


## How Safe Are You



AnthemEAP

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## Objectives

- Statistics
- Best Practices
- Taking Charge of Your Safety
- Act Confident and Focused
- Alcohol and Drugs Can Make You Unsafe
- Fight or Flee
- Pepper Spray: Pros and Cons
- What to do if You are a Victim
- Resources

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## Statistics

US Department of Justice personal crimes are down (personal crimes include: Rape, Sexual Assault, Robbery)

- Property Crimes are flat
- US criminals were able to carry 24 Million crimes in 2004
- 70 % of all rape victims knew their rapist

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### Best Practices

- Change up your daily routine, don't be so predictable
- Park in areas that are bright
- Don't give too much information about yourself or your location on social media
- Practice being on guard
  - Pay attention to your surroundings
  - Be aware



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### Taking Charge of Your Safety



- Having an active mind and body
- Trust your instincts and your senses
- Trust when something does not feel right
- Be hyper aware of your surroundings
- There is no true safe outside environment
- Have a confidant that you can share your worries and insecurities with

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### Act Confident and Focused

**Power Posing:** this is the way you stand, the message your body is giving about you...“the don't mess with me attitude”

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## Alcohol and Drugs Can Make You Unsafe

- Be aware of how it effects you and the people you are with
- Question, has your drink been out of your eyesight?



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## Fight or Flee



- Do you have an escape plan?
  - Can you flee? Is it safe to flee?
- Are you in good physical shape to flee?
- Practice response time - the quicker the act the more likely you are to flee successfully
- Are you trained to fight?
- Screaming can be very effective
  - Blow the horn, hit the emergency button

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## Pros and Cons: Pepper Spray

### Pros

- Its legal
- Non lethal
- Can save a life
- Sold over the counter at some convenience stores

### Cons

- Can make the assailant more angry
- Can be used against you if assailant gains control of it

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### What to Do If You are a Victim



- Don't be hesitant to file a police report
- Request a protective or restraining order against a stalker, especially if you know the identity of who it is
- Drive directly to the police station if being followed, and dial 911

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### Resources

- [www.cdc.gov/niosh](http://www.cdc.gov/niosh)
- [www.nsc.org](http://www.nsc.org)
- [www.safety.source.com](http://www.safety.source.com)
- [www.missingkids.com](http://www.missingkids.com)
- [www.thehotline.org](http://www.thehotline.org)

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### Evaluation Survey QR Code

Use your  
smartphone to scan  
this QR code and  
take the survey:



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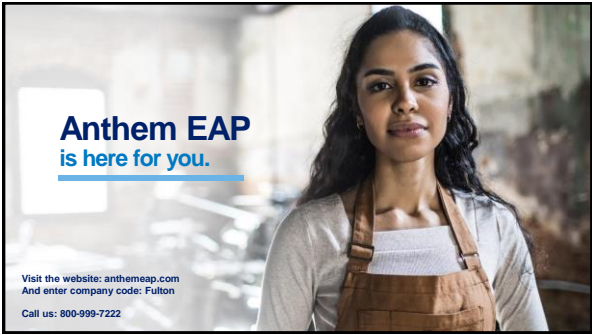
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