

The Disclaimer

We are not trying to provide three hours of seminar material 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 of 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.

Ken Craig

Chief of Patrol

415-967-3080

KenCraig@CommunityPatrolUSA.org

Visit us on **Facebook** at

[Community Patrol USA](#)



Rev 9 – 10/2012

COMMUNITY PATROL USA

EZ-DEFENSE

General Safety Tips



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

**SAFETY IS A COMMUNITY
EFFORT**

© Community Patrol USA 2012

General Safety Tips

BE ALERT - Keep your head up, and your eyes open at all times. Criminals look for easy targets, and will prey on weakness. Stay aware of who is around you, who is approaching or following you on the street, and don't get lost in your cell-phone conversation or in your i-pod.

TRUST YOUR INSTINCTS - If something doesn't quite feel, look, or seem right - it probably isn't. Trust your primitive survival brain instinct even if it makes you look foolish or causes you to walk a mile out of your way. It's better to be proven wrong while still in one piece, than to be proven wrong and end up in hospital.

DON'T OVERLOAD - If your concentration is on your backpack, laptop carrier, jacket, and a couple of parcels it's not on your surroundings. Getting too overloaded makes it harder for you to focus or run away if needed - and all that "stuff" may prove appealing to an opportunistic criminal.

STAY IN THE LIGHT - At night, and even during the day, stick to well lit, well traveled streets and routes. Avoid dark, less traveled, out of the way routes as they will attract the type of people you just don't want to meet on your journey, whether walking, cycling, or driving.

PARTNER PROTECTION - If you must travel at late at night, travel with a friend, or better still, get a taxi to and from your destination. Single people often present a more attractive target for opportunistic crime.

PHONE FRIENDS - If your inner voice isn't sure and you're feeling a little uncomfortable, call a friend and talk with them until you get to an area where you feel safe. Tell them exactly where you are and what is bothering you.....or ask them to come pick you up. Cell phones can be life savers when used properly. Pretend to be telling your friend that you're "Just around the block on xxxxx street...I'll be there soon." It may deter an opportunistic attacker if they know you may have friends close by - and in the worst circumstances, your friend on the other end can call the police for you.

BE COURTEOUS - Many physical altercations occur because of a perceived slight, insult, or gesture. Try to be courteous, compassionate, and apologetic yet firm in your resolve to move on to a safer area if confronted by someone who is apparently annoyed at you. It's always better to walk away apologizing, than to end up unable to walk.

DON'T FLASH VALUABLES IN PUBLIC - Keep your cell phone, laptop, i-pod and wallet out of sight when in public. All are targeted by criminals and they may use violence to obtain them. Plan ahead to have cash or travel cards ready to use. Don't get so caught up in your electronics that you are unaware of who is around you.

CARRY ONLY WHAT YOU NEED - Take only the credit cards, identification and cash you need for your trip. Don't carry everything you have, in case you are robbed. The less you lose, the less you have to replace.

STREET SMARTZ MADE EZ

BEFORE - Before you leave home, plan your trip, how you will get there, how you will get home, avoid dangerous spots and have a contingency plan to get home by taxi or with a friend - just in case.

EVADE - If something/someone doesn't look right, avoid it at all costs. Take another route, grab a cab do what you can to evade the risk. If you're not there, you can't get hit.

WARN - Warn potential assailants that you are aware of them and that you are likely to defend yourself by making eye contact and acting confidently. Tell them you will defend yourself if necessary. Assailants often seek out weak and easy targets. Don't be one.

ATTRACT - Shout, scream, make as much noise as possible. Attract attention and tell people to call police for you. Witnesses is the last thing most assailants want. Use a whistle or personal alarm.

REACT - Give assailants money, personal items, anything they demand if you think you'll walk away unharmed. Fight with all your might if you think they intend to harm or kill you.

ESCAPE - At the first opportunity, get away and report the incident to police as quickly as possible.