

# PERSONAL SAFETY HABITS

TO KEEP YOU AND YOUR FAMILY SAFE

## BRING A NEW LEVEL OF AWARENESS TO YOUR DAILY LIFE.

Be calm and alert at all times.

## CREATE BOUNDARIES.

Learn to say "NO."

## BE A BAD TARGET.

Don't walk around with your head buried in your phone and avoid wearing headphones in public places.

## SECURE YOUR HOME.

Keep your doors locked and make sure all windows are secure.

## IF YOU SEE SOMETHING...

seriously – say something!

## CONSIDER A SECURITY SYSTEM.

And if you have one, use it.

## DON'T PUT YOUR PERSONAL INFO ON SOCIAL MEDIA.

Travel plans included.

## MEET YOUR DATES IN PUBLIC PLACES.

Let a trusted friend know who you'll be meeting and where.

## DON'T TRUST EVERYTHING YOU HEAR.

Be wary and trust your gut!

## CHANGE PASSWORDS...

online and elsewhere.

## IF YOU DECIDE TO CARRY A SAFETY ITEM...

be sure it's accessible and you know how to use it. The time to learn is not during an assault.

## LEARN SELF-DEFENSE.

Decide what's best for you. There is no fancy martial art technique that guarantees your safety. Be open minded and willing to train.

