



### Personal Safety Tips for today

**It is a simple thing to do...Make plans today for a safe day tomorrow. Everyone has been taught from their earliest beginnings... "Take care of yourself; no one else loves you as much as you do." Of course, your dad and mom loved you and always wanted what was best for you. But, generally speaking, all of us have to be observant of outside sources, environment, etc. to protect ourselves and others.**

**We all want to be a blessing to others. Being alert for applicable safe practices is a way we can bless the world in which we live. I am so excited to know where I am headed after I depart this world. Heaven is real and I have made my reservation for this special place by faith in my Savior, Jesus Christ. However, I am not in such a hurry to get there that I do things contrary to common sense when it comes to taking care of myself and my family. Therefore...I will listen to reason. Here are some tips and treasures for all of us to remember as we journey through life.**

#### General Safety

- Create a safety plan.
- Listen to and act on your intuition. It's better to be safe and risk a little embarrassment, than stay in an uncomfortable situation that may be unsafe. **For the Christian, the Holy Spirit living within you should be working in coordination with your intuition. Listening to the Spirit's prodding is foremost in the Christian's arsenal in protecting one's self and others.**
- If you are in danger or being attacked and want to get help, yell "Call 911!" or give specific directions to onlookers; for example: "You! Get the police!" or "Walk me to the store on the corner, I'm being followed."
- Have your keys ready when approaching your car or building.

- Vary your routine: drive or walk different routes every day. If you suspect that someone is following you, by foot or in a car, don't go home (or they will know where you live). Go to a trusted neighbor or to a public place to call police, or go directly to the police station or DPS office.
- Do not label keys with your name or any identification.
- Don't talk about your social life or vacation plans where strangers can overhear you.
- Carry your cell phone and make sure it is properly charged.

### **In Your Home**

- Have lights in all entrances.
- Have good locks on all doors and windows.
- Do not use your full name on your mailbox, answering machine or in the phone directory.
- Do not leave a schedule of your times away from home on your answering machine or on your door.
- If you live alone, do not let strangers know. It's not lying or against God's will for us to act like someone else (family or friend) is in the home when the door bell rings and you don't know who it is.
- Know which neighbors you can trust in an emergency.
- Check who is at the door before opening it, and do not open the door to an unexpected visitor.
- Don't hide extra keys in easily accessible places. Criminals will find them.
- Ask for photo identification of all repair persons, etc. If you are still suspicious, call to verify employment.
- Never give personal information to telephone solicitors.
- Consider creating a "safe room" with a separate telephone line or cellular phone, and strong locks. If someone breaks in, you can retreat there (with children) and call for help. A "Safe Room" is a good suggestion to have for specific times to assure a safe environment. **Along with a "Safe Room" a "Prayer Room" is also a wonderful deterrent for the enemy's many tactics to attack you.**
- Do not let strangers into your home to use the phone. Offer to make the call for them. Make any conversation through a closed door.

### **On the Street**

- Don't hitchhike.
- Be very careful using outside ATMs at night or in unfamiliar surroundings.
- When walking, face the oncoming traffic. It will be harder for someone to pull you into a car and abduct you. You can also see cars coming in your lane.
- Tell someone where you'll be and what time you're supposed to return, or if you will be with someone you don't know well.
- Don't overload yourself with packages. If you must have your hands full, visualize how you would respond if approached, how you would get your hands free, etc.
- Don't wear music headphones while walking or jogging.
- Don't read while walking or standing on the street.
- If you wear a purse with a shoulder strap, be prepared to let it go if snatched. Otherwise you may be hurt if the mugger knocks you down and drags you while fleeing with your purse.

### **Personal Safety Precautions**

- If someone asks you for directions, and if you choose to reply, remain at least two arms lengths away. **Safe distancing is not only good practice for a pandemic outbreak, but also for good common sense practice when there is a potential threat of bodily harm from individuals who do not have our best interest in mind.**
- If someone in a vehicle stops and asks for directions, answer from a distance. Do not approach the vehicle.
- Clogs, high heels, and tight skirts are hard to run and fight in. Capes, scarves, neckties and long necklaces are easy to grab. Modify your fashion style, or wear comfortable clothing when walking alone (change into dress clothes later), or think of how you would fight in your dress-up clothes (for example, kicking off your high heels or hiking up your skirt around your hips before starting to run or kick).
- Avoid being on the street alone if you are upset.
- When dropping someone off at their home, make sure they are safely inside before driving away. Have them do the same for you.
- Avoid the use of shortcuts or areas with minimal foot-traffic.
- After dark, keep away from obstructions that someone could hide behind; always be aware of your surroundings.
- Always stay near the curb.

