

# The Disclaimer

We are not trying to provide three hours of seminar training in one small brochure, and we strongly encourage everyone to attend a formal self-defense seminar in your area if you can, but we hope these tips may help you in the mean time.

The best form of self-defense is getting involved. Report suspicious activity in your neighborhood or when you're out and about. Be a part of your neighborhood watch, or be the genesis of one in your area. Be a good neighbor to the elderly on your street or in your building. All of these things develop a caring and compassionate community that will respond effectively in a crisis....all things that opportunistic criminals want to avoid.

The tips and techniques we present are far from exhaustive, may have more suitable alternatives for your particular circumstances, and may not apply in your "neck of the woods." Use them as a guide to start you thinking along safety and security lines without getting overly paranoid.

Let us know if you think we should add, or amend, any of the included tips.

# Community Patrol USA

Every effort has been made to ensure the accuracy of the techniques and information provided and discussed in this document. At the time of printing and presentation this document the materials are, to the best of our knowledge accurate however anomalies, omissions, and factual errors may exist. This document may be modified at any time without prior notice either in part or in full.

Community Patrol USA is a not-for profit group run entirely by unpaid volunteers who have a focus and commitment to enhancing and improving the safety and security of the communities they live and work in.

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COMMUNITY PATROL USA

# EZ-DEFENSE

## Dating Safety



*Share with family, friends and colleagues to help keep everyone a little safer.*

**SAFETY IS A COMMUNITY EFFORT**

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# Dating Safety

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It's cool to meet people on-line, or in bars, clubs, or cafes, but how much do you really know about them and how much can you really trust them? Trust takes time.

While you may **REALLY WANT TO** go home with them right away, it would be safer to simply exchange telephone numbers or e-mail addresses and arrange to meet another time. If they're seriously interested, they'll be willing to wait and hook up later.

First meetings with someone should always be in public places that are easy to leave from or seek assistance in i.e. cafes, restaurants, museums, etc.

**USE THE BUDDY DATING SYSTEM** – when you do decide to go home with someone, tell a buddy who you are going home with (introduce them to the person and give them the address and telephone number you'll be at for increased safety) and arrange to call them in a couple of hours, and the following day to confirm you are ok. Snap a picture of your new beau and send it to your buddy if they are not with you at the time.

If you get intoxicated with drink, drugs, or anything else, **DON'T** go home with someone you just met, and don't let your friends who are intoxicated do it either. Try not to become intoxicated with someone new.

If you leave from home to meet someone, leave the details of who you are meeting, where you are meeting, how you met them, when you expect to return somewhere obvious.

Consider double-dating the first few times you go out with someone new. It can relieve the pressure, give you some easy time to get to know and trust them more, and it can be fun.

Don't agree to go to remote or desolate areas with someone you just met or know very little, no matter how romantic that may seem, or how enticing the offer.

Assert yourself when necessary. Your needs, desires, and interests should be respected and your right to say no or refuse affection from anyone is inviolable.

Trust your instincts and act upon them. If you feel uncomfortable with any situation, try to figure out a way to remove yourself from the situation or to attract help.

**RED FLAG, GREEN ARROW** – Watch for and consider tell tale traits in your date to determine if you should continue with the date or make your excuses and bail. **RED FLAG** traits would be possessiveness, jealousy, aggression, untypical physical contact etc. If the flag rises, consider making your excuses and bail to date another day. If it's **GREEN ARROW** all the way, then best of luck.

## IF THE WORST HAPPENS

If your date becomes abusive or assaults you, escape to safety as soon as you can and call 911 to report the incident as soon as possible. Your report may save someone else's life.

You have the right to decide whether to continue with the date, or when you wish to leave. Don't let anyone bully you into doing something you don't want to do. Seek out assistance from people around you if you feel unsafe at ANY time.

If you are sexually assaulted on a date, in any unwanted way, escape and call police as soon as it is safe to do so. Don't shower until you talk with police. All police departments have specialist units for such cases who will treat you with respect and compassion.

If your buddy does not check in at the appointed or expected time, try going to their home to verify if they are ok. If you can reach them by phone, text, or in person at home or work, contact police and provide as much information about the date as possible.