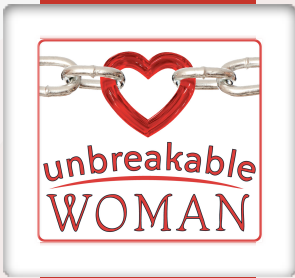


PREPARED MINDSET

RISK REDUCTION REMINDERS



👑 Safety Tips 👑

BEFORE YOU LEAVE

- o do you have a full charge of your phone? Do you have a cord to charge it? Have you backed up everything to the cloud in case it's lost or stolen?
- o do you have cash and/or credit cards
Are you prepared to give up your jewelry, purse and everything in it?
- o do you have all of your credit cards and DL copied in case your purse gets lost or stolen?
- o If you're driving, do you have enough gas in the tank, air in the tires and a clear idea of where you're going?

EXERCISING OUTDOORS

- o stick to familiar, populated places, daytime, with someone, no music or if you must have it, music low enough to hear around you.
- o watch for people following (on foot, in cars) being aware that having earphones in significantly increases your risk

CLOTHING & BODY LANGUAGE

- o acknowledge the potential for misunderstanding
- o restrictive clothing/shoes – if you wear them, understand your movement limitations to escape a situation

INGRESS AND EGRESS

- o always note details each way
- o look for easy exit, no matter what the situation

PARKING LOTS

- o outdoor – park close, move the car in the day if possible
- o indoor – don't unlock until you're there, check the back seat, get in, lock the doors
- o carrying things to your car – get someone to go with you or be prepared to drop everything if necessary

ELEVATORS

- o listen to your instincts – don't get in or get out if your gut doesn't like the vibe of someone. Don't think, just act

TAP IN: STAYING POWERFUL



👑 Safety Tips 👑

PARTIES/BARS

- o cover your drink with your hand in a crowded area or a napkin; if you want to dance hold on to it
- o accept drinks only from people you know and trust or have watched being made
- o if under the influence (alcohol/drugs) – stay in a group of people you trust and make sure someone is sober enough to make you leave with the group - make this decision before going to the bar.

CELL PHONES

- o as life savers: if threatened, call 911 in front of anyone threatening you if they won't back down
- o as a dangerous distraction: opportunists look for people who are not paying attention - use your phone when it's safe

DELIVERY/SERVICE PEOPLE IN YOUR HOME

- o be aware of inappropriate behavior: walking freely in your home, personal questions, flattering remarks etc.
- o be prepared to send away a creepy contractor; you are not obligated to let anyone who makes you uncomfortable in your home, even if you called for service

EVERYWHERE YOU GO FAMILIAR AND UNFAMILIAR

- o be aware of your surroundings: weather, people, traffic, police cars etc. If a situation is brewing, you'll be far away from it before it becomes a danger
- o if something feels wrong, find a different route immediately, no hesitating
- o be careful not to get complacent in familiar places

TRAVELING

- o confidence is international; take your powerful body language with you wherever you go
- o "No!" is the same in many languages

VALET PARKING

- o detach your house keys so copies can't be made

INFO ON YOUR CHECKS

- o don't put your home address or phone number on checks