong direction and doesn't properly educate people, but more so fearmongers.

You know, with this experience, it was like, "What did I not have in that situation? How could I have helped myself there?" Because it wasn't the physical stuff. So that entire chain of events really came together and was like, "What kind of curriculum do we need to have? How do we make it accessible to as many young women as possible?"

Stephanie: I love this.

Kailee: Thank you.

Stephanie: When I got to college is when I started really thinking about safety. And I think as women, we have to think about it a lot. And we're taught to think about it a lot, but maybe not in totally the right ways. I think that when I was in college was the first time that I found myself being scared more often, because I'd be by myself and I'd be by myself at night, or I'd be walking around. Like, you just have to get home from the library, and so you're walking around at night.

I know lots of people that things have happened to. So I found myself being really scared for quite a while. Finally, my mom suggested that I take a self-defense course and I did. It was a really empowering experience. It was a lot of safety tips, you know, what you can do to keep yourself out of positions where... You know, like what you can do before you even enter a dangerous situation to keep yourself out of one.

But then it was like really physical. Like I got to fight some guy. And it was just really wild but really, really empowering. I haven't done one in a while so I'm out of date. And I just know that this is just so important.

So I'm sitting here hearing you talk about sorority girls and hearing you talk about women in college and knowing how important this was to me back then and also

knowing how important it is for us today to just know how to take care of ourselves in every way possible.

Kailee: I mean, on a college campus, to your point, you're in so many situations where you're walking across campus at night. Maybe you're walking from the library at two o'clock in the morning, and yeah, you know, maybe that's not safe. But those are the situations you're in. And also Ubering alone, Lyfting alone, going on dating apps, all those things that are just kind of part of the human experience, and aren't always the most avoidable kinds of things.

I guess with what we do, we just didn't want to sit here and be like, You always have to use the buddy system. You can't do things alone. I've traveled to over 40 Different states by myself teaching these classes and I've never once had a situation where I really felt unsafe.

And I just think telling women that they can't do all these things or that they can't do stuff alone. I mean, it just takes away from our experience, and being able to do the things we want to do that we should be able to do.

So, you know, we were kind of like, "Okay, what's that gray area? Yes, you shouldn't accept a drink from someone you don't know super well. But, you know, if you're going to, how do you still stay safe? Because, you know, especially when there's drinking involved and those kinds of situations, things might happen. So how do we constantly address these things that aren't just safety tips that are black and white?

Stephanie: And how do we protect ourselves without missing out on life or living in fear in the process?

Kailee: Totally.

Stephanie: Before we talk about how to stay safe, I want to know, and I'm sure you have some statistics on this. Like some people will say, "Just live your life, don't worry about it. Nothing's gonna happen, it's gonna be okay," and err on that side. Other people will say there are threats around every corner, like you're never safe, and make it sound, you know, you shouldn't leave your house. What are the actual statistics? How much danger are we in just as women, well say, in the United States? Because most of our listeners live here.

Kailee: I kind of want to address the bulk of situations people are typically freaked out about or ones that most women are... not most women, but women are most likely to encounter. So that would be stalking, trafficking, domestic abuse, sexual assault,

those things we fear or we're hearing about a lot, or with domestic abuse and sexual assault, the things that we are most likely to encounter.

So with those, I don't have the exact statistics. I don't want to give wrong ones. But I can tell you that the majority of the time with those situations, we tend to know our perpetrators to some extent. So what we really wanted to look at is, Okay, if that's the reality of these situations, there's a whole section of self-defense, we're not even learning.

And that's why we teach mental situational and physical self-defense in conjunction with each other because a lot of these situations are where we're in a relationship with somebody and they maybe are displaying more abusive patterns or maybe they start to stalk us, or it's a neighbor.

So what we want to empower women with is, here's the tools to be able to sense if something's may be a little off. If I do, how do I confront those situations? How could I possibly de-escalate them? Or what are tactics? You know, if let's say, there is a stranger that's trying to groom you or something, how do I identify those tactics that they might be using and respond to those situations?

Especially with trafficking, I know that there are so many stories out there. Like people marking your car, or the crying baby noises. And if you actually look at the US hotline for human trafficking, I believe it was 2015 to 2001 there was never a single report of crying babies or people marking cars to traffic people.

So a lot of these things we hear are just, you know, they traveled through the grapevine and then we're all freaked out about these things that aren't really the situations we should even necessarily be most freaked out about, you know.

Stephanie: I'm like, Okay, I don't even know like marking cars and crying babies. I don't even know these, but I'm sure a lot of them have happened and we don't need to even perpetuate them. That's really good to know that a lot of the things that... that we might have our worry in the wrong spots.

You said where it's most likely that if something happens to us it's going to be someone we know. What situations are the ones that we actually need to put a percentage of our worry towards.

Kailee: The way that we approach it, with self-defense, so much of it boils down to confidence and self-esteem. So many of us pick up on these things like red flags, whether it's a new friend you meet, a new relationship, or just a situation in general. But I think that women are really socialized to second guess ourselves and to, you

know, say, "Maybe I'm overreacting" or "I don't want to be rude," "I don't want people to think XYZ See about me."

So, we might have that gut instinct, it's just learning to really take action with it and not questioning ourselves. And that's really one of the biggest things we encourage is, "Okay, when you sense that something's off, whether it's a broken social norm in your environment, whether it's a friend that's just things aren't adding up to you, don't be afraid to put your foot down and you act in suit of those red flags that we start to feel.

I mean, in reality, those are the situations where whether it's a random person that you meet that just something feels off about it, or a stranger that approaches you in public and is trying to make a friendship with you, or you're on vacation and a new group of people are trying to kind of isolate you a little bit, it just all of those things that tend to feel off that we have that red flag about something doesn't feel right and then, you know, really not questioning that gut instinct, if that makes sense.

Stephanie: When I think of being afraid, I think that my big fear has always been like, this sounds silly, but someone I don't know randomly jumping out of the bushes and like attacking. That happens so fast. You know, that would be so surprising, obviously.

