

Reduce your Risk

Avoid remote locations alone... Remember the buddy system? It applies to everyone, not just little kids. There is safety in numbers.

Always tell someone where you are going... If you become involved in a risky situation or get into trouble, your family and friends will know where to find you.

Be aware of your surroundings... Pay particular attention to possible hiding spaces such as stairways, alleyways, and bushes.

Body Language... Walk assertively and with a purpose. Attackers are looking for a vulnerable target.

If someone begins to follow you... Retreat to a safe area, such as a police station, gas station, or other public areas.

No one has the right to take you away from your family! If someone is trying to take you, they want to hurt you. If you are ever caught in this situation fight like a cornered cat! Most attacks are stopped by just one strong move, but be prepared to keep fighting until you feel it is safe it is safe to leave and get help. Strong moves can be: yelling at bystanders for help, telling someone to STOP, hitting or kicking someone. Whatever you do, sound, look, and act as if you MEAN IT. The basic strategy is to use the parts of your body you can move as weapons and the vulnerable parts of an attacker's body as targets.



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Personal Safety Tips



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No Awareness No Safety...Know Awareness Know Safety

Trust Your Intuition...

Just about everyone could remember times when their intuition was warning them and they ignored those signals. Putting aside that warning voice can lead to a troublesome or dangerous situation. Personal safety for teens includes paying attention to that warning voice! If your intuition is warning you, there IS something wrong. Trust it and ACT to increase your safety.



PATTERN OF AN ATTACKER:

If we know the pattern of attack followed by most human attackers we can interrupt the pattern (counter-attack) and make it to a safe place.

The pattern of attack is...

1. Select an easy victim. Someone who seems oblivious or fearful. **Counter Attack**—An aware confident attitude will prevent most attackers from selecting you as their victim. Looking strong and confident makes you MUCH less likely to be targeted. Projecting an attitude of awareness and confidence, looking and sounding like you mean what you are saying—can prevent many problems from escalating.
2. Create a position of advantage to gain privacy and control. **Counter Attack**—Take charge by controlling distance so that a potential attacker doesn't have the opportunity to create a position of advantage by getting close to you
3. Dominate the victim through intimidation, physical assault or robbery. **Counter Attack**—Know where safety is and how to get help. Be willing to make a scene. Be willing to embarrass, inconvenience, or offend other people in order to project your well being.

4. Escape so they can get away without getting caught. **Counter Attack**—Know how to defend yourself. Enroll in a self defense class, many of them are offered free through local organizations.

PERSONAL SAFETY TIPS...

- Know where safety is and how to get help.
- Always have a plan for where you would go if you have a problem.
- Be willing to embarrass, inconvenience, or offend other people in order to protect your well being.
- Practice good observation skills by increasing awareness levels. Practice next time you are at the mall or the gas station. Make mental notes if you had to dial 911 to report a crime. Could you give a vehicle description? Do you know where you are at (cross streets)? Physical suspect description? Learning how to be a great witness is a tremendous tool in solving crime.