

**Personal Safety
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I. Awareness is the key

- A. Be aware of your environment
1. Your environment is where ever you are at that given time.
 - a. work
 - b. home
 - d. parking lot
 2. Be aware of:
 - a. What is going on around you.
 - b. What is different/what is the same.
 - c. What doesn't feel right.
 3. Trust your instincts.
 - a. If it doesn't feel safe-it probably isn't safe.

II. When walking alone

- A. Walk with a purpose
1. Hold your head up straight and look where you are going.
 - a. Don't take unused shortcuts.
 - b. Try to walk with a friend.
 2. Keep your hands free and ready to react to danger.
 - a. Use the shoulder strap to carry bags.
 - b. Don't talk on the cell phone.
 - c. Have your keys/remote starter ready.
 - d. Check your car when approaching it-look on both sides and the backseat.
 - e. Check the vehicles close by-who is inside/what are they doing.
 - f. Get in your car-lock the doors and drive away.
 3. When meeting a stranger:
 - a. Look them in the eye.
 - b. Put some distance between you and them.
 - c. Don't allow anyone to lure you close to a vehicle or secluded area.
 - d. Be aware of a stranger's actions after you have passed them.

III. When at home

- A. Keep the doors locked day and night.
1. If you're napping and the door is unlocked anyone can walk in.
- B. Check credentials before opening the door for service people.
1. If you live in an apartment verify with the manager that service is to be done if you didn't order it.

IV. Surviving an Attack

- A. Cooperate:
1. Hand over your purse or wallet (throw it a distance from you and run if you can).
 2. Weigh your abilities to defend yourself against the size of your assailant.
 3. Look for an opportunity to escape even if the assailant has a weapon.
 - a. Most people are going to have a hard time hitting a moving target if you are running away.
 4. Strike when it is least expected.
 5. Draw attention to yourself-scream, yell, jump up and down and wave your arms, run into traffic.
 6. Your chances of survival drop extensively if you allow the assailant to put you in a vehicle and drive away.
 7. Survival is your main goal—fight for your life.