But what you're saying is like, it would be a slower something. It would be something that would happen a little bit more gradually, and so you have more opportunities to like... The water is going to get warm before it gets hot before it burns you. It's not just gonna instantly burn you. So you have the ability to get out while it's still warm.

Kailee: Exactly. Actually, there was a girl that was in one of the classes I taught last spring, and she was telling us this story. She was explaining how she was walking out of H&M, these three women approached her, they were complimenting her and they were asking her personal questions. You know, she was talking with the women.

You know, inherently we don't feel as threatened by women, right? So then all of a sudden, they were like, "Oh, my gosh, we have an organization that's for college women" because they discussed that she went to University of Delaware. And they were like, "We'd love to give you a little bit more information about it." So they're showing her stuff on their phone.

And then after that, they were like, "You know what? We know that the malls closing down, we'd love to give you some pamphlets, though, for you to pass out to your sorority sisters, if you want to just follow us to our car."

So now, if you went in that situation from, "Hey, I like your eyes to want to follow me to the parking lot by yourself, everything and every red flags going off. But one of the tactics they might use is, Hey, you know what? I like your eyes, let me get the foot in the door." And then I'm going to create this organic conversation that feels natural, I don't feel threatened by it. And then they're leading up to this larger ask to get you to an isolated point.

So foot in the door is one of those tactics that they'll use. It's a gradual thing. One of the tips we always tell women is when people approach you in public, just as a blanket statement, use non-negotiable emergency excuses to get out of those situations. It's not worth it to sit and talk to them. You just never know. It's sometimes better to keep yourself safe in those situations.

So, you know, "I'm so sorry, I forgot that I have a Zoom interview that I have to get to in 20 minutes. It's something has to happen now. It's an emergency, it's non-negotiable. We can't sit and barter. I have to go right now." So that's just kind of, you know, one example of how... And that's even more of like a stranger approaching you, but they do kind of happen a little bit more gradual.

Stephanie: How instantly my doubts are like, "Oh, like, I'm feeling so rude. I'm being so rude, I don't want to be..." We were walking down the street. I had my twins and my husband was with me and we were walking on a super busy street here in Nashville. And someone asked me, "Do you have time to talk about something?"

And I don't know, they were like getting signatures for something like that. I didn't hear what she said. I thought that she said, "Do you...?" I don't know what I thought she said, but I said, like, "No, thank you." And I just kept walking. I didn't want to stop. I have twin toddlers with me. We're going somewhere, they're hungry, we all need to go.

But I ended up accidentally being pretty rude because of the... I just misheard the question. So I ended up being like... It was like, "Do you care about small children?" "No, thank you" or something like that. I didn't immediately like that. But even then, like I'm like, "I don't know these people. This is totally not a time for me to stop and talk but I don't want to be rude." So how do we get over that?

Kailee: So we talk about this actually with mental self-defense. Like confrontation, right, as women we feel so uncomfortable by it. Some of the things that we kind of touch on are number one... I mean, in that situation, it's a little bit different, especially if it's somebody you know and you're not confronting something. We tend to sit in on those things, and we vent about them, and we're frustrated by them and it starts to consume you. And in reality, when you don't confront things or put distance with people, set boundaries, you're the only one being affected by it.

In our classes, we'll do this little kind of activity where we'll have everybody close their eyes and say, "Hey, raise your hand if you've ever met somebody in your life that's not somebody that you knew very well, but somebody that you just didn't." Every single hand goes up.

We encounter people, on a day-to-day basis, you're like, "That's just not my kind of person." And I think that as women, the more comfortable we get with that fact that people are just not gonna like you, and it may not even be personal, they just aren't gonna like you, and really try to make yourself comfortable that building self-esteem, it becomes a lot easier in those moments to have the confrontation, whether it's just somebody on the street or whether it's somebody that you know, you have to... You're the only one that knows what's going through your own head. Like you have to have those confrontations and put yourself first, especially when it has to do with your safety.

So that's kind of like the number one thing we touch on. The number two thing is really addressing these things when you're going to have confrontation and being very firm about it. Now, of course, that can be very uncomfortable. So the way that we talk about to make that more comfortable are to come up with those non-negotiable emergency excuses.

So when you're in a situation, "I'm so sorry, we have to get to a birthday lunch that we're headed to. I don't have time to talk." And just having those things that it has to happen now, it's not negotiable. I have to do this thing. And being able to use those ads, those situations come up just so it doesn't feel so uncomfortable to set those boundaries sometimes.

Stephanie: Say you have a, you have an excuse, you have something that like, "I have to get to this thing," not like "I don't want to talk to you."

Kailee: Yes. Of course, we empower women to have those confrontations upfront. Like it's not wrong to communicate things explicitly. But more so when it's so crippling and uncomfortable to have a confrontation to the point that you wouldn't have it, that's where we encourage that.

One example we give is if somebody gives you a drink and you don't know this person super well, your blanket safety statement there is don't drink the drink. You just don't know what's in it. There could be something, it's not worth it. But there's a lot of situations I've even been in where you're going to drink it, right? It's a free drink whatever it is, or maybe it's even the blues friend of a friend.

So in those moments, you know, you want to have them have the first sip. Now, if asking them to have the first sip is that situation where you're just so physically uncomfortable by it that you wouldn't do it, one way, you know, as an example, we use is, you know, if it's a margarita, smell it and just tell them, "Oh my gosh, this smells so strong. I've had the worst experiences with tequila, will you please try it to make sure that it's not too strong or there's not too much tequila in it?"

And if they won't have it, you know what, "I don't want to get sick, I'm gonna go get a new drink to make sure that it's not too strong." So it's just finding those ways to set those boundaries that help you feel more safe but you know, allow us to feel comfortable in those situations, too.

Stephanie: Okay, I totally didn't know that. Oh my gosh, how did I survive college? I don't know. So if someone offers you a drink, I mean, yeah, the blanket thing would be don't take a drink from someone I guess you don't know. But we're talking about how more often than not, it might be someone you do know. Or the fact that you know them is not necessarily like.... does not mean there's not something in your drink. So that's what you want to do is you want to have them try it first.

