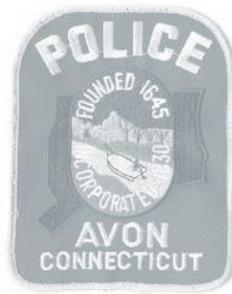


# Women's Situational Awareness and Personal Safety Seminar



HOSTED BY:  
AVON POLICE DEPARTMENT

# Summary of Basic Safety Procedures



- **Awareness**
- **Use your sixth sense**
- **Escape**
- **Self Defense**
- **Safety in cyberspace**
- **Safety at home**
- **Safety in a Vehicle**

# Awareness



# Awareness



# Awareness



- Keep Eyes and Ears Open, Hands Free. It is important to be alert to who and what is around you. Talking on a cell phone or listening to headphones makes you easy prey for a predator. The only reason you should be using your mobile phone is to notify a friend of your whereabouts or to call for help. Also, limit the number of bundles you have to carry by using a backpack or bag with a shoulder strap. This will ensure that your hands are free to defend.

# Awareness



## Change It Up



- Regularly change your walking routine. Plan out a few different routes that you can take and mark out "safe houses" in your mind at intervals along the way. In the event of attacks, you can stop at these shops or homes where you know you will be safe. Try to incorporate these houses every time you vary your route

# Trust Your Instincts



- If someone makes you uncomfortable, don't discount that feeling.
- Don't give out a lot of information about yourself until you feel comfortable doing so.
- Go into any situation knowing where you want to set the boundary for that time and place.
- Watch for danger signals

# Trust Your Instincts



- Behaviors such as angry outbursts which are intended to intimidate or control
- Doesn't listen to you or doesn't believe you (discounts your "NO")
- Intrudes on your personal space (too close or inappropriate touching)
- Interrupts or makes remarks that are intrusive (such as about your body, other women, etc.)

# Trust Your Instincts



- Forced teaming (making it seem like you have a mutual problem)
- Loan sharking (doing you favors so you owe him something)
- Typecasting (calling you a snob/racist lesbian; he wants you to try to disprove it)
- Unsolicited promises
- Too many details



- Statistically speaking, in almost 90% of the cases of assaults against women, she has some knowledge of who her attacker is. It may be someone she knows well, someone who knows her, a classmate, someone she has seen at various locations (grocery store, laundromat, bank, etc.)



- Intrusion/Test - The person subtly checks out your boundaries by physical proximity, comments, demands on your time and attention, etc. This can go on for minutes or months, and depending on your boundaries, you may not even notice.
- Desensitization – You become accustomed to his intrusions/tests, and no longer notice when your physical/ social/emotional boundaries are crossed.
- Isolation – The perpetrator isolates you, or waits for a situation where you're isolated, to provide an opportunity for an assault/rape/attack.

# ESCAPE !!!



- Always your best option. What if the unthinkable happens? You are suddenly confronted by a predator who demands that you go with him—be it in a car, or into an alley, or a building. It would seem prudent to obey, but **you must never leave the primary crime scene.** You are far more likely to be killed or seriously injured if you go with the predator than if you run away (even if he promises not to hurt you). Run away, yell for help, throw a rock through a store or car window—do whatever you can to attract attention. And if the criminal is after your purse or other material items, throw them one way while you run the other.

# Learn Self-Defense



# Dress for Safety



- Dress professionally to project a positive image, but avoid clothing that is too tight or revealing
- Avoid expensive/flashy jewelry
- Choose appropriate footwear-high heels may accent your wardrobe but will greatly inhibit your ability to fight or flee
- **CARRY YOURSELF WITH CONFIDENCE**

# Vehicle Safety



- Always keep your keys on your person
  - If the keys are in your purse/briefcase, access can be delayed/denied.
- Always park where you can get your vehicle out, don't get blocked in a driveway, cul-de-sac, etc.
  - Have an escape plan
- Consider taking separate vehicles
  - If you take one vehicle, you must drive!
- Be cognizant of landmarks, directions, etc. in an unfamiliar area
- Hide valuables such as laptops, GPS units, electronic devices, purses, etc. Anything left in plain sight is a target.

# Home Safety/Cyber Safety



- Keep Doors Locked/Lights On
- Although the Internet is educational and entertaining, it can also be full of danger if one isn't careful. When communicating on-line, use a nickname and always keep personal information such as home address and phone number confidential. Instruct family members to do the same. Keep current on security issues, frauds, viruses, etc. by periodically referring to such websites as the FTC's website