

It could happen to you...

We always hear about assaults happening to other women, but we never think it could happen to us. Unfortunately, in today's world we must think that we very well could be the next victim. To help avoid that possibility, the following tips are suggested:

- ❖ Don't walk alone in a desolated area or after dark.
- ❖ Don't walk alone empty handed. Even a pen could be used as a weapon. Pepper spray, hot coffee, and car keys are other suggestions.
- ❖ Walk with your head up. Look around as you walk.
- ❖ Be aware of your surroundings. Take a moment to evaluate the area. Are there other people around? Do they look suspicious? Is it a dark area? Is it a familiar area? How many vehicles are in the parking lot?
- ❖ Don't be afraid to ask store personnel for an escort to your car.
- ❖ Always lock your car when leaving it...and check inside before getting back into it. Then lock your car again.
- ❖ Have a plan of action. "What would I do if I were assaulted?" Learn how to protect yourself.
- ❖ **Most importantly, use common sense and know that it could happen to you.** If at any time you do not feel safe...if the slightest little red flag is raised in your mind, don't go there.