Kailee: Yes. When we say you're going to know the person, it doesn't necessarily mean it's going to be your best friend. There's different categories. So you have friends who have family, acquaintances, you know, even just somebody that maybe you met on a dating app, or maybe you've met a couple times friend of a friend and you're gonna go on a date with this person. Even in that situation, you don't want to leave your drink unattended.

If you're gonna go to the bathroom, either just chug it or get a new one. So it's just finding those ways to... Really the goal of it isn't to make women feel more anxious. It's just knowing those little tricks that help you ultimately feel more comfortable and safe in the situation so you're not even second-guessing, "Oh, my gosh, what do I do if this person puts something in my drink?" Because you already have these habits kind of instilled in your day-to-day life.

Stephanie: What are more of those? What are some things... I want to talk about what to do if we find ourselves in a dangerous situation. But what are some other rules of thumb that can honestly rule out a lot of dangerous situations that we might find ourselves in?

Kailee: I love that question because that was... You know, another thing... When I look at my Mexico experience, I was so overworked by my host family. They were great but I was working so many hours and I didn't communicate that.

And that weekend when I went out, I had a weird instinct that it was just not the right situation. The friend had gone out wasn't always that, you know, that friend that's going to help you with the end of the night and make sure you're both getting somewhere safe.

But it went against that gut instinct because I hadn't addressed with my host family, you know, confronting that situation: I'm overworked, you know, the first time that it happened. Instead, I built up resentment, I built up resentment. And then, you know, I go out and I'm frustrated, I'm drinking more, which really kind of all those things piled into this situation where now I'm on a beach, passed out, intoxicated, and having somebody steal all my belongings.

So, there are so many things that we can do, yes to, I guess, in essence, prevent these things, but also to just help ourselves feel a lot more confident and safe in these situations. I know you were talking about just like if you're walking by yourself, you know, fearing that somebody could come up and grab you. So in that situation, how do we feel more safe in those environments, which is where we use situational self-defense?

So there's a couple of different things that we touch on. We use an acronym to kind of point out five different things that you want to just at all times be aware of. And that acronym is CARVE. Like you're trying to carve your way out of a bad scenario. So we have confidence, alertness, and awareness, resourcefulness, visibility, and environment.

Now, when it comes to situational self-defense, we're looking at a lot of times crimes of opportunity. And a lot of the time, we don't think about the fact that small, little barriers in these moments are huge hurdles to people. Like, if you have even just fake cameras on your house or cameras in general, or motion sensor lights, it makes it three times less likely you're going to be burglarized. I mean, again, that's just having the presence of a camera. So it's just those little tiny barriers. Also most burglaries happen in the middle of the day, but we fear the nighttime.

But with that being said, some of those small barriers, the first one is confidence. It sounds so simple, but it's the first thing people see and perceive about you. There was actually this study done where they had violent criminals rate people on a scale of 1 to 10. One being they weren't as likely to try and attack them, ten being they were a lot more likely.

Now, they're just watching people walk. And what they found from the study was that people who had longer strides, who walked with purpose, and who had their heads up looking at people were rated a lot lower on that scale.

So you know, a lot of times we're told not to look at people, you might provoke them, you might upset them, when in reality having your head up and looking at people and limiting distractions, and looking confident is one of the most important things you can do for yourself. And showing people, you know, I'm not afraid of you, you don't have the element of surprise on your side, all those kinds of things. So first and foremost, confidence.

The next one we talk about is alertness and awareness. You don't have to constantly have your head on a swivel to where you're so anxious, but just really, again, limiting distractions to what's reasonable. If you have a ton of stuff you're carrying in your hands, that's where your focus is, you know, not dropping those things. You're not as tuned into, what's happening around me, is there a potential threat?

And so much of the time, you know, again, you have that gut instinct that something's off here. But we second guess, do I respond to it or not? So you know, just being as aware as possible, taking action.

And then we have resourcefulness, just knowing different things about your environment. Visibility: really making sure that, you know, maybe if I'm gonna go out, I'm gonna want to wear all black, you don't have to always wear bright colors. But, you know, could I create more space around me, the more space I have, the more time I have to see and respond to things.

And the last one is environments. So what are the norms for my environment? How can I blend in? How can I identify if something's off? What are the things I need to know about the environment that I'm in? So that's kind of really brief overview of kind of all those things we encourage people to think about.

You're not going to always be able to meet all of those, but it's really if I can... I like to run it in the dark with noise-canceling headphones. So if I'm gonna do that, how can I compensate for those pieces of the car backronym that are not being met?

So that's kind of a lot of information there about that. But yeah, there's so many little things that we can do to help us feel more safe in these situations.

[00:29:36] <music>

Sponsor: Hey guys! Our sponsor for today's episode is a company that I just love. It's [HelloFresh](#). Now, I know that lots of y'all have heard of them. But just in case you haven't, HelloFresh is America's number one meal kit that shops, plans, and delivers your favorite step-by-step recipes and pre-measured ingredients so you can just cook, eat and enjoy.

There's nothing better than a good home-cooked meal. But as you guys know already, I'm not the best at it. Now, I've definitely become a better cook over the years. I still don't love meal planning or cooking. It's just truly not my gift. And plus these days, cutting down on shopping time is absolutely essential for us. And that's why I love HelloFresh.

First of all, with HelloFresh, there's something for everyone, with 40 recipes and over 100 seasonal and convenience items to choose from each week. I made these incredible HelloFresh chiquitos recently, and you guys, they were so good, I'm going to be thinking about them for ages.

And not only is the food delicious, but the process of making it is so easy. All the ingredients come pre-measured in handy labeled meal kits, so you know which ingredients go with which recipe. That means there's less waste. And I'm telling you, I am a beginner in the kitchen and even I can get these recipes. They are so simple and they kind of outlined on pictured step-by-step instruction cards. They walk you all the way through the whole thing and it actually feels like a fun cooking lesson.

