



## **SAFETY FIRST**

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**You do not need to be paranoid, but be aware that even bad things happen to good people. Using these techniques when walking to your car may lessen your chances of being attacked.**

**Be aware of your body language:**

- 1. Keep your head up**
- 2. Swing your arms and act confident**
- 3. Walk with a sense of purpose and you'll be less likely to be targeted**

**Ask security to escort you to your destination if you don't feel safe.**

**Do not take unnecessary risks.**

**Trust your gut!**

**Make eye contact with a potential attacker. This may make him/her think twice before attacking.**

**Avoid searching your purse or doing activities while walking. You can be caught off guard and be easily overpowered, placing you in a victim stance.**