

TIPS ON STAYING SAFE...FOR WOMEN

I recently attended personal safety workshop which was given by an amazing man, Pat Malone, who has been a bodyguard for famous figures like Farrah Fawcett and Sylvester Stallone. He works for the FBI, and teaches police officers and Navy SEALs hand-to-hand combat. This man has seen it all, and knows a lot. He focused his teachings to us on **HOW TO AVOID BEING THE VICTIM OF A VIOLENT CRIME**.

Here are some of the most important points that I got out of his presentation:

I learned that the **elbow** is the strongest point on your body. If you are close enough to use it, do!

If you are ever thrown into the trunk of a car, kick out the back taillights and stick your arm out the hole and start waving like crazy. The driver won't see you but everybody else will. This has saved lives.

- 1) The three reasons women are easy targets for random acts of violence are:
 - a) **Lack of Awareness:** You **MUST** know where you are & what's going on around you.
 - b) **Body Language:** Keep your head up, swing your arms, stand straight up.
 - c) **Wrong Place, Wrong Time:** **DON'T** walk alone in an alley, or drive in a bad neighborhood at night.
- 2) 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.**
- 3) A few notes about getting into your car in a parking lot, or parking garage:
 - a) Be aware: look around you, look into your car, the passenger side floor, and in the back seat.
 - b) 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.
 - c) Look at the car parked on the drivers 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.** (Better paranoid than dead.)
- 4) **ALWAYS** take the elevator instead of the stairs. Stairwells are horrible places to be alone and the perfect crime spot).
 - a) Do not get on an elevator if there is a weirdo already on there. (Of course bad men don't always look bad).
 - b) Do not stand back in the corners of the elevator, be near the front, by the doors, ready to get off or on.
 - c) If you get on the elevator on the 25th floor, and the Boogie Man gets on the 22nd, get off when he gets on.
- 5) If the predator has a gun and you are not under his control, **ALWAYS RUN!**
 - a) Police only make 4 of 10 shots when they are in range of 3-9 feet. This is due to stress.
 - b) The predator will only hit you (a running target) 4 in 100 times. And even then, it most likely **WILL NOT** be a vital organ. **RUN!**
- 6) As women, we are always trying to be sympathetic. **STOP IT!** It may get you raped, or killed.
 - a) 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.
 - b) Pat Malone told us the story of his daughter, who came out of the mall and was walking to her car when she noticed 2 older ladies in front of her. Then she saw a police car come towards her with cops who said hello. She also noticed that all 8 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 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 2 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 leaving, 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.
- 7) Tips to saving your life, if you have gotten into a violent situation:
 - a) **REACT IMMEDIATELY!** If he abducts you in a parking lot, and is taking you to an abandoned area, **DON'T LET HIM GET YOU TO THAT AREA.** If you are driving, react immediately in the situation, and crash your car while still going 5 mph. If he's driving, find the right time, and stick your fingers in his eyes. He must watch the road, so choose an unsuspecting time, and gouge him. It is your **ONLY** defense. While he is in shock, **GET OUT.** (This sounds gross, but the alternative is your fault if you do not act.)
 - b) **RESIST!** Don't go along with him: run, if you are able: **DON'T EVER GIVE UP!** You **DO NOT** want to get to a crime scene.
- 8) Always keep your distance when walking past strangers on the street or in dark areas.
- 9) **GET A CELL PHONE.**
 - a) There are packages for \$19.95 a month that you to program only 911 into the dialing out program. This is an alternative for parents who say it is too expensive for their kids to have a cell phone.)
- 10) **BREAK DOWNS:** Make every effort to avoid this by **ALWAYS** keeping your car in good working order.
 - a) If your car breaks down: **LOCK YOUR DOORS.** You better have a cell phone to call for help.

- b) If you don't have a cell phone, keep a blanket, warm clothes, a pair of boots, a flashlight in your car always, for emergencies.
- c) If it's noon on a business day, you may want to put your hazard lights on and walk to safety.
- d) If it's 2 a.m., put on your warm clothes, and walk to a lighted area. You are a perfect target if you are sitting in your car broken down. Predators search the highways for easy targets like you.
- e) If you're on a desolate road: walk away from the car (in your warm clothes) and go to some bushes, or some area **AWAY** from your vehicles. It will be cold, and uncomfortable, but you **DO NOT** want to stay in your car, and there are no psychos waiting in the bushes who knew you were going to break down there and then.

11) Physical defenses that we can use against the violent predator:

- a) The **EYES** are the most vulnerable part of the body. Poke him there. **HARD**. It may be your, only window of opportunity.
- b) The neck is also a vulnerable spot, but you **MUST** know where to grip, **AND HAVE THE STRENGTH** to cut off his breath.
- c) The last place is the **KNEES**. Everyone's knees are very vulnerable, and a swift kick here will take anyone down.

*-- A cautionary note about these things. If you do not do these things right the first time, you are in trouble, because it will only anger the individual, and that anger will be **TAKEN OUT ON YOU**. I'm not saying don't attempt them (it may be your only hope), but be forceful when you do.*

12) If you are walking alone in the dark (which you shouldn't be) and you find him following/ chasing you:

- a) Scream "**FIRE!**", and not "help". People don't want to get involved when people yell "help", but "fire" draws attention because people are nosy.
- b) **RUN!**
- c) Find an obstacle, such as a parked car, and run around it, like Ring Around the Rosie This may sound silly, but over the years, 5 women have that this **SAVED THEIR LIVES**.
- d) Your last hope is getting under the car. Once you are under there, there are tons of things to hold on to, and he will not be able to get you out and will not come under for you (most likely). Usually they give up by this point. The catch here is that **YOU MUST PRACTICE GETTING UNDER THE CAR. AT THE VERY LEAST, PRACTICE MENTALLY FROM TIME TO TIME WHAT YOU WILL DO IN EACH SITUATION MENTIONED IN THIS LETTER**. You must have a plan (he will have one); know if you will be going on your back, front, from the side or back of the car. It must be practiced.

13) Never let yourself or anyone that you know be a "closer" in any type of business (bar, store, restaurant, gas station).

Pat knew Danielle, who was a girl that just died from being shot point-blank by some kids while she was closing at the local gas station. He talked with her the night before she died, and asked whether it ever scared her to close alone. She said yes, but said "I'll be alright, Pat. I'll be alright." She wasn't.

Our world is not as safe as we pretend that it is, and living in our fantasy worlds **WILL** get us in trouble sooner or later. Pat Malone said again and again that the women who die **EVERY MINUTE** from violent crimes expected to go to bed tonight, and get up tomorrow. No one expects it, but we must be prepared and aware so that we **HAVE A PLAN. BE PREPARED TO ACT! AND ACT HARD! HAVE A PLAN!** I would encourage you to pass this on to all women, not your friends and family, but everybody. We all need to hear it.

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