



First Line of Defense

The first line of defense for anyone is to avoid situations that put you in the wrong place at the wrong time. However, people who prey on others can create favorable circumstances for an attack wherever and whenever they choose. There are people in the world who make their living or get their enjoyment from stealing from others or harming others. We need to acknowledge this fact. We must address this basic fact because it exists and we need to be prepared for it. We need not live in fear, but we must take precautions so that we can protect ourselves and our families.

Attackers need the element of surprise and a position where they have you at a disadvantage i.e. no route of escape, a dark and isolated area or your unpreparedness (mental advantage).

Criminals are much like bullies and they look for:

- People who are alone and tend to look down (a sign of being unconfident)
- People who look wealthy i.e. flashy jewelry, nice cars, large wads of money etc.
- People who look preoccupied or unaware
- People who are small or look weak (on crutches or arm in a sling)
- Women with long hair and loose clothing

The following rules are recommendations to protect yourself and your family:

Out and About-

1. Run errands during daylight hours.
2. If you have to run errands at night, take another adult.
3. Park near the store, in a lighted area unencumbered by numerous other cars or potential hiding areas for attackers.
4. Have your car keys in your hand before you leave the store.
5. Walk directly to the car, scan the parking lot for undesirables.
6. If you have large packages to take to your car, ask for help from the store staff.
7. After you enter your car, lock the doors immediately and don't sit in an unstarted car. People tend to sit in their car to balance checkbooks, fix the mirrors etc. They are focused on the task at hand and not potential attackers.
8. Don't carry or expose large amounts of cash and use a dummy wallet when vacationing.
9. Use the drive-thru ATM.
10. If you use the walk-up ATM scan the area for other people and potential attackers. Continue to scan side to side as you use the machine.
11. When you walk in exposed areas, walk with a purpose and maintain an awareness of the people around you. If you remain aware, you are uninviting to potential attackers.
12. Always have a charged cell phone with you.
13. If you're out to dinner, and choose to have a glass of wine or beer, you're relaxed and your judgment is now impaired. It is best to have a friend with you and remain aware of your surroundings. Public intoxication is not good self defense.



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In Your Home-

1. Maintain a home security system and turn it on when you're not at home.
2. When you arrive home, look to see what has changed. If your door is agape, do not enter the home alone.
3. When alone in your home, lock your doors (this seems basic, but you'd be surprised how many people don't do this).
4. If you have this feature in your alarm system, turn on the feature that verbally signals when a door opens in your home.
5. If an intruder enters your home, scream. You have now gained the element of surprise. From here you have a choice to make...
 - a. Advance on the attacker and physically defend your home with a weapon if available. (Obviously the more dangerous option, because the intruder may be desperate for money etc. or on drugs).
 - b. Go to a defensible room in your home and dial 9-1-1. (a recommendation is to have a weapon of some sort in this room. If the intruder enters this room, his intent is to physically harm you and you're fighting for your life.)
 - c. Escape, leave the house and call 9-11 (Most favorable)

In General-

- 1. Escape is your number one priority!**
- 2. Always be aware of your surroundings.**
- 3. Be aware of all individuals in the room with you.**
- 4. Look for entrances and exits to the rooms you're in.**
- 5. Mentally practice your strategy** (if-then: If I needed a weapon right now, what would I use? If the person standing in front of me attacked what weapon would I use? How would I attack and what are his most vulnerable areas right now? If I attacked in this manner and his friend joined the fight, what would I do, **where would my escape route be?** What are the weapons I could use?)
- 6. If you cannot escape, do not fight fair and resist, resist, resist and make a lot of noise in doing so. You need help and noise usually brings help or at least a call to 911 from a stranger.**
- 7. Never get in any attacker's vehicle! Your chance of survival diminishes greatly. If you are in an attacker's vehicle, continue to resist. Create a circumstance that invites attention from others and police i.e. kicked out break light, hands flailing outside of windows or sporadic driving. Don't be afraid to yell, scream and call for help. Continue to think and work your plan. Never give up!**

Potential Weapons-

Hot coffee/ drink, dirt, sand, spit etc to eyes and face

Keys

Belt/buckle

Pens (ice pick grip)

Comb, pointed or not (ice pick grip to drive the point in or rake the teeth across the eyes or face)

Nail file

Car antenna

Rolled up magazine

Chair

Anything you can throw