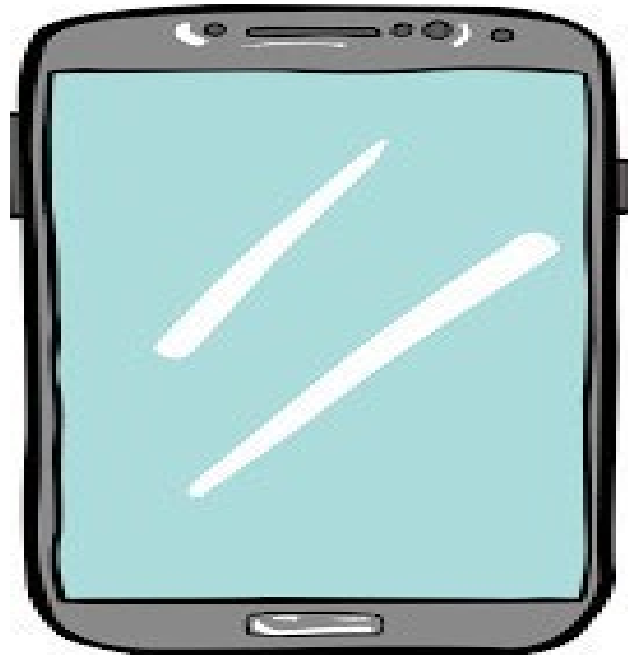


Develop Awareness - Techniques:

Become a hard target



- Have a plan. Plan your daily schedule including your commute alternative routes and share this with a loved one or friend.
- Avoid Distractions such as cellphones when out in public commuting.
- Be aware and be confident.

Visualization

- Take time to visualize yourself in threatening situations and determine how you would react and protect yourself from danger.
- Practice when, then thinking. I.e. when there is an emergency, I will follow the following safety steps.



Scanning

- Familiarize yourself with your environment when commuting.
- Where are the exits?
- Where are the AEDS?
- Is there anything out of the ordinary? I.e. strange bags, individuals behaving strangely?

- Scan over your shoulder.
 - *When parking your Vehicle*
- Park in a well-lit area to discourage a personal attack and reduce the risk of your vehicle being stolen.
- Look around before exiting your vehicle. Close all windows and lock the doors take valuables to include any coin jars or items which may tempt a would-be burglar.



- *When withdrawing money from an ATM*



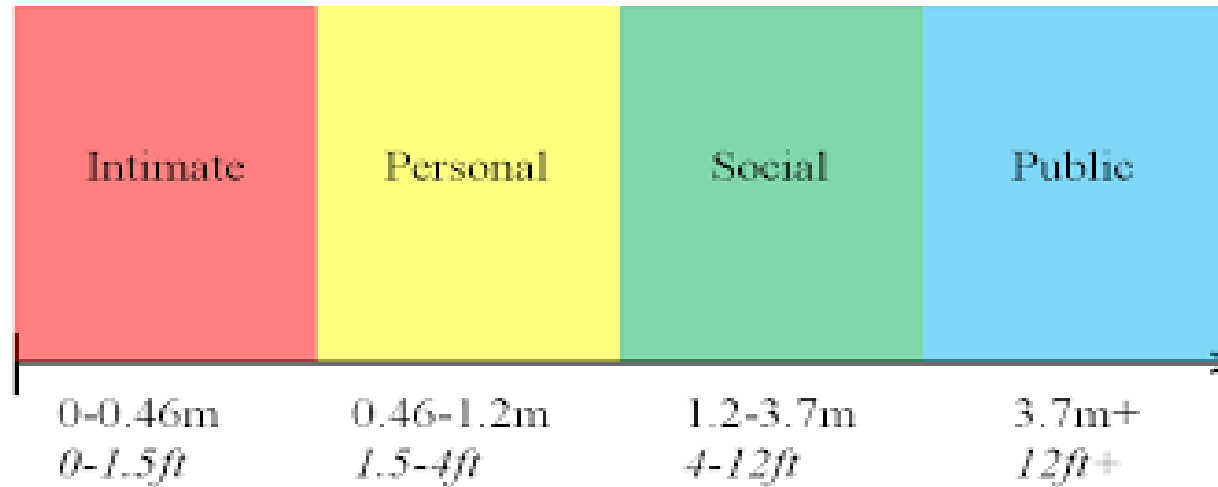
- Be aware of suspicious people near the entrance. Use well-lit, well-populated ATM's. Avoid ATM's that have unlocked doors or are directly out on the street.
- Block a bystander's view when doing your transaction. Use mirrors, positioned at the ATM, to see behind you. Put your money, card and receipt away before exiting an ATM. Your card is exclusively for your entry only. Make sure the door closes behind you.
- Protect your ATM card: if you lose your card notify your bank if it is lost or stolen.

- Check for abnormal looking ATMS feeder that looks bulky does the machine look different or damaged any lose parts ir damage does the card reader look different if so, this may be a skimming device.



Make reflective surfaces your ally

- Utilize your environment to help improve your field of vision. Test yourself next time you're walking down a commercial street, use display windows and parked cars to see across and behind yourself.



Stop and pretend

- If you feel someone is following you stop, turn, and pretend you went the wrong way.
- If they do not walk past and instead reroutes to follow you, seek assistance to protect yourself.

Personal space

- Be mindful of your possessions.
- Carry Purses, portfolios or briefcases in a manner that will allow you to let go. Straps placed across your shoulder, around your neck or wrapped around your waist have caused injuries because victims could not free themselves during a purse snatch.
- Always be aware of your surroundings and carry your bag or clasp towards you, close to your body, tucked in the bend of your elbow as if it were a football, if you have long straps wrap them around your bag.

- If someone attempts to snatch your bag let it go especially if there is a weapon involved. When dining out, the only place your purse should be is on your lap. The back of a chair is an easy target for pickpockets and thieves. Never carry a wallet or cellphone in your rear pocket; use a front trouser or an inside coat pocket.
- Be particularly aware of your belongings in crowded environments such as public transportation.
- Take out headphones so you can hear what's going on in your environment, be aware some commotions may be designed to distract victims so that individuals can gain access to your property.
- Pay attention to What does body language, or non-verbal communication indicate? Is an individual getting closer to you, do you see anything to be alarmed.



Intuition (understand how your body reacts to stressors)

We all have experienced visceral reactions to situations where things just did not add up, which may signify some type of threat or danger. Pay attention to those feelings. If you notice something is off scan your area.