

# CRIME PREVENTION TIPS

TRUST  
YOUR  
INSTINCTS™

- ✓ Trust your INSTINCTS - believe your inner feelings when you get uncomfortable about a person or situation. Respond as soon as you feel uncomfortable!

## Be Alert When Walking

- ✓ Avoid walking alone. On campus, use the Campus Security for an escort call 965-4147 or use a yellow call box.
- ✓ Stay in well-lighted areas, away from alleys, bushes, and entryways.
- ✓ Walk confidently, directly, and at a steady pace.
- ✓ Walk on the side of the street facing traffic.
- ✓ If a driver stops to ask directions, avoid getting near the vehicle.
- ✓ If a car appears to be following you, turn and walk in the opposite direction.
- ✓ Carry a whistle and use it if you feel you are in danger.
- ✓ If you are in trouble, attract help any way you can. Yell, call for help, shout "fire", or break a window.
- ✓ Above all, be aware of your surroundings and the people around you, even those you know.

## Be Alert In Vehicles

- ✓ Assess the parking spaces around your vehicle for suspicious vehicles: a van parked on your driver's side or desolate parking lot with a vehicle parked next to your vehicle.
- ✓ Have your key ready when you approach your vehicle.
- ✓ Check inside your vehicle before entering.
- ✓ Always keep your vehicle locked with windows up, even while driving.

- ✓ When dropping someone off, wait until passengers have safely entered their destination.

## Know Your Defenses

Anyone can be a victim of assault. You should think about the kinds of defense you would be willing to use. In some cases, resistance can frighten off or discourage the attacker, but it can also lead them to become more violent or increase efforts to subdue the victim.

Now is the time to consider your options; there is little time to think during an attack. Could you really hurt an acquaintance who tried to hurt you? Are you willing to yell? Are you able to run? Remember, you've got to assume that the attacker is willing to use violence. If you are attacked, your main concern must always be your safety.

Because all people and all situations are different, there is no ONE way for you to protect yourself. People have different capabilities, and you must decide for yourself the best defense method for you.

## THERE ARE SEVERAL WAYS TO RESIST AN ASSUALT

### Passive Resistance

The goal of passive resistance is to think and talk your way out of the situation. With passive resistance, you can:

- ✓ Try to calm the attacker. Try to persuade him or her not to carry out the attack.

### Active Resistance

Active resistance is intended to distract or temporarily injure your attacker to create an opportunity for escape. Nobody can tell you whether or not active resistance will be the "right" thing to do. A decision to resist actively, however, is irreversible. Your goal is to escape, not to win. Here are some pros and cons regarding the most common types of active resistance:

#### ✓ YELLING

A yell can surprise or frighten an attacker away if he fears people will come to help. But yelling won't help in isolated or noisy areas.

#### ✓ STRUGGLING and FIGHTING BACK

A forceful struggle may also discourage an attacker, but most will retaliate and have the potential to inflict serious injuries. However, you must not be afraid to hurt an attacker. All kicks and blows must be forceful and should be aimed at vulnerable areas such as the groin, eyes, or instep.

- ✓ If attacked, escape
- ✓ If trapped, stay alive
- ✓ If assaulted, memorize details

### Submitting to an Attack

If you are too afraid to resist, don't. Resistance without getting away could end up in a more abusive attack. Victims who do not resist should never feel guilty; it is the assailant who committed the crime.

Adapted from a handout by the University of Oklahoma Police Department