

SAFETY TIPS FOR WOMEN

Presented as a courtesy by:

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Today, more than ever, women need to be constantly aware of the need to be concerned for their personal safety.....

In an effort to better prepare you for this task, I have compiled some useful information for your review and consideration. I sincerely hope these tips will be useful to you and that it may give you the confidence you need to go about your daily life, concerned but not fearful for your personal safety. Share this information with family and friends, then keep this booklet for occasional review.

Sincerely,

A handwritten signature in cursive script that reads "Joey Alcede". The signature is written in black ink on a light-colored background.

Joey Alcede
Ward 3 Marshal

The three reasons women are easy targets for random acts of violence are:

- **Lack of Awareness** You must know where you are and what's going on around you.
- **Body Language** Keep your head up, swing your arms, stand straight up.
- **Wrong Place, Wrong Time** Don't walk alone in an alley, or drive in a bad neighborhood at night.

Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc.). Don't do this! The predator will be watching you, and this is the perfect opportunity for him to get in the passenger side, put a gun to your head, and tell you where to go. As soon as you get into your car, lock the doors and leave.

A few notes about getting into your car in a parking lot, or parking garage:

- Be aware - look around you, look into your car, at the passenger side floor and in the back seat.
- If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.
- Look at the cars parked on the driver's side of your vehicle and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall or work and get a guard/policeman to walk you back out. It is

always better to be safe than sorry. (And better paranoid than dead.)

- Always take the elevator instead of the stairs. (Stairwells are horrible places to be alone and the perfect crime spot.)

RUN! If the predator has a gun and you are not under his control, always run! The predator will only hit you (a running target) four in 100 times. And even then, it most likely will not be a vital organ. Run!

Sympathy - Stop-it! Women are always trying to be sympathetic: stop it! It may get you raped, or killed. Ted Bundy, the serial killer, was a good looking, well educated man, who always played on the sympathies of unsuspecting women. He walked with a cane or a limp, and often asked "for help" into his vehicle or with his vehicle, which is when he abducted his next victim.

Pat Malone tells the story of his daughter who came out of the mall and was walking to her car when she noticed two older ladies in front of her. Then she saw a police car come toward her with cops who said hello. She also noticed that all eight handicap spots in the area were empty.

As she neared her car she saw a man a few rows over calling to her for help. He wanted her to close his passenger side door. He was sitting in the back on the driver's side and said he was handicapped. He continued calling, until she turned and headed back to the mall and then he began cursing at her.

In the meantime, she wondered why he didn't ask the two older ladies or the policeman for help, and why he was not parked in any of the empty handicap spots.

As she got back to the mall, two male friends of hers were exiting and as she told them the story and turned to point at the car, the man was getting out of the back seat into the front and the car sped away. Don't get caught in this trap.

Important Tips

- The #1 thing men look for in a potential victim is hairstyle. They are most likely to go after a woman with a ponytail, bun, braid or other hairstyle that can easily be grabbed. They are also likely to go after a woman with long hair. Women with short hair are not common targets.
- They also look for women on their cell phone, searching through their purse or doing other activities while walking because they are off guard and can be easily overpowered.
- The time of day men are most likely to attack and rape a woman is in the early morning, between 5 and 8:30 a.m.
- The number one place women are abducted from or attacked is grocery store parking lots. Number two is office parking lots/garages and number three is public restrooms. These men are looking to grab a woman and quickly move her to a second, secluded location where they don't have to worry about getting caught.
- Only 2% of the rapists interviewed said they carried weapons because rape with a weapon has a greater sentence.

Therefore, if you put up any kind of a fight at all, they get discouraged because it only takes a minute or two

for them to realize that going after you isn't worth it because it will be time-consuming. These men said they will not pick on women who have umbrellas, or other similar objects in their hands that can be used from a distance. Keys are not a deterrent because you have to get really close to the attacker to use them as a weapon. So, the idea is to convince these guys you are going to resist and they may realize it is not worth it.

Several defense mechanisms

- If someone is following you on the street or in a garage or with you in an elevator or stairwell and if you feel they are suspicious, look them in the face and ask them a question, like what time is it, or make general small talk: "I can't believe it is so cold out here, we're in for a bad winter." Now you've seen their face and could identify them in a lineup, so you lose appeal as a target.
- If someone is coming toward you in a threatening manner, hold out your hands in front of you and yell "Stop" or "Stay back!" Most of the rapists said they'd leave a woman alone if she yelled or showed that she would not be afraid to fight back. Again, they are looking for an EASY target. If you carry pepper spray, (I am a strong advocate of it and encourage women to carry it) yelling "I HAVE PEPPER SPRAY" and holding it out will be a deterrent.
- If someone grabs you, you can't beat them with strength but you can by outsmarting them. If they grab your wrist, pull your wrist back so your hand is in waving position (palm facing forward) and twist it toward yourself and pull your arm away. It is hard to hold onto wrist bones that are moving in that way. They stumble toward you and you stumble back, so you can

use that momentum to backhand them with your knuckles in the forehead, nose or teeth. If you are grabbed around the waist from behind, pinch the attacker either under the arm between the elbow and armpit or in the upper inner thigh HARD. Try pinching yourself in those places as hard as you can stand it; it hurts.

- After the initial hit, always go for the groin. It is extremely painful if you slap a guy's testicles (do not be afraid, your life may be at stake!). You might think that you'll make the potential rapist really mad and make him want to hurt you more, but the rapists who were interviewed reported that they want a woman who will not cause a lot of trouble. Start causing trouble, and he'll take off.
- If he puts his hands up to grab you, grab his first two fingers and bend them back as far as possible with as much pressure pushing down on them as possible. This tactic will usually bring an attacker to his knees.

Of course the advice we always hear still applies. Always be aware of your surroundings, take someone with you if you can and if you see any odd behavior, don't dismiss it, go with your instincts. You may feel a little silly at the time, but you'd feel much worse if the guy really was trouble.