I'm also a huge fan of HelloFresh because it's cheaper than grocery shopping and 25% less expensive than ordering takeout. This is great news for those of us on a budget, right? Plus HelloFresh owns Green Chef, another one of our amazing sponsors, so there are even more meal plans to choose from.

I love switching between the brands and now my listeners can enjoy both brands at a discount with me. Speaking of discounts, I love HelloFresh even more, because they want to give you a promo code for 50% off. If you go to hellofresh.com/girlsnight50 and use the code GIRLSNIGHT50, you can get 50% off plus your first box ships free.

Again, go to hellofresh.com/girlsnight50 and use code GIRLSNIGHT50 for 50% off plus your first box ships free. HelloFresh, thank you so much for sponsoring our Girls Night. We just love having you.

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Sponsor: Hey friends! Our Girls Night sponsor for today is an amazing company called [ZocDoc](#). Spring is finally here and that means that my schedule is filling up with work and travels and family activities. And I know that so many of you can relate.

As a result, if there's something that's going to make my life easier, I am all ears. And that's why I was instantly intrigued by the ZocDoc app.

Finding a doctor through their app is a seamless process with just a few taps on your screen to find the quality care you need. Not only is it easy, it's also reliable. ZocDoc has thousands of medical professionals that are ready to help you, listen to, like a friend, and help you get the care you need.

If you're not familiar with them already, ZocDoc is the only free app that lets you find and book doctors who are patient-reviewed, take your insurance, and are available when you need them, and who treat almost every condition under the sun.

Now I don't know about you, but when I'm not feeling my best, the last thing I want to do is use all my energy browsing the internet for hours to try to find a doctor with decent reviews that I can actually trust. But with ZocDoc, you can find and book a doctor that aligns with your needs with just a few clicks on their app, which means no time wasted and you can feel like yourself again so much faster.

One of the best parts about the app is that it has verified patient reviews from real people who have made real appointments. And I love that. Every month millions of people use ZocDoc, and I am so happy to be one of them. It's my go-to whenever I need to find a quality doctor in my area, and it has saved me so much time. So I can get back to the things that matter most.

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Stephanie: One of the things that people have talked about, and I think you have something to say on this, people talk about like, if you're walking late at night by yourself, like having your keys kind of in your fist or having pepper spray or something like that. Are those helpful sort of protective measures? Is that the kind of thing we should be thinking about or is there something different?

Kailee: I guess I don't have a yes, it's helpful or no, it's not helpful. I have more of a gray area response there. One thing I hear a lot is people picking up their phone and calling somebody. Most of the time the intent there is to have somebody else who's listening to make us feel a little bit more safe, like we're not alone, when in reality we're distracted.

If you're talking to somebody, your full attention is not on your environment. And the more that we start tuning in and listening and watching, the more you start to

feel in control of what's happening around you. And if you have a lot of space, then you can sense and respond to those things with more time.

Stephanie: What do you mean a lot of space? Like how do we know if we have a lot of space? What are you talking about there?

Kailee: Great question. So let's say you're walking at nighttime, maybe you're going for a walk and you're walking on the sidewalk. Now, you know, I'm looking outside right now, we have cars parked on the sidewalk, there's houses right there, there's large objects. I don't ever do that. I will get in the middle of the street, because I have more exposure so it limits the odds that, you know, somebody is looking to commit a crime of opportunity, you're extremely exposed. Somebody could see what's happening.

More importantly, though, I feel like I'm in a lot more control because I have more space. So you know, if there is some kind of threat, I can see that and do something about it with a lot more time. Because if I'm on that sidewalk, something happens, I see something, most of the time, they, you know, move, if they're in one of the cars, and they pop out, you know, I have very little time to respond to that. So just kind of always thinking about, like, how can I optimize the amount of space that I have around me?

Stephanie: Got it. I totally interrupted you. Going back.

Kailee: Yeah. So with being on our phones, right? If you feel really unsafe, call somebody and put it in your pocket or have it hanging by your side. We always encourage to not be actively engaged in that phone call. Even then, if something does happen, and you're on the phone, more often than not, you're probably going to drop your phone. And if they're calling for help, they're probably calling for help to the point that you were, you know, had something happen. And the number one thing you want to avoid is ever going to a secondary location with some kind of perpetrator or attacker.

So you know, we'd much rather you see that coming and be able to respond to it, get somewhere that safe, you know, be able to run to safety, and then call for help once that happens. So that's kind of like first thing we really encourage against.

The second thing, to your point, with the key between your fingers. I hear women doing this all across the US. And it is like one of my least favorite things to hear here. I'll explain why. Number one, when you're holding a key, it's really not sticking out that far. And then when you go to use it, you know, if you don't know how to properly execute a punch, it's also probably not going to be super effective.

And then on top of that, now you're super close to that person, and maybe you've even made skin-to-skin contact with them, which puts you in a prime position for them to then further grab on to you or constrain you or something. We just don't want that to happen.

So when it comes to tactical items to carry, the number one thing I can say is you have to know the item that you are carrying. Treat it like a firearm. If you don't have experience with it, when you're in fight or flight, it's going to be very hard to call on, okay, how do I pull out my pepper spray? How do I use it?

There's very high rates of misuse with pepper spray, because you're aiming at a very small area on somebody. Like, you hit their throat, it's not super effective. You're going for their eyes. On an attacker, the first thing they're looking at is, am I bigger than this person? So there's a very high chance they could also be taller than you. So now you're aiming up at a perpetrator in a fight or flight situation.

Pepper spray doesn't work on everybody. It also expires. So have I made sure that I'm exchanging my pepper spray appropriately? And have I actually practiced using it?

I had a girl at a class University of Florida. I made her pull out a pepper spray and test it and it misfired and shot back at her. So not a common thing probably to happen. But have I tested it? Just all those kinds of things? Is it raining? Is it windy? You know, you have to think about those things and have experience whether it's a taser, pepper spray, stun gun, you know, if you're actually carrying a gun, you know, all those kinds of things, a pocket knife. So that's just kind of like blanket statement with that.

