

MSU - Dawg Tracks

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MISSISSIPPI STATE UNIVERSITY™
EXTENSION

*Safety Tips:
Personal Security for
Women*

In not too many previous years, security for men, women, or children in our great state wasn't much of an issue. Everyone pretty well did as they pleased, went about their business, and moved around as needed or enjoyed. But now, in a short span of just a few years all this has changed. Precautions have to be considered for shopping, parking, and traveling that were not considered until a few years ago.

SHOPPING TIPS-

- When entering a parking area, roll up your windows, lock all windows, and take out the key.
- Store your valuables in the trunk or in the glove box – out of sight by passersby.
- When returning to your car after shopping, have your keys in your hand so that you can unlock the door immediately, get in, and lock all the doors back
- Try to plan your shopping with a partner- thieves thrive in crowded areas, around revolving doors, jammed aisles, and elevators.
- Carry your most expensive items close to your body.
- If you are shopping alone, don't be afraid or ashamed to ask a security officer to accompany you to your vehicle.
- Park in well-lit areas.
- Use debit or credit cards while shopping to avoid carrying large amounts of cash.
- If you choose to visit an ATM, check the area around you and use the "fish-eye monitor" to check out the entire area.
- Avoid dark banking branches, parking areas, and cul-de-sacs. Be prepared – carry a container of mace or pepper spray, a whistle and a pistol (if you know how to use it).
- If you are being followed, cross the street, vary your walking pace, and change directions.
- If you return to your vehicle to unload, try to do so with a friend or make sure there is a friendly body in the vicinity. Lock your gifts in the trunk or rear of a SUV.
- Dress normally – no expensive clothing or jewelry.
- If you are approached by an alleged "thief," he is probably more interested in your money than you personally. So, throw your purse in the direction away from him, giving you an open space to run like the "devil."

JOGGING OR WALKING TIPS-

- Plan your route ahead of time, avoiding unlit, lonely, and dangerous areas.
- Avoid the same route – mix up your routes. Let someone know your route and the approximate time that you will return.
- If you think you being followed, cross the street and, if needed, make your way to a shop, house, service station, and call the police.
- If you are followed to your home, don't enter; instead, go to a neighbor's house.
- When you return to your home, have your keys ready so you aren't lingering looking for them.

- Avoid using headphones when walking, jogging, or cycling to keep you focused on the task.
- Carry a cell phone and a mace canister on your belt for added protection.
- Take a dog or friend with you for more security and, better still, join a club so that you're working out with a group.
- Walk or run against oncoming traffic so that you can take evasive action, if necessary.
- If you are cycling, do so in single file.
- It is better to wear bright colored clothing especially if you're cycling.

PERSONAL SAFETY TIPS FOR WOMEN-

- ✓ **Awareness-** This is your line of defense. This isn't intended for physical purposes, but it means that you should be aware of the areas around you so that you are prepared to defend yourself in some fashion.
- ✓ **Use your "Sixth Sense"-** Sixth sense and a gut feeling are about the same. Use them both when you experience a feeling in an area that makes you uneasy.
- ✓ **Self-defense Training-** Experts say to stay away from a full blown martial arts program as there is much that isn't needed. Instead, look for a program that will simulate a tactic that a criminal might use.
- ✓ **Escape-** This is the ultimate solution. Try to avoid the assailant taking you to an alley. If you let him get away he might return. So get away on your own, run, scream, and throw rocks at the assailant to just slow him down.
- ✓ **Right To Fight-** Even though you might have been trained in criminal awareness and avoidance techniques, you might still encounter a situation where you have to defend yourself. It is your right to defend yourself. Statistics have proven that your chance of survival is better if you fight back. It is recommended that you go for the eyes first and the groin second. If you can exercise the element of surprise that is to your advantage. Strike first, strike fast, and incur as much damage as you can. You may only get one chance.
- ✓ **Pepper Spray-** This has advantages and disadvantages. It has been said that 15-20% of the population receiving a full blast in the face doesn't phase them and, if the pepper spray is in a purse, it takes time to retrieve it. Due to these two items, it is hard to determine that this self-defense mechanism really works. Your body and your wit will serve you better.
- ✓ **Internet Safety-** Take extreme caution with phone numbers, addresses on the web, and warn all family members. The web can be educational, recreational, and criminal as well.

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Excerpts: www.chubb.co.za/safety-tips
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**POSITIVE ATTITUDES HAVE
POSITIVE INFLUENCE
ON SAFETY**