

Do's and don'ts about safety awareness for Girl

BE AWARE

- Do not be distracted, especially by technology.
- Do not jog with your iPod because attackers are looking for easy, distracted individuals who look-like they are not paying attention to surroundings.
- The same can be said for talking on your cell phone.
- If you feel someone is following you, pull out your cell phone and pretend to be talking to someone because your "conversation partner" would be aware of an attack.

TRUST YOUR INSTINCTS

Learn to trust your gut instincts. It could save you from being assaulted or worse. If you feel uneasy or unsure in any way, it is in your best interest to get away and get help.

Move quickly ... fight, flight or freeze are our natural instincts, so be aware that all 3 exist.

YOUR SURROUNDINGS

Be aware of your surroundings at all times.

- Less illuminated places like parking lots and empty streets are two of the sites that are most often targeted by attempted rapists.
- View your surroundings carefully.
- If you feel someone is following you, start making noise - talk to yourself loudly, talk to an imaginary person, or pretend to talk on your cell phone.
- The louder the potential victim, the more the predator is apt to freeze.

MAKE NOISE

Use your loudest voice if you have any doubts. Remember, its better to be considered crazy, than to keep quiet.

DEFEND YOURSELF

- Carry defensive items only if you know how to use them.
- Use your nails.
- Use your keys.
- Even a bottle of deodorant may come handy to stave off a predator.

PROTECT YOURSELF

Take a basic self defense course. Make the most of the karate lessons given in school.
Talk to your teachers about other methods of self preservation.

AT PARTIES

- Stay careful at parties.
- Never accept drinks that have been poured in a glass.
- Sometimes it is so loud that nobody will be able to hear you cry for help.
- Do not divulge your personal information to someone you have just met.

YOUR INFORMATION

- Keep personal information private.
- Don't advertise your information verbally or on the Internet.
- Also, be very wary of meeting up with anyone whom you meet on the Internet

KEEP A DOG

- Bring a dog, if going to the park, beach, etc. alone.
- If you have a dog with you, it's like having another person with you.
- Large dogs are intimidating to predators, even if your pet isn't exactly brave.
- If you don't have a large dog, bring the small one anyway.

AS CLICHÉ AS IT IS,

Avoid going out at night. If you happen to be out at night, make sure it is a well-lit, crowded, main street and you are with at least one other person. Carry your cell phone in your hand ready to make a call, and, if you have one, a key in the other one to be used as a weapon. Keep your parents posted on your whereabouts. Keep your phone charged.

WHO CAN YOU TRUST?

- CHOOSE ANY ONE PERSON ...COULD BE YOUR MOTHER, FATHER, TEACHER OR GRANDPARENT.
- HAVE A CONVERSATION WITH THEM BEFOREHAND. TAKE THEM INTO CONFIDENCE.
- TELL THEM THAT IF ANY SUCH INCIDENT HAPPENS TO YOU, YOU WILL COME TO HIM/HER FOR HELP.

HOW WILL YOU IDENTIFY AN ABUSER?

Abusers do not necessarily look like criminals. The person could look very normal, well groomed, athletic pleasant, young. They might not look evil. They could be your boss, a neighbor, friend or relative.

REMEMBER

- Abusers can and do strike anyone at anytime. Age, social class, ethnic group and has no bearing on the person an abuser chooses to attack.
- Research data clearly proves that the way a person dresses and/or acts does not influence the abuser's choice of victims.
- His/her decision is based on how easily he/she perceives his/her target can be intimidated. Abusers are looking for available and vulnerable targets.

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CHILDLINE is India's first 24-hour, free, emergency phone service for children in need of aid and assistance.

CALL THIS NUMBER

IF YOU FACE ABUSE.

THIS IS CHILDLINE INDIA'S HELPLINE NUMBER FOR VICTIMS OF CHILD ABUSE.

DO NOT KEEP MUM