One thing we do encourage though, especially for women who are maybe walking into work or walking across the college campus, carry a metal water bottle. You don't have to know how to swing it. And if you swing it at the side of somebody's head, it's going to cause some damage, it puts distance between you and that person.

So, you know, thinking about do I have experience with this item? What else could I carry? What's going to put distance between us? And what could I do in that situation?

Stephanie: Let's see. I carried pepper spray for a little bit. But then I think I brought it to the airport and so I did throw it out. Then I've never carried it since. But never once have I practiced using it. I don't know how the thing works. Not even a clue.

I feel like the chances of me hurting myself are so much higher with something else. But I really like that metal water bottle thing because I'm like, I have carried a water bottle my whole life. I could totally swing that thing around. That makes sense.

Honestly, I could totally see myself shooting myself in the face with pepper spray, especially if you're in a fight or flight moment. That's just really wise.

Kailee: And it's not like people always say, "I just shouldn't carry pepper spray. What should I carry?" I'm not saying don't carry it. But take a class on it. Make sure you know how to use it. Make sure you're comfortable with it so it doesn't get used against you or so it doesn't become an effective in that situation, or you're fumbling with it. And that was time that you could have used to get away from that person.

So just kind of thinking through, like, what would I do in that situation? You know, especially like, we're talking about walking at night or walking through a parking garage, all those kinds of things. We really said like think through your worst-case scenario and then work your way back. Like what would I do?

One thing we talked about, to that point is, when you're getting gassed by yourself, what's my worst-case scenario. For me, it's somebody coming up with a weapon trying to get me to drive them somewhere, get in my car, get me to go somewhere.

So I always make sure whether it's like late night, early morning, I'm parking towards an exit. I'm making sure that that my three doors that I'm not using are locked, just so I don't have to worry about it. Keeping an eye on what's happening around me. If I am in a rental car that's big and I can't see over the top of it, I'm probably sitting inside while I put my gas.

Now, worst case scenario, if I had to drive away from that pump, somebody did come up to me, I know that there is a release on the hose that releases, you know, the horse of the pump that lets you drive away with the actual gas pump in your car if God forbid you needed to. So you know, again, just like thinking through my worst-case scenario, work your way back. Now I'm prepped for that situation.

Stephanie: I did not know that. I mean, I think I would have tried to drive away, but I would have thought that it would have broken off and sprayed gas everywhere or something like that.

Kailee: I mean, there's probably going to be little gas left in the house, but it shuts off the gas so it doesn't keep draining out at the gas station.

Stephanie: Oh my gosh, everyone listening is like, "Stephanie, how have you survived? Okay, are there any other things that we shouldn't... I know that you're more in the camp of, listen, live your life and you know, don't walk around afraid all the time. But should we not be pumping gas by ourselves? Is that something that's known to be dangerous? Or parking garages or, you know... What are some things that it's like, "Really avoid that."

Kailee: I mean, if you're, let's say, going to go pump gas... I've been on trips before where I've had to go pump my gas at three o'clock in the morning before a flight. If you can avoid that situation, and you could pump your gas the night before, do it.

For me, there's certain situations where I'm driving from a hotel and it's an hour and a half away, and I have to fill that gas tank or I'll be charged a bunch of extra. And even then, sometimes, I've been in downtown Memphis before where I'm like, You know what? I'd rather pay the extra money than to feel unsafe in that situation.

So I think a lot of it's just kind of gauging, like, where am I at? How do I feel about this? What kind of environment am I in? And truthfully, what's my gut instinct? Like I've had drives I've made through the night, haven't really thought twice about it. But I made a drive from Michigan to Tuscaloosa and I was like, "You know, I'll get there at like three o'clock in the morning. But that means that I'm kind of driving through the middle of nowhere in Alabama. I'd rather not take my chances. And I ended up stopping and paid for a night in Nashville.

So it's just really addressing like, frankly, how am I going to avoid situations where I feel unsafe and that make me feel anxious because I don't want to live feeling like that. So if that means, not doing certain things. And that's your decision to make.

I mean, obviously, if you're, again, in a parking garage at two o'clock in the morning, chances of something happening are a little bit higher because it's darker, there's not as much people around. But again, you know, it's you're very far and few in between situations where somebody's gonna come up and try to cause harm in the middle of a parking garage. They do happen. Probably more likely at those times. But you have to kind of figure out what's avoidable and what's not.

If I have a late shift, and I'm walking out at midnight or I'm a bartender, I'm walking out at one o'clock in the morning, I can't avoid it. So how do I just feel safe in that situation?

Stephanie: So there aren't hard and fast things as much, like places to avoid, times to avoid? It's more just, like, if something about this is making you feel uncomfortable or if there's a way that you could make this more comfortable or more safe, do that.

Kailee: Yeah. I really try to stay away from giving hard black-and-white don't do this, don't do that, avoid this time. I think a lot of times when we do that it discourages people from looking at ways to feel more safe in those situations. It's like, you know, if I'm walking from the library, I'm a college girl or whatever else, maybe I'm in a grad program and I'm going somewhere, I'm walking late at night, if I'm being told constantly that that's an unsafe thing to do, I may not also have the resources to go look up like, okay, what do I do in that situation?

So for us, it's more of you make the call, right? If there's things that you can avoid where you don't feel safe, don't do it. If there's situations, you can't avoid that you're going to be in that do put you in a position by yourself late at night, how can you still feel safe doing that? So that's kind of, I guess, the way we approach it. We always say safety isn't one size fits all. So you know, how can we try and address those different situations and still feel safe?

Stephanie: That's really awesome. Going back to the person jumping out of the bushes example or you're in sort of an altercation with someone, where's the best place to run to, like you've said, to get away? Where do we go? Do we run to a random person's door and knock on the door? What are some of kind of safe spots that we can identify?

