

# The following tips are guides to follow to protect yourself in public spaces:

## Protecting Yourself

- **Stay Alert:** Be conscious of what, or who, is around you.
- **Be Confident:** Don't send out unconscious signals of vulnerability. Avoid the look of being alone, unaware of surroundings, confused or lost. If in an unfamiliar location, avoid using or speaking on a cell phone.
- **Look people directly in the eyes:** know basic self-defense moves and always have a plan of escape.
- **Trust Your Instincts:** Use your intuition. If something does not feel right, remove yourself from the situation immediately.
- **Know the Neighborhood:** Use well-traveled routes and be cautious of strangers in the area.

## On Foot

- **Don't Take Short Cuts:** Stick to well-lit, well-traveled streets, especially if you are in an unfamiliar area.
- **Don't Walk Alone:** Walk with spouse, friend or group.
- **Don't Flash Cash:** Keep money hidden; carry your purse close to your body.
- **Automated Teller Machines:** Avoid using at night where lighting and visibility to others is poor. Be cautious of other persons approaching you at the ATM.
- **Be Prepared:** Wear comfortable clothing when walking and always have an escape plan.

## In The Car

- **Fill the Tank:** Keep your car in good running condition and keep your tank full when traveling to unfamiliar areas.
- **Lock the Doors:** Keep windows up and doors locked when traveling in heavily congested areas with lots of foot and vehicle traffic.
- **Park in the Light:** Always park in a well-lit parking area near a streetlight.
- **Be Cautious:** If followed, don't go directly home or to an isolated area. Go directly to a police station or well-lit, congested store and seek help. Never pick up hitchhikers.

## Public Transportation

- **Be Attentive:** Stay alert while on buses, trains, subways, etc.

- **Pick Your Spot:** Aisle seat is preferable just in case someone is bothering you, you will be able to leave more easily.
- **Don't be Ashamed:** Tell the person to leave you alone if they are bothering you and be loud enough so that others can hear and be alerted to your situation.
- **In Taxis:** Use well-known company; wait inside.

#### **If You Are Attacked**

- **Don't Panic:** Take control of yourself and the situation.
- **Don't Resist:** Give up your property. It is not worth your life!
- **Distract:** Try to distract or confuse assailant; scream, run, etc.
- **If There is a Weapon:** Remain calm, be cooperative and negotiate.