

Safety Tips

1. Walk with direction and confidence. Walk in a lighted area, don't take unsafe shortcuts.
2. Don't be afraid to run or scream.
3. Look around you. The element of surprise is everything to an attacker.
4. Avoid bushes, shadows and dark entrances.
6. Don't hesitate to use an escort service (Don't be CBD).
7. Keep valuables hidden.
8. Keep purse securely under arm.
9. Be aware of your weapons, both natural and artificial.
10. Avoid running late at night or early in the morning.
11. Don't wear a walkman when running.
12. Run to lighted houses/businesses if pursued or suspect if someone is following.
13. Run in the opposite direction of a threatening car.
14. If you can't run away from an attacker, get under a parked car, hold on and scream.
15. Have emergency phone numbers on you at all times.
16. Leave notes telling where you are.
17. Have shades of your windows closed when dressing.
18. Stay alert when tanning alone.
19. Park in a lighted area, preferably an attended lot.
20. When dropped off ask the driver to wait until you get safely inside your destination.
21. Always check the back seat of your car before entering, even if it is locked.
22. If drinking know your limit.
23. Train your mind and body to develop good self defense.

Remember, in general, awareness and prevention are the most important parts of the attitude which will keep you from harm. Think about where you are planning to go before you do and train your mind and body to prevent panic and enable as many options, for yourself, as you can muster. Remember also: She who fights and runs away lives to fight another day.