

Take the Initiative



The elbow is the strongest point on your body. If you are close enough to use it, do!

If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you but everybody else will. This has saved lives.

The three reasons women are easy targets for random acts of violence are:

- 1) Lack of Awareness - You **MUST** know where you are & what's going on around you.
- 2) Body Language - Keep your head up, swing your arms, stand straight up.
- 3) Wrong Place, Wrong Time - **DON'T** walk alone in an alley, or drive in a bad neighborhood at night.

Go with a friend—
never alone.



**UNIVERSITY OF TEXAS
AT ARLINGTON
POLICE DEPARTMENT**

Tips on staying safe... for women

*Keeping **U** Totally **A**ware*



**UNIVERSITY OF TEXAS
AT ARLINGTON
POLICE DEPARTMENT**

700 S. Davis
Arlington, Texas 76012
Phone: 817-272-3381
Emergency: 817-272-3003
E-mail: preventcrime@uta.edu



When in Doubt call 911

DON'T DO THIS!

Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc.) **DON'T DO THIS!** The predator will be watching you, and this is the perfect opportunity for him to get in the passenger side, put a gun to your head, and tell you where to go. **AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.**

A few notes about getting into your car in a parking lot, or parking garage: Be aware: look around you, look into your car, at the passenger side floor, and in the back seat. If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars. This is a good reason to park away from big vans.

Look at the car parked on the drivers side of your vehicle, and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you backout. **IT IS ALWAYS BETTER TO BE SAFE THAN SORRY.** (Better paranoid than dead.)

ALWAYS take the elevator instead of the stairs. (Stairwells are horrible places to be alone and the perfect crime spot.) Do not get on an elevator if there is a weirdo already on there. (Of course bad men don't always look bad.) Do not stand back in the corners of the elevator. Be near the front, by the doors, ready to get off or on. If you get on the elevator on the 25th floor, and the Boogie Man gets on the 22nd, get off when he gets on. Don't ride the elevator with him if you are not comfortable.

RUN

If the predator has a gun and you are not under his control, **ALWAYS RUN!** Police only make 4 of 10 shots when they are in range of 3-9 feet. This is due to stress. The predator will only hit you (a running target) 4 in 100 times. And even then, it most likely **WILL NOT** be a vital organ. **RUN!**

As women, we are always trying to be sympathetic: **STOP IT!** It may get you raped, or killed. Ted Bundy, the serial killer, was a good looking, well-educated man, who **ALWAYS** played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked "for help" into his vehicle or with his vehicle, which is when he abducted his next victim.

Tips to saving your life:

if you have gotten into a violent situation:

REACT IMMEDIATELY - If he abducts you in a parking lot, and is taking you to an abandoned area, **DON'T LET HIM GET YOU TO THAT AREA.** If you are driving, react immediately in the situation, and crash your car while still going 5 mph. If he's driving, find the right time, and stick your fingers in his eyes. He must watch the road, so choose an unsuspecting time, and gouge him. It is your **ONLY** defense. While he is in shock, **GET OUT.** This sounds gross, but the alternative is worse if you do not act.

RESIST - Don't go along with him: Run, if you are able: **DON'T EVER GIVE UP!** You **DO NOT** want to get to a crime scene.

Always keep your distance when walking past strangers on the street or in dark areas.

DEFENSE!

The **EYES** are the most vulnerable part of the body. Poke him there **HARD.** It may be your only window of opportunity.

The **NECK** is also a vulnerable spot, but you **MUST** know where to grip, **AND HAVE THE STRENGTH** to cut off his breath. Punch him in the throat to cut off his air supply.

The last place is the **KNEES.** Everyone's knees are very vulnerable, and a swift kick here will take anyone down. **** A cautionary note about these things. If you do not do these things right the first time, you are in trouble, because it will only anger the individual, and that anger will be **TAKEN OUT ON YOU.** I'm not saying don't attempt them, it may be your only hope, but be forceful when you do.

If you are walking alone in the dark (which you shouldn't be) and you find him following/chasing you: Scream "**FIRE!**" and not "help"; People don't want to get involved when people yell "help" but "fire" draws attention because people are nosy. **RUN!**

