

Risk Reduction at Home

1. Keep entrances and outside areas well lit
2. Ask for photo ID of services and sales persons
3. Use home peepholes and dead bolt locks
4. Never give impression you're home alone
5. Keep bushes & shrubbery trimmed
6. Beware of potential hiding places-avoid them.
7. If you come home & find a door or window open or signs of forced entry, do not go inside

Risk Reduction And Your Auto

1. Look around your car before entering. If you are concerned for any reason simply walk toward a safe place.
2. Be suspicious of vehicles parked close to your car especially when the other car is occupied and/or the car engine is running.
3. Make it a habit to lock your car door immediately after entering the vehicle and especially prior to putting child in safety seat. Be aware of surroundings.
4. Always have your keys out & ready before leaving a building to approach your car.
5. Park in well lit areas and lock car doors, even for quick stops. If something or someone strikes you as out of place or threatening, drive away.
6. If you are accosted in a parking lot, consider rolling underneath a nearby auto and scream loud. It is difficult to force anyone out from under a car.
7. When stopped in traffic keep doors locked and leave enough distance from vehicle in front of you to escape if criminal attempt to gain entry or attack you.
8. If you get a flat tire, drive to a safe, well lit, well traveled area. Don't gamble with your safety.
9. If involved in an accident, stay in your car until police arrive. If the other driver suggests you exchange insurance information, hold up your driver license & insurance card against the window.
10. Never stop to assist a stranger-call 911.
11. If you suspect you are being followed, don't drive home. Drive to police or fire station and blow horn. Do not get out of vehicle until safe to do so.
12. If an attacker does manage to get into your car do everything in your power to exit the car. If possible, **do not let attacker take you to an isolated area.** If you are behind the wheel, steer your vehicle into any object that will create a minor accident in a public/populated area. Take advantage while your attacker's attention is momentarily diverted to run, yell or scream. Get away and attract attention.

Risk Reduction Walking or Jogging

1. Always be alert to your surroundings and the people around you. Walk confidently and at a steady pace.
2. When on the street, walk facing oncoming traffic. A person walking with traffic can be followed, forced into car, and abducted more easily than a person walking against traffic. Watch for parked cars with open doors, running engines or cars positioned for quick getaway.
3. Walk close to the curb on the sidewalk. Avoid doorways, bushes, and allies.
4. Don't walk/jog alone, always avoid areas where there are few people.
5. Be careful when people stop you for directions. Reply from a distance, never get too close to the car and stay far enough away to turn and run.
6. If you feel you are being followed, go to a well populated area. Never walk or jog alone.
8. **Trust your instincts**, if a particular place, person, or group of persons make you feel uneasy don't ignore your instincts.

Risk Reduction From Date Rape Drugs

1. Never leave a drink unattended. **NEVER**
2. Do not accept a drink from anyone you would not "put your life into their hands."
3. If you feel sick or dizzy while out socially, act fast...tell or call someone you KNOW and TRUST. Never leave alone or let an acquaintance rescue you. The intent of date rape drugs is to get you isolated and assault you.
4. If you think you have been drugged call 911.
5. Any kind of beverage can be spiked-even water
6. Alcohol will greatly increase the effects of these drugs. The mixtures could be lethal.

If You Are Attacked

1. Keep your head, stay calm, evaluate your resource and options.
2. It may be advisable to submit than to resist. You have to make this decision based on circumstances. Be especially careful if the attacker has a weapon.
3. Stay alert and observant so that you can describe the attacker and assault.
4. I know it is difficult, please report the incident as soon as possible—call the SARC 895-SARCI



"Sexual Assault is never

SEXUAL ASSAULT PREVENTION & RESPONSE

24/7 Hotline
895-SARC (7272)



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