

Personal Safety Insights For Professional Women Drivers

The most powerful self-defense weapon you possess is your brain.

Level 1: LISTEN TO YOUR INTUITION – if it feels wrong IT IS !!!

- Report sexual harassment – by an employer, trainer or customer. Don't suffer in silence. Don't hope it will stop. React immediately and loudly.
- Document time, date and details of any form of harassment or intimidation. Report it to the company or to legal authorities if no proper action is taken.
- To help the police find an **unknown** attacker, study features that are not easily changed such as tattoos, piercings, color of eyebrows and anything that wiggles or jiggles.

Level 2: Personal Defense is your responsibility

- Carry and learn how to use the Kimber Pepper blaster (<http://www.pepperblaster.com>) – it is the best on the market and will not blow back in your face when used.
- Leave the GPS function active on your cellphone so others can find you.
- Never go with an armed attacker – 90% of the time you will never be seen again.
- If you look like you are going to fight, 80% of the time the attacker will look for another target.
- If attacked use a “force multiplier” to defend yourself. Everyday items like a flashlight, ballpoint pen, fire extinguisher, or a tire thumper can give you the upper hand.

Level 3: Get “YOU” out of your professional conversations

- Take “you” out of your conversation & interactions – focus on your objective
- Be crystal clear on what you want to achieve as the result of any conversation
- If you make request always give the reasons behind it.
- Don't be too easily offended – it makes you an easy target
- Learn to become disinterested - it takes the fun out of taunts and catcalls.
- If it makes you feel good to say something back to someone -- **it was a mistake to say it** and --- could cause more trouble in the long run.

The best time to think about personal safety information is well before you need it. This isn't something you "figure out" while staring at a knife or gun. For more information on personal safety visit our blog at <http://www.im-safe.com>