



## DON'T BE AFRAID TO GO OUT ALONE

People who have the intent to rob or assault others often look for easy targets - nervous types, retiring types, or people just wandering and not really paying attention to their surroundings. Standing tall and walking with purpose, being obviously aware of who and what are on the street with you makes you look confident - not an easy target.

Many assaults, car-jackings, robberies, and homicidal attacks are carried out on women sitting in their cars fumbling with money, make-up, or their radios. Often, the doors are unlocked and the attacker just slides right in. Don't make yourself this kind of target. Instead, have your stuff together, get locked in, buckled up and on your way. You can fiddle with your iPod at the next red light.

Think about making an emergency kit for your car. Having some Fix-A-Flat, some motor oil, brake fluid, and automatic transmission fluid (which can also be used as power steering fluid in many cars) can save your whole night. If you add a couple of bottles of water and a can of peanut butter or trail mix, it could even save your life if you got into a serious jam.

Other great items: emergency blanket (very small, can fit in your back pocket when folded, but reflects your body heat back to you and can keep you warm if you get stuck in bad weather and can't start your car or use your heater); survival knife - good sized blade, windshield smasher, seat belt slicer; hand crank flashlight and a few light-sticks. Get one of those nice organizing containers large enough to hold all your stuff, pack it in your trunk, and just forget about it. Unless you really need it - then you'll be so glad you were prepared!

Attract the right kind of attention - not the wrong kind. Dressing in sexy, provocative attire, or wearing a lot of jewelery may be cool once inside, but before you get to your destination, it's not going to attract the kind of attention you want. Cover it up! Once you're in, you can let it out, but remember to cover it again before leaving! Be smart - don't insist on going if there's an obvious problem. If your car is hard to start or makes you feel nervous, if you aren't feeling all that well, or if your mind is very focused on a problem, don't go. You want to have a good time, not put yourself in a dangerous situation. If there is an obvious trouble sign, stay home with a book. Go out once the problem has been addressed instead.

Be prepared - don't forget to bring your pepper spray! It is legal in most states now, and easy to purchase on sites like eBay. It is available in a size that clips onto your key-chain, too! Remember to shake your pepper spray container every month or so to keep the chemicals flowing inside the container for the best results.

Real Jewelry Shouldn't be Exposed - it is becoming more and more common for thieves to target in on valuable jewelry that they can easily see being worn on unsuspecting people. If you are going to a fancy get-together, it might be wise not to put on all of your jewelry before you leave your home, but rather to put your valuables in a small pouch to carry with you. When you arrive at the location of the gathering, you can easily slip into the bathroom to put on the diamond earrings and gold necklace. This won't take much time, but is becoming more and more important with the rising cost of gold, and the ethics of the gold buyers. Take it all back off and put it back in the pouch before you leave to get into your car. If they can't see it, they won't know you have it. Snatch and run is becoming more and more common, as well as demanding the rings off your fingers, so plan ahead!