Kailee: The hard thing with running to people's house is if that person is not home and you're sitting at that door, you're at a dead end and that person's probably coming up to you. So always trying to look for anywhere public even if that's just a gas station. Somewhere where there's somebody else there that's going to hopefully get that person to kind of get spooked and run away.

This is kind of like walking it back a step but there was a girl, and I believe it was University of Alabama, and she was walking through a parking lot around there. And somebody had come up, they started chasing her, and she was by her car, and set off her car alarm, and it totally spooks the guy and he ran away. So sometimes it's literally those little tiny things like running towards somewhere that's more public, that does spook them if they don't feel like they have the opportunity to grab you without being seen.

So always look for somewhere more public. If you see people outside of a house, totally run to it. If you see people inside of a house, run to it. But just making sure we're not just running up to any house that may not have somebody there.

Stephanie: Okay, that makes sense. You mentioned this briefly. And this is such a hard thing to think about. But this is actually probably the thing I remember the most vividly from when I did the self-defense training I did. You said not going to a second location with someone. Can you talk about that real quick?

Kailee: I know that sometimes I've said this and people are like, "Wait, what exactly is a secondary location?" So what we're looking for is not like somebody attacks you and you are running to your own secondary location. It's more of, you know, if somebody is trying to get you to go somewhere with them, at all cost, you want to exhaust every single option to never go with them.

When you're going with them, you are 100% on their turf. You don't know where they're taking you, it's probably somewhere isolated, they probably have a plan that's, to some extent, thought out. The odds of you escaping that situation are a lot more slim.

We work with a lot of women who don't have a ton of physical training. But a big component is just having the confidence to do something. Like respond, do something, fight back, know the places to strike. Again, do everything at all costs to not go with that person. Because the survival rates are very... they're slim to none.

Stephanie: So your survival rates are so much higher if you don't go to that secondary location. And like if you're not going to survive, it's probably better to not survive there.

Kailee: Yeah, because again, you just unfortunately don't know what that person has planned. Sometimes it's unavoidable. You may not have the option to not go to that secondary location. So, once I'm there, how do I get resourceful? What can I try to do? What kind of role is this person wanting me to play? Can I play into that to try to increase the time that they're gonna keep me around or try to prevent what might be in store?

It's so hard because there's so many situations that are so diverse. It's hard to give like one blanket way to do these things. But it just really comes down to like, what's around you? What can you use? How do you not go with that person? And if God forbid, I am in that situation, how do I be resourceful? What can I do? How can I speak to them, talk to them, try to keep myself alive?

Stephanie: Oh. I want to go back a little bit. Because a moment where like say you're in a house with a guy you don't know very well and it's kind of a professional situation, you're trying to be professional, you thought that everyone there was being professional, and it turns out this person's not being professional, they're being a creep. How do you not escalate the situation?

Kailee: If there's some kind of situation you're in where there's people that are not behaving in ways that make you feel comfortable, how do you get out without pouring fuel on the fire and putting yourself in a physical danger?

Stephanie: Exactly. Yes! Yes!

Kailee: In those situations, again, I think it just goes back to those confrontation methods. What kind of excuses could I have on hand that make it like, "I am so sorry that I have to leave this situation, this is an emergency, I have to go attend to whether it's like family emergency. I know a lot of women have these kinds of things already thought through.

And even coming into a situation, like going on a date with someone where you think maybe there's a small probability this situation could turn on comfortable, I want to give myself a way out from the get-go. So walking into... You know, maybe it's that room that you're walking into with professionals that are not behaving appropriately. Or maybe it's going on a date and you don't totally know this person, prefacing it with, "Hey, I just wanna let you know I've been expecting a call from so and so. It's a family member, they had to go meet with somebody, and I might have to leave to go be with them. I just wanted to let you know now." So you're prefacing that situation with I might have to leave.

And then if it does get uncomfortable, it's like, "Oh, you know what? This ended up happening, I'm so sorry, I have to go." To try to just do those things, have those confrontations in ways that don't make you feel... Especially if it's in some kind of professional setting where you don't want to escalate it or you're afraid of what they might say, what they might do to retaliate, you know, just having those outs that are like, "It's so not my fault? I can't control this."

Stephanie: If you're on a date for that example and you say, "I might get a call," how do you fudge it up?

Kailee: Like if somebody does call?

Stephanie: Well, okay, so you tell someone, "Someone might call?" but you can't make your phone ring on commands? Do you just pretend it happened on silent or are they going to be paying enough attention to be noticing the fact that your phone didn't ring? Do you pretend to answer it?

Kailee: I feel like it depends on the level of sneakiness you want to have. Because I mean, you could easily have your phone just like face down, you're like, "Oh my gosh, I'm so sorry. I'm realizing I could take this call. They don't ever see your phone and you step outside.

I know, a lot of women that have these codes with their friends, you know, where they text a little code, and the friend calls them with some kind of excuse that

they've already thought about. I have friends that have done this multiple times on dates.

I actually have a friend who she was on a date with a guy that was very, very uncomfortable. And she texted one of her guyfriends and he ended up coming up and he was like, "Hey, you ready to go?" And just grabbed her, removed from the situation, put down cash and they walked away.

So I mean, if there's situation like that that you just need to get out of, like, you know, think about these things before. I think that's really one of the biggest things we try to emphasize. Again, if you are in a situation where you could even potentially be unsafe, what am I going to do?

For me, going out in Mexico, if I'm going to go out with people that I know don't always have that habit of being the ride-or-die friends that are going to be there to the end of the night, what do I do in that event that does happen, they do leave me again? Like what am I going to do to feel safe in that situation?

Stephanie: What about taxis or Ubers or Lyfts? Because that was my next thought is, like, okay, so everyone leaves me at the end of the night. I mean, I know how to get transportation home and I would know how to find my hotel or my house or whatever. Are there any safety tips for...? I'm so grateful for Uber and Lyft because, honestly, how would we survive without it? But also you are getting into a car with a stranger. How do we make that safer?

