

# 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 Information – 310 Million Americans
- 12,664 – murdered in 2011 (FBI)
  - a. 1,481 were by a stranger
- 32,367 – killed in traffic crashes in 2011 (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
- Avoidance Strategies

# 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 – WaWa, Seven-11

# 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

- 78% of assaults were by non-strangers – U.S. Bureau of Justice Statistics, 2010
- 60% of rapes occur at home or at a friend's, relative's, neighbor's house
- Avoid those situations that put you at risk

# SEXUAL ASSAULT PREVENTION

- If attacked:
  1. Submit
- Fear for your life – only you can decide
- Whatever YOU decide – the decision is NOT wrong
  2. Passive resistance
  3. Active resistance



# SEXUAL ASSAULT PREVENTION

- **Passive Resistance:**

1. Sick

2. Pregnant

3. AIDS/STD

# 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
7. Don't leave your drink alone (if you do – order a fresh drink upon returning),
8. Don't drink anything you didn't get or opened 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

- 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