

TEN SAFETY TIPS

EVERY WOMEN SHOULD KNOW

AWARENESS	Be aware of your surroundings. You will easily notice things that are not usual and be able to react faster.
MENTAL NOTES	Remind yourself important details such as license plates or physical traits. It can come handy if needed.
SAFE NET	Walk towards a group of people if you feel uneasy. Explain the situation until you feel safer to walk away.
DEFENSE TOOLS	Equip yourself with what you feel more comfortable using such as pepper spray or keychain alarm.
LOCKS	When reaching back home or in your car, immediately lock your door.
BE ALERT	If you walk alone, have your phone with you and be ready to speed dial the emergency number.
GUT INSTINCT	Trust your intuition. If you feel unsafe, there is a reason. You are free to walk out from any situation.
TACTICS	Sign up for a self-defense class with realistic tactics that would help you in any dangerous situations.
INFORM	Always inform a friend about your coordinates when going places alone or using public transport.
ESCAPE	Confrontation is the last resort. Always try to escape and seek out for help by being loud.