Kailee: There's so many tips about verifying the car, of course. You know, never asking is this for (insert your name)? Just always saying, Who is this for? All those little safety tips. You can share your ride with people from the app. You can obviously add people on "Find My Friends", all those kinds of things. I feel like a lot of people already kind of know about those.

I think the other tips we don't always think about as much would be, you know, what's the address I'm implementing. Is it my actual home address? Maybe I want to enter house down the street, and having just kind of dropped me off.

If I'm getting dropped off at home by myself, like, I'll stand there and watch the person and make sure that they're driving away. And they should know probably that I'm uncomfortable, I'm watching to make sure that they're going to drive away, they're probably gonna drive way more quickly. You know, just kind of like having competence in those situations.

I think one of the biggest things, the kind of like a point of controversy with Lyft and Uber, is where to sit. Where's the safest spot to sit? And this is one of those

things that for me is just like triggering. I've talked to so many people, you know, cops, even people that I used to train with like, where do you think is the safest spot in a Lyft or Uber?

I will tell you right now I've heard every single spot listed. So you're Uber, you're Lyfting by yourself, you have to think through, again, you know, who am I, what is my worst case scenario, what am I willing to do if something goes wrong? Where am I actually Lyfting or Ubering?

For me, I always sit in the front seat. Now, that may not be what's most comfortable for some people. The reason I do it is because I have the most exposure with the windshield. You know, most of the time, I'm not taking a Lyft or an Uber on a freeway or a highway. It's more so going to be through a city. So if something went wrong and they're not taking me to my final destination, I'm gonna crash the car, you know, and I have access to the wheel.

Now, some people may not feel comfortable doing that. They might be taking longer Lyfts or Ubers. So maybe they want to sit in the back where they may be right behind the driver, where it's not as likely they'd be able to actually hold a weapon to you and you still have access to them. Kind of that spot as you if you're getting out of the car, you might be getting out into oncoming traffic.

So maybe you want to sit diagonal from the driver. In that situation, you have the most space between that person, you know, you're not getting out into oncoming traffic. And again, you just have to think about, like, what's my worst-case scenario? How am I going to respond? What do I feel comfortable with? Again, safety isn't one size fits all. It's just really addressing the situation and finding what's best for you.

Stephanie: I know that this is such a physical... this is like we need like hours with you and we need to be in person probably. But what is like... similar to the water bottle thing, where it's like, where do we hit someone that we actually could probably do? That's the easiest place for us to do some harm that we can feel the most comfortable where it's not a super tech...?

One of the things that I remember in my class was to poke someone in the eyes. The thought of doing that, even if I'm under major... I don't know, it's like a small space, that sounds hard, that sounds super gross. I don't know. That tactic is like I'd way rather kick somebody than try to jab their eye. That feels so much easier. Is there something like that?

Kailee: We talk about eight different areas to strike somebody. And this is kind of one of those things that, again, there's so many things out there about, like stepping on

people's toes, their shins, the instep, the backs of their knees. And really, if you think about it, this instant, for instance, is happening so fast, right? It's not some like, we're gonna have this 10 minute period where we're fighting back and forth.

So when that person grabs you, number one, they've already sized you up, they already think they can physically overpower you. The odds of grabbing you as hard as they can are probably slim. So we want to optimize that window, right? Which means that when you start stepping on their toes or yelling for help immediately, they're going to grab harder.

So, again, those eight areas, we're like, okay, what are the most effective areas that hopefully create enough shock, pain, discomfort to get them to let go so you can run to safety? So, you know, one of the biggest ones would definitely be the groin area. Obviously, we kind of all know that area.

But one of the things they want to add on there is, if you're in a situation where they come up behind you, maybe in a bear hug, you may not be able to strike it super easy. But one thing we encourage women to do, instead of striking the groin area, this is a little graphic, but you want to grab, squeeze and twist that area. It's uncomfortable. You don't have to have a lot of space, you just created enough space to get your hand back there to grab you from behind.

That's one strike going for even the solar plexus, you know, an elbow to the solar plexus could knock the wind out of somebody.

Stephanie: Where are your solar plexus?

Kailee: Good question. So it's right under your chest, right where this microphone is. So it's right here. If you hit somebody... I've been kicked there before and I've had to go sit on the ground because I literally cannot breathe. So very, very uncomfortable.

Now, I know you mentioned kicking. If you can do something without kicking, I always encourage it just because you're not losing balance. If you lose balance or they grab your foot... You know, you don't want to be on the ground with them. You don't want to go with them. You want it to be quick and efficient. If that's your only option, by all means, like somebody has you up against a wall by the neck or something, by all means kick the groin.

Another area, like I said, was the nose. If you strike the nose hard enough, you can actually kill somebody. The odds of that are probably slim, but you could. Now when you strike this area, it's hard. So you want to use a palm heel. So you're pulling your hand back and using the palm of your hand striking up with the nose like this.

The eyes area, temporal jaw area, you know, with that water bottle. I always say don't bring your body parts to the side of someone's head if they're standing up straight because you're probably losing power doing that strike and they might see it coming so they could very well be... Most likely they're going to be taller than you.

We have the ears, you know, grabbing onto the top of an ear and yanking down as hard as you can to rip it. Fingers, just like carrots, you're going to break them. Pinky, you're pulling out this way, these three fingers are going to pull backwards towards a wrist. So somebody has you in grip, you know, using that. You can also bite through finger like a carrot if you needed to. There's so many different places.

But when you are in that moment, your mind is going to freak out. Like you are in fight or flight. And I always tell people, take deep breaths and literally tell yourself what's happening. "Okay, somebody's grabbing me. Somebody's grabbing me." You're like, "Okay, yeah, that's happening. Now, what do I do? Where do I need to strike?"

Stephanie: I'm acting so squeamish about this, but it's less about like, "Oh, poking eyes is gross." I don't mean it like that. I just mean that just seems kind of like the pepper spray where it seems hard to operate in the moment. So actually the grab, squeeze and twist, that makes sense to me. I don't know, something about that seems more doable than trying to aim well enough to hit someone's eyes with my fingers, you know, something like that. Okay, all of that is super, super helpful.

