

## 10 Important Life Saving Tips for Women to Remember

1. Tip from Tae Kwon Do: The elbow is the strongest point on your body. If you are close enough to use it, do so!
2. If a robber asks for your wallet and/or purse, **DO NOT HAND IT TO HIM**. Toss it away from you. Chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. Then escape!
3. If you are ever thrown into the trunk of a car, kick out the back tail lights 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.
4. 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 on the passenger side. As soon as you get into your car lock the doors and leave. If someone has forced their way into your car do not drive off. Instead, drive into something. Your air bag will save you. As soon as the car crashes get out and run.
5. 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 at the passenger side floor, and in the back seat
  - B.) If you are parked next to a van enter your car from the passenger door. Victims can be pulled into a van while attempting to get into their car.
  - C.) Look at the car parked on the driver's 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.**
6. **ALWAYS** take the elevator instead of the stairs. (Stairwells are horrible places to be alone and the perfect crime spot. This is especially true at NIGHT!)
7. If the predator has a gun and you are not under his control **ALWAYS RUN!** 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**, preferably in a zig-zag pattern!
8. As women, we are always trying to be sympathetic: **STOP** It may get you raped, or killed. 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 victim.

9. Another Safety Point Someone just told me that her friend heard a crying baby on her porch the night before last, and she called the police because it was late and she thought it was unusual. The police told her that whatever she did, **DO NOT** open the door. The lady then said that it sounded like the baby had crawled near a window, and she was worried that it would crawl to the street and get run over. The policeman said they already have a unit on the way and **NOT** to open the door. He told her that they think a serial killer has a baby's cry recorded and uses it to coax women out of their homes thinking that someone dropped off a baby He said they have not verified it, but have had several calls by women saying that they hear baby's cries outside their doors when they're home alone at night.
10. Water scam. If you wake up in the middle of the night to hear all your taps outside running or what you think is a burst pipe, **DO NOT GO OUT TO INVESTIGATE!** These people turn on all your outside taps so that you will go out to investigate and then they attack.

Stay alert, keep safe, and look out for your neighbors!