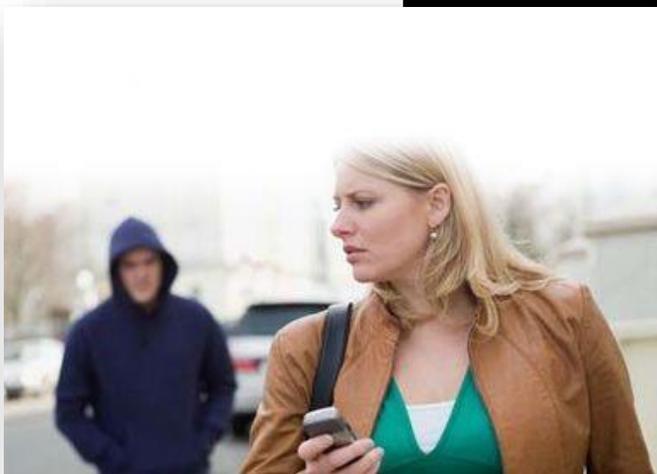




**Safe Insight**

# **Women's Safety**



**AWARENESS  
HANDBOOK**

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# Mindset

Physical training alone should not be the only component in your personal safety plan. Your plan needs layers. Your first, and most important layer is mindset. What is the proper safety mindset?

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*“It wasn’t on my agenda to have my car stolen today”*

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This was the statement of a 73-yr old woman. Several others had just been the victims of a string of local car jackings. She was the *only* person that escaped without losing her vehicle.

It was her mental attitude that enabled her to react and escape her attacker. She decided **NOT** to be a victim.

It is vital to remember that there are three factors that contribute to becoming a victim:

- 1 – Motive
- 2 – Means
- 3 – Opportunity

# Motive

Every attack has a motive, no matter how illogical or unreasonable the intention may be. What is the motive of your attacker? You won't know. And it doesn't matter. You can't change it.

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*“Your attacker has thought more about your personal safety than you have”*

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Since you cannot predict the motive of a potential attack, the only thing you can do is prepare yourself against attacks by thinking about and participating in your personal safety.

# Means

What means are at the disposal of your potential attacker? These may include weapons, location, size, or strength of the attacker. Statistically, it is quite likely that your attacker will be bigger than you.

There is nothing you can do to change the means that your attacker has. They will be bringing whatever means they choose when they attack.



# Opportunity

This is **THE ONLY** factor you can take some measure of control over.

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*“Lower your victim profile”*

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This means you being a difficult target for attack. Most criminals are looking for a mark that offers maximum reward for minimal effort. They are seeking a target that appears to offer little or no resistance. What are some ways that you can make yourself a difficult target?



# Awareness



Being aware is the key to lowering your victim profile.

**Eye Contact** – While most people are busy walking around engrossed in their cell phones, those that take the time to make eye contact with others around them appear more alert *and* more confident.

**Aware of Surroundings** – Not only should you look at people to make eye contact, but note *who* is around you. Can you describe them?

**Be Seen** – Women sometimes feel afraid to be too loud, or have too much attention. This is *exactly* what you should do. If you are truly being seen by others, this will make you undesirable as a victim.

# Practice Safety

Many people view safety topics as scary things that they would prefer not to think about. But safety does not have to be scary. Do you think it is scary to lock your doors? Of course not! But why do you do this? To keep unwanted people from entering your home. That's a scary thought, but the safety *practice* is not scary.

Do you take the same route to work or the grocery store every time? Do you know the names of *each* street that you take? What would happen if you had an emergency on one of the streets you did not know the name of? How would you summon for help?

Try making safety a game that you play. Practice learning the names of streets that you drive regularly. Better yet, take a different route every now and then.

Involve your children in the safety game. Try these examples as starters:

- What kind of hat is that man over there wearing?
- What do you think he does for work?
- Where is there another exit to the restaurant?
- How many green cars are parked by us?

The idea is to help get everybody involved in being aware of what is around them. These simple games are not at all scary, but they help us to practice safety.

# Getting Help



Before the age of cell phones, the emergency 911 system was designed to be able to locate callers that were unable to provide their address. Most people do not realize that even though cell phone calls can be triangulated, this takes valuable extra time in an emergency.

Smart 911 was developed to help eliminate this issue. By using this free service, you can log in to your secure account online. From here, you can provide numerous details about yourself and family, including; address, household members, medical conditions, medications, floor plans, and utility shut off locations.

This information is stored securely online and cannot be accessed by 911 dispatchers unless you initiate a 911 call. The information remains open for just a couple of hours after your emergency call is resolved, and then it returns to secure storage that cannot be accessed.

[www.smart911.com](http://www.smart911.com)



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