



Fighting Back Institute

Making A Difference...One Life at a Time



Parking Lot Safety

Defensive Countermeasures

- While parking your car and walking to and from the store, scan the area for suspicious persons. If you notice something out of the ordinary, choose a different area to park in and notify mall security.
- Avoid parking by large vans. If there is a van parked next to your car when you return, enter your car from the passenger side.
- Conceal all valuable items in your vehicle such as cell phones, mp3 players, laptops, radar detectors, jewelry, etc. Lock your valuables in the trunk and out of plain sight.
- When entering and exiting your vehicle, do it quickly. Avoid having your back turned while putting bags away in your car.
- Be cautious of strangers asking for questions as you walk to or from your car.
- Familiarize yourself with exits around the parking lot.
- Always lock your doors and roll the windows all the way up, even if you are just running in the store for a minute.
- Have your keys ready before you get to your vehicle. Searching for or fumbling through your purse to get your keys leaves you vulnerable to attackers.
- Remember where you parked your car. When there are no row numbers provided, look around the parking lot for landmarks such as trees or light posts.
- Look under, in front of, and all around your car before you get in.
- Once you get in your car, leave! Many women sit in their car, preoccupied by other things, such as making a list, balancing your checkbook, fixing makeup, etc. Anything which makes you an easy target for a predator.
- Always be aware of your surroundings – this is your best defense!