

INTRODUCTION

It has been said about self defense training that half of what we learn is preventive, and we practice it in hopes of never having to use the other half.

GENERAL

- Create a safety plan.
- Listen to and act on your intuition. It's better to be safe and risk a little embarrassment.
- If you are in danger of being attacked and want to get help, yell "Call 911" or "Get the police." I'm being followed.
- Have your keys ready when approaching your car or building.
- Vary your routine: drive or walk different routes every day.
- If you suspect that someone is following you, don't go home (or they will know where you live) go to a trusted neighbor or to a public place to call police, or go to the police station.
- Do not label keys with your name or any identification.
- Don't talk about your social life or vacation plans where strangers can overhear you,
- Always carry enough change for a telephone call.

IN YOUR HOME

- Have light in all entrances.
- Have good locks on all doors and windows.
- Do not use your full name on your mailbox or in the phone directory, or on your answering machine,
- Do not leave a schedule of your times away from home on your answering machine.
- If you live alone, do not let strangers know. Invent a roommate or big dog.
- Know which of your neighbors you can trust in an emergency.

- Check who is at the door before opening it, and do not open the door to an unexpected visitor.
- Ask for photo identification of all repair persons. If you are still suspicious, call to verify employment.
- Never give personal information to telephone solicitors.
- Consider creating a "safe room" with a separate telephone line or cellular phone, and strong locks. Make sure if someone breaks in you can retreat and call for help.
- Do not let strangers into your home to use the phone. Offer to make the call for them.

DEFENSE AGAINST DOGS

- When confronted by a threatening dog, our impulse is often to turn and run – the worst response, since movement triggers the chase instinct in dogs.
- Stand very still and try to be calm.
- Don't scream at the dog and run.
- Be aware of where the dog is. Look in its general direction, but don't stare into its eyes. This is considered an aggressive challenge.
- Let the dog sniff you.
- In a low voice say, "No Go Home!"
- Stay still until the dog leaves.
- Back away slowly until it's out sight
- If a dog does attack, try to "feed" it your workout jacket, or purse to distract the dog while you back slowly away to safety.

ON THE STREET

- Don't hitchhike.
- Be careful using outside ATM's at night or in unfamiliar surroundings.
- When on the street, walk facing oncoming traffic. It will be harder for someone to pull you into a car and abduct you.
- Tell someone where you'll be and what time you're supposed to return, or if

you will be with someone you don't know well.

- Try to not overload yourself with packages. If you must have your hands full, visualize how you would respond if approached, how you would get your hands free, etc.
- Do not wear music headphones while walking or jogging.
- Do not read while walking or standing on the street.
- If you wear a purse with a shoulder strap, be prepared to let it go if snatched. Otherwise you may be hurt if the mugger knocks you down and drags you. While fleeing with your purse.
- If someone asks you for directions, or if you choose to reply, remain at least two arms lengths away.
- Clogs, high heels, and tight skirts are hard to run and fight in. Capes, scarves, and long necklaces are easy to grab. Modify your fashion style, or wear comfortable clothing when walking alone, or think through how you would fight in your dress-up cloth (for example, kicking off your high heel or hiking your skirt up around your hip before starting to run or kick.)
- Avoid being on the street alone if you're upset or under the influence of drugs or alcohol have someone go with you.
- When dropping someone off at their home, make sure they are safely inside before driving away. Have them do the same for you.

IN A CAR

- Check the inside and around your car before entering to insure that no one is hiding there.
- Check your surroundings before getting out of your car.
- Don't pick up hitchhikers.

- Keep doors locked and windows rolled up so that a hand can't reach in.
- If a group of suspicious people approaches you when you are stopped at a red light at a deserted intersection, run the light if your intuition tells you that the situation could get dangerous.
- Don't let gas indicator fall below ¼.
- Plan your route and check a map before you start out.
- Park in well-lighted, heavily traveled areas if possible.
- Try not to park next to a van, as you can be pulled in through the sliding door.
- Don't leave valuables in plain sight inside your car.
- Give only ignition key to attendant.
- If you see an accident or stranded motorist, report it from the nearest telephone instead of stopping.
- Carry in your car.
 - Flashlight, flares, fix-a-flat, maps, comfortable warm clothing, first aid kit, empty gas can, white cloth to tie to antenna to signal distress, cellular phone.

PREVENTION

- Stay alert and tuned in to your surroundings. Don't daydream.
- Don't carry more money than you will need in an emergency.
- Be calm and confident in your manner, body language, and speech.
- Carry keys separate from your identification, but handy.
- Know where you are going.
- If you carry pepper spray, know how to use it.
- Avoid risky situations.
- Plan your route and become aware of alternatives.
- Become aware of your resources. (If your battery dies in your cell phone, where's the nearest pay phone, or safe haven?)
- If possible, go with a friend.

- Keep your purse, wallet, or briefcase nearby and secure.

PERPETRATORS OF CRIME

Most of these bad guys have two characteristics in common. By our standards they are lazy, and fearful.

1. Lazy – **Hardening the Target** is a very popular concept because it seems to work. It works because most criminals are lazy. They want things the easy way. They don't usually want to work or save for things. In their mind it's easier and quicker to take from others. They pick those victims that they perceive will offer less resistance.
2. Fearful – Also, most bad guys don't want to get caught. Getting caught throws a wrench into their busy schedule.

Knowing these two characteristics helps us see where to direct our efforts. All we really need to know about them is:

1. They are lazy.
2. They don't want to get caught.

If we make it appear they are going to have to **WORK** for their spoils, and they will likely get caught, these opportunists will probably move on in search of an easier, **SAFER** victim. There are no guarantees but we can shift the odds to a more favorable condition and decrease our chances of becoming victimized, and increase our chance of survival.

Crime Commission
2121 South Columbia, LL # 8
Tulsa, OK 74114

Phone 585-5209 Fax 585-1015
www.crimecomok.org

Personal Safety



CRIME COMMISSION

*Working with Citizens
for a safer
Community*

since 1971

