

Tips for self-protection if assaulted

- Try to stay calm and think before you react.
- Practice "what-if" scenarios.
- Remember your attacker's weak points (eyes, nose, throat, solar plexus, groin, knees, shins, toes).
- Remember the natural weapons you have available (keys, fingernails, teeth, elbows, feet).
- Strike quickly and violently, if that is your choice. Then, do not wait around for the suspects next move, run!
- Again, think before you react. Your mind is your most effective weapon.
- Escape is your best defense.
- If a robber demands your valuables, give them up!

9-1-1

- Call 9-1-1 anytime you feel a police officer is needed to check something or someone out.
- Call 9-1-1 for any emergency.
- It doesn't matter if you do not have complete details. Call anyway.
- Never feel your call is not important, let the police determine that.

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Should you carry a weapon?



If you decide to carry any weapon (gun, mace, etc.) we recommend that you be trained in its proper use.

- If you carry a concealed gun, you must obtain a concealed weapons permit.
- You must also become familiar with all applicable legal codes pertaining to the carrying and use of weapons.
- Remember, when carrying any weapon, it's useless if it's not readily accessible.
- Mace can be difficult to use. Be sure you know the proper technique.



Personal Security



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Personal security means knowing:

How to avoid becoming a victim of a personal assault.

- Be aware of your surroundings.
- Become aware of locations and situations where assaults may occur and how to avoid them.
- Trust your instincts!

The facts

- An assault can happen to anyone, anywhere, anytime.
- Attackers aren't always strangers.

What to do if you become a victim.

- Consider the alternatives ahead of time.
- Practice possible responses.

Being alert and planning ahead can help prevent you from being victimized.

No single piece of advice will prove valid in all personal assault situations.

No one can tell you whether you should fight back, submit or resist. The action you take must be based on the circumstances, the confrontation environment, your personality, the type and motivation of the attacker and on your own judgement.

CRIME PREVENTION TIPS

While at home:

- Install a 180-degree door viewer. (peep hole).
- Never open your door to strangers or unexpected repair people.
- Use a deadbolt lock on every entry door.
- Remember sliding door and window security. There are many auxiliary locking devices available at lock or hardware stores.
- Locks are of no value if they are not locked.
- Consider an alarm system. make sure it works properly.
- If you return home and see any indication that someone may have illegally entered, **DO NOT ENTER.** Go to a neighbor's or a phone booth and call 9-1-1.
- If you see or hear any suspicious persons, cars, activity, or receive anonymous/no voice/suspicious phone calls, call 9-1-1.



While walking or jogging:

- Try to walk or jog with someone else.
- Walk with confidence and purpose. Keep your head up. Don't look vulnerable.
- Stay in well lit areas. Avoid doorways, shrubbery and remote places.
- If someone is following you on foot, cross the street, change directions, look for a safe place to go, such as the nearest open business, and call 9-1-1.



While at work:

- Never leave your purse or billfold in plain view or in the pocket of a jacket hanging on the door (under your desk is in plain view).
- If you work alone, before or after hours, keep the office door locked and park your car close to the entry.
- Be alert and report all suspicious persons, cars and activity.
- If you receive obscene, nuisance or threatening phone calls at work, report them to your supervisor, follow company policies and report them to the police.

While driving:

- Keep car doors locked and windows rolled up, especially when parked.
- Do not pick up hitchhikers.
- Do not travel knowing your car is low on gas or likely to break down because of needed repairs.
- Park in a well lit area and lock up. Remove all valuables
- If you are being followed, DO NOT DRIVE HOME. Go to the nearest open, well lit service station, or to the police station to call for help.
- When taking a bus, try to sit near the driver.
- Have your keys ready in your hand as you walk to your car.



Social Occasions:

- Be selective about new acquaintances. Remember, not all bad people are strangers and you can't judge by appearance.

1 TOOL FOR STAYING SAFE IS BEING AWARE!