- If followed, go immediately to an area with lights and people
- Do not display cash openly, especially when leaving an ATM machine.

### **On Public Transportation**

- Beware of overheard conversations. Don't tell anyone on the bus or a subway where you are going.
- Stay awake and alert.
- Have exact change ready.
- Try to sit near the driver.
- If you sense someone is following you when you get off, walk toward a populated area. Don't walk directly home.

### **In a car**

- Check the inside and around your car before entering to insure that no one is hiding there.
- Check your surroundings before getting out of your car.
- Don't pick up hitchhikers.
- Keep doors locked and windows rolled up so that someone can't reach in with their hand.
- If a group of suspicious people approaches you when you are stopped at a red light at a deserted intersection, run the light if your intuition tells you that the situation could get dangerous.
- If you have to stop due to a train in a crossing. Stop a distance away with all doors locked and car running. Have enough room between cars ahead or back of you to make a u-turn in a hurry.
- Don't let the gas indicator fall below  $\frac{1}{4}$  of a tank.
- Plan your route and check a map before you start out.
- Park in well-lighted heavily traveled areas if possible. Try not to park next to a van, as you can be pulled in through the sliding door.
- Don't leave valuables in plain sight inside your car. Give only the ignition key to a parking attendant.
- If you see an accident or stranded motorist, report it from the nearest telephone (your cell phone) instead of stopping.
- Carry in your car if possible: flashlight, flares, fix-a-flat, maps, comfortable warm clothing, first aid kit, empty gas can, white cloth to tie to antenna to signal distress, cellular phone.

- Learn basic auto maintenance.

### **Defense against Dogs**

In today's world more people are walking in neighborhoods and parks for exercise and to have a change of environment. It is good for our health and it is good for our general welfare. Also, today's environment find that there are more and more dogs taking their walks at the same time we are. Some dogs have adjusted to the human environment and some have not. Dogs do not like humans treading in their territory and space. Therefore they will attack if they feel their territory and environment is being threatened. We must be aware of possible attacks from the uncontrolled and sometimes frightened dogs. Here are some tips to take along with us as we walk and enjoy the outdoors.

- When confronted by a threatening dog our impulse is often to turn and run. This is the worst response, since movement triggers the chase instinct in dogs.
- Stand very still and try to be calm. Don't scream at the dog and run. Be aware of where the dog is. Look in its general direction, but don't stare into its eyes. This is considered an aggressive challenge.
- Let the dog sniff you.
- In a low voice say, "No! Go home!" Stay still until the dog leaves.
- Back away slowly until it's out of sight.
- If a dog does attack, try to "feed" it your workout jacket, bike equipment, briefcase, backpack or purse to distract it while you back slowly away towards safety.
- If you are knocked down or fall, curl into a ball and keep your hands over your ears, face, and neck. Try not to scream or roll around.
- There are other means of handling unruly and aggressive dogs. However, the "other means" used would have to be a decision made by the jogger/walker and it would also mean that the "other means" would have to be utilized in accordance with the laws of the city, county, state, etc.

**I know this information has been a wake-up call for some people. Yet, there are some who will say, "Good grief...this is just common sense."**

**It is common sense...but, we humans have to be reminded sometime of the world and its dangers. May God help us to be alert to our surroundings. It is always better to be safe than sorry. God is willing to help us in time of trouble. We just need to make sure we don't place**

**ourselves in harm's way and then cry out to God for help when he gave it to us with various ways for knowing good safety measures for our health, wealth, and happiness.**

**Gerald Cumby, [maranathatoday.com](http://maranathatoday.com)**

**The materials in this article were taken from several Police Reports and Police Safety Tips for Personal Safety.**