

Personal Safety Tips

1. Tip from Tae Kwon Do: The elbow is the strongest point on your body. If you are close enough to use it, do!
2. A few notes about getting into your car in a parking lot/ garage:
 - A.) Be aware: look around you; look into your car, at the passenger side floor, and in the back seat.
 - B.) If you are parked next to a big van, enter your car from the side furthest away from the van. Many people are abducted while they are attempting to get into their cars.
 - C.) Look at the cars parked around your vehicle. If you are suspicious about anyone sitting in a car near you, walk back into the business or building you just came from and get a guard/policeman to walk you back out. IT IS ALWAYS BETTER TO BE SAFE THAN SORRY.
3. Some people have a tendency to get into their cars after shopping, eating, working, etc., and sit doing their checkbook, or making a list, etc. DON'T DO THIS! The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side. AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.
4. If you are alone take the elevator instead of the stairs. If you want to get your exercise by taking stairs, use the stairs when you are with others.
5. Predators **often** prey on women's sympathies-not being aware of this may get you raped or killed. Predators and serial killers are often good-looking, well-educated men who prey on the sympathies of unsuspecting men and women. Even Police Officers, who are armed and wear armor, do not let their guard down as they approach a situation where someone needs help. The Officer will **first** advise dispatch of his/her location, request assistance, and always be aware that the situation can turn at any moment.

So when you find that someone needs help, call 911, and call for others around the area to assist also. If someone approaches you asking for help while you are in a parking lot, get in or stay in your car with your doors locked, and let them know that you are calling 911 to assist. **You can communicate well through a shut window.**