

Safety Tips

1. Walk with direction and confidence. Walk in a lighted area, and 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.
5. Don't hesitate to use the escort service.
6. Keep valuables hidden
7. If carrying a purse, keep it securely under your arm.
8. Be aware of your weapons, both natural and improvised.
9. Avoid running late at night, or early in the morning.
10. Don't wear a walkman when running.
11. Run to a lighted house or business if you suspect someone is following you.
12. Run in the opposite direction of a threatening car.
13. Have emergency phone numbers with you at all times.
14. Let your room or suite mates know where you're going before you leave, and leave notes to let them know where you are.
15. Park in a lighted area, or in an attended lot if possible.
16. When dropped off, ask the driver to wait until you get inside your destination safely.
17. Always check the back seat of your car when entering, even if the doors are locked
18. Always know your own limits when drinking.
19. Train your mind and body to develop good self defense.
20. Remember: No possession is worth your life.

In general, self awareness and prevention are the most important parts of the attitude that 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 give yourself as many options as possible. Most importantly, remember this: She who fights and runs away, lives to fight another day.