



# Fighting Back Institute

Making A Difference...One Life at a Time



## Personal Safety

A wise man once said “better safe than sorry”. In today’s growingly violent society, these words could never more be true. Taking preventative countermeasures to avoid putting yourself in a compromising or dangerous situation can make the difference between enjoying life and becoming the victim of a robbery, sexual assault, rape, or other violent crime.

Danger awareness, simply being aware of your surroundings and how you could be targeted (and taking proactive steps to minimize these risks), is an instrumental component of women’s safety. Listed below are several safety tips to help you be “danger aware”.

## Defensive Countermeasures

- Always have a mentally rehearsed plan of action, such as what you would do, or where you would go in the event you were victimized in some way.
- Always be alert and aware of your surroundings. Walk with your head up while displaying a sense of confidence and purpose. When a lion chases its prey, it never goes after the fastest and strongest. Instead, it picks the slowest and weakest for its meal. The same can be said about human predators. If two people are walking down the street, the less confident of the two will have a greater risk of being victimized.
- Walk confidently, keeping aware of the people in front of you, behind you and to your sides.
- Don’t assume that because you live or work in a good area that you can relax your guard. Predators come from every economic, ethnic, and religious background. Serial killers come from the ranks of brothers, fathers, grandfathers, cousins, uncles, neighbors, and co-workers. • Always trust your instincts, if you feel something is wrong, act on your feelings. Studies have shown that most people that have been victimized had a feeling something wasn’t right just before they were attacked.
- Always be physically and mentally prepared to run or escape an attacker, or as a last resort, to fight back. Have a plan of action and keep it simple. There are no absolutes and nothing will work in *every* situation, but a good plan of action that may be as simple as running and screaming for help, can significantly improve your chances of escape.
- Wear sensible shoes and clothing that will not restrict your movement. It’s also a good idea to carry a personal alarm, whistle, key-chain baton, or pepper spray. However, you should seek training on the use of these items to maximize your ability to properly use them. Be sure to check your state and local laws on the legality of carrying a key-chain baton.



# Fighting Back Institute

*Making A Difference...One Life at a Time*



**NOTE:** Be aware that items like key-chain batons and pepper spray should never be carried on any form of public transportation or into any building or facility that bans these types of these personal defense weapons.

- If possible, don't restrict the ability to use both your hands by carrying a purse, bags, or many packages. When walking to or from your home, vehicle, or workplace, try to keep only your keys in your hand. If you have bags or packages, push them in a cart, if possible. • When you do your banking, avoid a routine. If you carry large amounts of cash, have someone follow you or go with you.
- Always tell someone where you are going and when you expect to return.
- If you feel that you're in danger, never feel awkward or embarrassed about enlisting the help of others.
- If someone attempts to rob you with a weapon, try to keep very calm and don't make any quick movements. Cooperate with the predator by giving them any valuables they may be demanding from you.
- If someone attempts to force or con you into going with them, turn and run "like the wind" while screaming at the top of your lungs for help.

**Note:** While many professionals are split on whether or not you should cooperate or run away when confronted with someone who attempts to abduct you with a weapon, a growing consensus among law enforcement and defensive tactics professionals is that your chances of not being murdered after being raped and or tortured are far better by running away than going with the predator. If the predator is going to attack you with the weapon when you are trying to flee, then there is a very strong likelihood that he or she was going to use it on you later anyway.

