

Women's Safety Tips

1. Always keep your doors and windows locked – Day or Night.

Many crimes happen due to an easy entry way into your home or your car. Even if you don't have an alarm company, place 'alarm company' signs in front of and behind your home. Thieves are not going to risk breaking in if they believe there is a probability of getting caught. You can always get a sign from an alarm company even if you can't afford the service – it's free advertising for them.

2. Avoid going out alone at night.

Try to do your shopping and banking on the way home from work or during your lunch hour. Personal attacks happen less during daylight hours when more people are out and about.

3. Scan parking lots before you walk away from the front of the store.

Before you leave the front of a building or store take a moment to scan the parking lot. Notice if there are any suspicious looking men or people hanging out in the parking lot.

4. If in doubt, get an escort or walk out with another woman.

Pay attention to your gut feeling, if you think something feels wrong – it probably is. Ask a store clerk, manager, or security guard to walk you to your car – explain to them that you don't feel safe. You are not bothering them, you're safety is good for their business. If no one is available talk to another shopper and agree to see each other safely to your vehicles.

5. Walk around your car – someone could be hiding on the passenger side or under the car.

You should walk around your car to make sure no one is hidden on the other side of the vehicle before you start to open your door.

6. Always carry a small flashlight – shine it under the car and in the back seat before you open the door.

Pull your flashlight out of your purse with your keys before you get to your car. Shine the light under the car and in the backseat to make sure no one is hiding there. Attackers carry 'slim jims' which they can use to open almost any car door. They may be hiding there in the dark.

7. Modify your car alarm button on your keychain.

Have your local car alarm company modify the button on your keychain to set off your car alarm by holding constant pressure on the button. This could save your life in the event of an attack. In most cases, the attacker will run away not wanting to draw attention from the car alarm.

8. Lock your packages in the trunk not in the back seat. If you have an SUV cover packages with a blanket.

To keep your car and yourself safe always lock your shopping packages in the trunk of your car. If you drive a passenger van or an SUV, keep a blanket in the back to cover up your packages. Thieves will not want to take a chance on breaking into your vehicle for something they can't see.

9. Place bells, wind chimes, or empty soda cans in front of your doors and windows.

Hang bells or wind chimes in your windows and from your door knobs to awaken you at night in case someone tries to break into your house or apartment. This will wake you up and give you time to grab the phone and lock yourself safely in the bathroom. If you can't afford to buy bells or wind chimes, take empty soda cans and slightly fill them with a few marbles or pennies and place in front of your windows and doors.

10. Keep your phone by your nightstand.

Always keep a phone or cell phone near your bed in case of an emergency so you can quickly dial 911.