

PERSONAL SAFETY





PERSONAL SAFETY

- ◆ **Common Sense Personal Safety Techniques**
- ◆ **Safety Tips While Driving**
- ◆ **Parking Lot Safety Techniques**
- ◆ **Sexual Assault Prevention Techniques**
- ◆ **Home Safety Techniques**



PERSONAL SAFETY

- ◆ **2010 CENSUS – 300 Million+ Americans**
- ◆ **16,204 – murdered in 2010 (FBI)**
- ◆ **33,808 – killed in traffic crashes in 2010 (NHTSA)**



PERSONAL SAFETY

- ◆ Who has been a victim of a crime?????????
- ◆ Why is crime committed?????????????????????
 1. Ability
 2. Desire
 3. Opportunity



HOW TO PREVENT FROM BECOMING A VICTIM

- ◆ Deny access to target (you)
- ◆ Most crimes happen at a time & place the criminal chooses



HOW TO PREVENT FROM BECOMING A VICTIM

- ◆ Be aware of what is going on around you
- ◆ If it looks like a duck
- ◆ Walks like a duck
- ◆ Quacks like a duck
- ◆ What is it????????????????
- ◆ A DUCK!!!!!!
- ◆ DO NOT DISMISS YOUR “GUT FEELING”



HOW TO PREVENT FROM BECOMING A VICTIM

- ◆ **Avoid going out alone (a lion attacks the weak, young or sick) so do the two-legged predators**
- ◆ **If you MUST go out alone – stay insight or yelling distance of people**



MUST WALK ALONE

- ◆ Use busy (people or cars) streets – do not take so called short cuts
- ◆ Walk in center of sidewalk
- ◆ Stranger wants to talk.....
 1. “I’m meeting someone”
 2. Keep on walking



DON'T LOOK LIKE A VICTIM

- ◆ **Eyes down – no eye contact**
- ◆ **Slumped over**
- ◆ **Non-assertive body language**



HOW TO PREVENT FROM BECOMING A VICTIM

◆ If approached

1. Follow your instincts – gut feeling
2. Remember the DUCK!!!!
3. Look at person – not taken by surprise
4. Change walking/driving direction
5. Go into store/public place – call police



HOW TO PREVENT FROM BECOMING A VICTIM

◆ If subject has a gun

1. Give up your money, wallet, jewelry, shoes, whatever
2. Try to remember what the subject looked like
3. Try to remember the manner and direction of escape



HOW TO PREVENT FROM BECOMING A VICTIM

◆ ELEVATORS

1. Take elevator rather than stairs
2. If possible, do not ride alone with stranger
3. If you're uncomfortable with a stranger, get off
4. Stand near control panel – alarm button



WHILE DRIVING

- ◆ **Keep vehicle in gear while at a traffic signal**
- ◆ **Leave room between your car and the vehicle in front of you to pull around**
- ◆ **Place valuables on floor NOT on seat**
- ◆ **When stopped at an intersection – look around to see who’s watching you**



WHILE DRIVING

- ◆ **Always lock car doors**
- ◆ **Cell phone or keep coins for emergency calls**
- ◆ **If followed – DO NOT drive home**
 1. **Police station**
 2. **Fire station**
 3. **24 hour store – i.e. Bull Markets Raceways**



WHILE DRIVING

- ◆ **If car breaks down**
 - 1. Accept NO rides**
 - 2. If someone stops to “help” ask them to call police (if you have no cell phone)**
 - 3. Not usually a good idea to leave car and walk to get help**



WHILE DRIVING

- ◆ **If you see someone experiencing car trouble**
 - 1. DO NOT STOP**
 - 2. Note their location & vehicle type – call police**
- ◆ **DO NOT pick up hitchhikers**



WHILE DRIVING

- ◆ **Keep your vehicle in good mechanical condition**
- ◆ **Never go below $\frac{1}{2}$ tank of gasoline**
- ◆ **Accidents:**
 1. **If someone hits your car – remember the “DUCK”**



WHILE DRIVING

- ◆ If “police” in unmarked car wants you to pull over:
- ◆ 1. Follow your instincts – remember the “DUCK”
 2. Drive to safe place to stop:
 - a. Police, fire station
 - b. 24 hour convenience store



PARKING LOT SAFETY

- ◆ **Note where you parked your car**
 - 1. Walking around trying to find car – you look like a VICTIM**
 - 2. Have keys in your hand**
 - 3. Walk to car in a group – “lion”**
 - 4. Glance under car as you approach**
 - 5. Look in back seat before getting into car**



