

Safety Awareness Tips
Owens Training and Consulting

The Best Self-Defense Tool

- Situational Awareness
- Avoid the confrontation
- Communication
- Confidence
- The Gift of Fear/6th Sense (Gavin De Becker)
- Stay Calm/Calm is Contagious

Physical Attack

- Scream make noise/Carry noise maker
- Don't be prey, be a warrior
- Someone call 911
- Mindset (Have a plan, tell self you won't panic) Fight back when possible
- Be confident but not cocky
- Good news/Most people don't attack complete strangers

Contacting Police in Emergency Situation

1. Dial 911
2. Why dispatchers ask a lot of questions
3. Be a great witness but if dangerous get out of area quickly
4. When police arrive on scene, and make contact with suspect, leave immediate area
5. Remember 3 words in danger situation: Time/Distance/Shielding
6. Know the non-emergency police number for your respective police agency

Walking to vehicle

- Awareness/Stay off of Cell Phone
- Don't blast IPOD
- Use buddy system
- Carry keys in hand
- Look inside vehicle before entering
- Walk with purse firmly under arm
- Carry throw away wallet
- If attacked make noise and be a warrior (carry something that makes noise)
- Always look at cars parked next to you. Especially driver side and vans

SAFETY AT HOME

- Lock doors even when you are home
- Close and lock garage doors

- Don't sleep with windows open
- Don't let strangers use your phone
- Do not leave keys in car/Don't warm up car
- Don't leave packages/mail in plain view
- Don't leave purse or wallet in vehicle
- White out address on vehicle registration
- Don't put purse in shopping cart
- Wear Fanny Pack at gym
- Put stuff in trunk before you go to location
- Don't carry social security card and pin numbers on person
- Shred bank statements and pay stubs before putting them in trash
- Identity theft is fastest growing crime in country
- Photocopy contents of wallet and have emergency numbers ready to cancel cards
- Never give social security number over phone /Don't be fooled by scams. If it sounds too good to be true, it probably is.
- Fraud alert if social security number or identification is compromised
- Try to shop during daylight hours and avoid ATM at night
- Don't jog at night or in isolated areas alone (People and animals can be threat)
- Tell someone where you are at
- Park in well lit areas and as close to entrance as possible
- Key word
- With limits give them what they want
- Don't get close to stranger's vehicle (Theft/Abduction) Never get in stranger's vehicle
- Never let them take you to secondary location

Three Major Credit Reporting Companies:

- Equifax: 800-685-1111
- Experian: 800-682-7654
- Trans/Union 800-916-8800

Internet

- Monitor children
- Beware of meeting strangers online (Woman raped by man she met on Christian website)
- Beware of scams (Bank account info/Lottery) one ring hang-up. Don't call back
- Facebook Twitter/Don't tell vacation plans
- There is a push to keep registered sex offenders off Facebook and Twitter. Sounds good but unenforceable
- Prisoners do not make the best pen pals

Keeping Our Children Safe

- Meganslaw.ca.gov
- Do not contact or threaten offenders
- Watch Your Children
- Password to pick them up

- Teach them to scream and fight if attacked
- Okay to be rude if feel danger
- Teach them how to use 911 but make them aware never to call for play
- Remember, most abuse and sexual assaults on children are not committed by strangers
- Unless grandma or grandpa, beware of the family member or friend who always wants to babysit or hang out with your kids
- Listen to your kids. Young kids usually telling truth about sexual abuse
- Don't show anger if child tells you about a sexual assault. They will may stop talking because they do not want to make you angry
- Single Parents- Beware of who you date and bring home (Is he and sometimes she, a sexual predator?)
- Live in reality. Do not dismiss crime if friend or relative
- Young women don't be fooled by a good looking face and great body

Common Lures Used by Predators

Shown on www.cbs8.com

- Affection
- Pet Lure
- Assistance (directions)
- Authority
- Bribery
- Emergency
- Fun and games
- Hero Lure
- Name recognition (Somehow find out child's name)
- Companion/Playmate
- Fame and ego
- Computer
- Threats and weapon lure
- Job Lure
- Pornography Lure
- Drug and Alcohol Lure

Physical Self-Defense

- Physical fitness (Be able to outrun the bad guy) Lifetime Fitness
- Strength, flexibility, endurance
- Sports High School (especially wrestling)
- Martial Arts
- Avoid the situation/AWARENESS

Self-Defense when in danger. **Remember fighting is the last resort**

- SITUATIONAL AWARENESS
- Communication
- Pepper Spray with proper training
- Taser with proper training

- Palm Heel Strikes, Elbows, Knees,
- Kick, Head, Teeth
- Flashlight
- Walking poles
- Pens
- Magazine
- Dumbbells
- Wasp Spray

Get some training prior to the use of any self-defense tool. If you don't, the tool is useless. Some of the above listed items are illegal on school grounds.

Be Aware But Don't Be Paranoid

- Remember most people are good
- Even if you ignore everything you learned there is a higher than 90% chance nothing will happen to you
- If you do practice what you have learned that number goes down drastically
- **Never let anyone destroy you mentally. If you become a victim you must overcome it or the bad guy wins.**