Is there anything else that we've missed that you're like, I could tell everyone in the world one thing, it would be this?" Do you have anything that comes to mind?

Kailee: I have one thing I want to point out that isn't an answer to that question and then I'll answer that question. Yes. Yes.

Stephanie: Perfect.

Kailee: One thing I feel like I meant to touch on when we were talking about kind of weapons and stuff, if somebody ever comes up... I know that it's our first instinct to want to hold on to our belongings. But if somebody comes up to you... There actually was... this woman, she'd come on our podcast last summer, and she was explaining this story that happened to her where she was on her phone. It was like 10 o'clock in the morning, somebody came up to her, and they ended up really physically assaulting her because they were trying to get to her phone.

And she was like, there's any tip I can give to women, it's number one, stay off your phone. Number two, just give it to them. And a lot of the times, that's all they want. It's that crime of opportunity. They see somebody, they want something, just give it to them. Like don't try to fight. If somebody's grabbing your purse, let them take it, you can get those things back. You don't want to go to that secondary location. I did want to point that out, just kind of going back about that.

When it comes to just final notes on self-defense, it's hard to... I always say the things that sometimes are the most important are the things that just seemed like the most common sense. Just having confidence. Like if you can build self-esteem and confidence, it takes you so far, whether it's mental self-defense.

Just having the confidence to identify like, These people just aren't for me. I don't like those situations. I am allowed to say no. Or having a confrontation with a friend. And it doesn't have to be somebody that's trying to groom you, to traffic you. It could just be a friend who's like taking advantage of you and your self-esteem is getting chipped away. So how do I confront that situation is having the confidence to just do it. Or if you don't think it's going to change it, put boundaries there.

And then when it comes to situational self-defense, if I'm in environments where I don't feel the most confident or safe, whether it's travel or running daily errands or anything else, walking down the street, present yourself with confidence, walk with a purpose. If you don't know where you're going, you know, turn your back to something and look up where you're going and then proceed.

Make eye contact with people. Don't be afraid to do that. Look at people. You can say hi to people too. It doesn't make you unsafe. If there, again, are those situations where you're like, there is an active threat there, respond. Even if it's a potential threat. You know, run, hide, fight. That's your chain of events there. Take action. Don't be afraid to do it. Don't think you're overreacting. With the physical stuff, take action.

Just because you haven't had training does not mean that you can't do something to somebody, does not mean... You know, even just fighting back, they might be like, "You know what? I don't even want to engage in that. That's too much work. I don't want to get caught. I'm gonna let them go." May not happen all the time, but it could happen. So just do something.

That confidence and self-esteem is like the end all be all when it comes to safety and self-defense. It's sometimes a lot more simple than we make it out to be all the time.

Stephanie: Kailee, thank you so, so much for the work that you're doing, for your expertise, for sharing it with us. I mean, this is so important. We could talk for like a million years. But I really am so grateful. I'm so grateful for your work.

I know that you teach a lot in person. How can we learn from you further? Do you have classes? Do you have anything online that we can do? Walk us through next steps. Because I feel like this is just the tip of the iceberg.

Kailee: First of all, I could literally go on for hours about this stuff. I love talking about it. So thank you very much for having me on. It gets me so fired up to the things that we all need that we all think about and deal with on a daily basis most of the time.

But as far as next steps, we would love to offer you and your community one of our online classes. You will probably see some of the information we talked about here. But if you guys would like to do one, you know, you guys can pick a time, we would love to host one virtually. Everybody can sign on separate, sign on with a partner so you can actually do the escapes.

As far as just kind of getting daily tips and stuff, we do have social media. We encourage you guys to look there. On Instagram, we actually have a close friend story that has a lot more just statistics, kind of behind-the-scenes things that I run into as I travel. So definitely encourage, you know, kind of following along that and just...

There's certain things that you would like us to give you tips on. We always encourage people to send a DM, reach out to us and we'll do a video for you.

Stephanie: I love that. Thank you for offering that. We're going to link to that in the show notes. You guys, I can't believe that we haven't talked about this on the show before. This is so overdue. Kailee sent me an email maybe a week ago, and was like, "You know, would you be interested in partnering?" And I'm like, "1,000%, yes." I think I wrote back immediately.

Gosh, I'm so excited. This is so overdue, guys. We should have been talking about this a long time ago. Because you're right, we think about it all the time. And as you guys have heard from me today, you can have taken a self-defense class and have still have no idea what you're doing.

Kailee: I trained in this stuff for my entire life and I still found myself in a situation where I was mugged on a beach, passed out drunk in the middle of the night. So we all encounter stuff, you know?

Stephanie: Yeah, we do. All right, Kailee, thank you so much. We'll link to everything, all of your stuff in our show notes. And you guys, let's take her class. Let's all do it.

Kailee: Beautiful.

Stephanie: Thanks, friends.

Kailee: Thank you very much.

[01:07:06] <music>

Outro: Friends, thank you so much for listening to the episode. I cannot tell you how much it means to me to have you here at Girls Night.

Before you go, I would love it if you would do two quick things. The first is to subscribe. Subscribing to the podcast is the best way to make sure you never miss an episode. It's also easier way to listen because it's a way of sort of bookmarking the podcast. You'll never have to go looking for it again. Your Apple just automatically download the next episode when a new one's released.

The other thing is that it would mean so much to me if you would take just a second to leave a rating and a review for the podcast. The way that iTunes knows to suggest the podcast to new people is by the ratings and reviews. That's how we invite new friends to our girls nights. So would you do me a huge favor and take just a second to leave a rating and a quick comment about how you liked the podcast so far? It would help us out so much.

And thank you to all of you who have left those beautiful five-star reviews already. I can't tell you how much it means to me. All right, friends, that's all we have for today, but we'll be back next week with another episode of Girls Night. And I have to tell you, you are going to love this next one. I'll see you then.