PARKING LOT SAFETY

- ◆ As soon as you get into car – **DRIVE** away
- ◆ Always lock car doors
- ◆ Never leave valuables in plain view
- ◆ Observe what is around you:
 1. Who's watching you
 2. People sitting in cars or vans
 3. **REMEMBER THE “DUCK”**



PARKING LOT SAFETY

- ◆ **If approached: (statistically, if taken from area your chances of survival are diminished)**
 - 1. Follow your instincts – remember the “DUCK”**
 - 2. Take action**



PARKING LOT SAFETY

- 3. If in your car – honk horn**
- 4. If walking – run in opposite direction**
- 5. Do anything to draw attention – you do not want to be taken from the scene**



SEXUAL ASSAULT PREVENTION

- ◆ 49% of assaults occur in or near home
- ◆ Avoid those situations that put you at risk
- ◆ If attacked:
 1. Submit
 2. Passive resistance
 3. Active resistance



SEXUAL ASSAULT PREVENTION

◆ **Submit to attack:**

- 1. Fear for your life – only you can decide**
- 2. Whatever YOU decide – the decision in NOT wrong**



SEXUAL ASSAULT PREVENTION

◆ **Passive Resistance:**

- 1. Sick**
- 2. Pregnant**
- 3. AIDS/VD**



SEXUAL ASSAULT PREVENTION

4. Pretend to faint

5. Pretend to be mentally ill

**6. At home – husband, brother, etc. will be
back soon**



SEXUAL ASSAULT PREVENTION

◆ Active Resistance:

1. Only you can decide

a. Run – place to run, can you outrun attacker

b. Scream – anyone around to hear

c. Fight – eyes, throat, groin (RAD)



SEXUAL ASSAULT PREVENTION

- ◆ **Chemical Pepper spray or whistle:**
 1. **Spray 5% or less is too weak**
 2. **Weather conditions**
 3. **If taken away – can be used against you**



SEXUAL ASSAULT PREVENTION

- ◆ **Whistle:**

1. Not usually associated with a distress signal

- ◆ **Body Alarms**



SEXUAL ASSAULT PREVENTION

◆ ACQUAINTANCE RAPE

1. Know the person you're going out with or a **TRUSTED** friend recommends the person, go out in a group for first date
2. Meet in public place
3. Arrange your own transportation
4. Make your limits **CLEAR** – no means **NO!**



SEXUAL ASSAULT PREVENTION

- 5. Tell someone where you're going and who you're meeting**
- 6. Avoid excessive alcohol use – lose control**
- 7. Don't leave your drink alone (if you do – order a fresh drink upon returning), don't drink anything you didn't get or open yourself**



HOME SAFETY

- ◆ **Trim bushes around windows**
- ◆ **Secure ladders and tools**
- ◆ **House numbers should be clearly visible**
- ◆ **Entry doors should be solid core or metal**
- ◆ **Sliding doors – special locks or handle**
- ◆ **Dead bolt locks – 3” screws**



HOME SAFETY

- ◆ **Never carry ID tags on house keys**
- ◆ **Don't hide keys outside**
- ◆ **Move to new house/apt. – locks rekeyed**
- ◆ **Special locks on double hung windows**



HOME SAFETY

- ◆ Be aware that “wrong numbers” may be a burglar
- ◆ On the day of a funeral have friend or neighbor watch your house
- ◆ Mark property with “ID” number or video contents of apartment or house
- ◆ Stranger wants to use phone - NO



HOME SAFETY

VACATION TIPS:

- ◆ Stop mail, newspapers or have friend pick-up
- ◆ Have friend park car in your driveway or space or move your car periodically
- ◆ Timers to turn lights on & off



HOME SAFETY

- ◆ Hide garbage cans
- ◆ Turn telephone sound down
- ◆ Leave shades and blinds in normal position
- ◆ Do I have to say it????? – lock doors and windows
- ◆ If house appears to have been broken into –DO NOT GO INSIDE – call police



CONCLUSION

- ◆ **Goals – Escape safely and survive**
- ◆ **No perfect defense system**
- ◆ **Must put odds in your favor-avoid “bad” situations, and look to see who’s watching you**
- ◆ **Have a plan**
 1. **If this should happen, I will do.....**
- ◆ **“Failing to plan ... is a plan to fail**