



Stranger Danger Tips

By Shihan Sherry McGregor 10th dan

- **Attitude:** Keep your head up and have a purposeful stride.
- **Awareness:** : Look around you, scan your surrounding at all times
- **Open areas:** paths lined with bushes and trees are pleasant for walking, but afford many hiding places for a would be attacker to hide and places they can take you.
- **Companion walking/running:** walk or run with a friend or dog, there really is safety in numbers
- **Be Loud!:** Bad guys are looking for an easy TARGET. Your goal therefore, is to look like and be someone who will be too much trouble to mess with. They don't want someone aware, who is not afraid to speak to people and make noise.
- **Make Eye Contact:** Look at people when you pass them, say hi. This lets people know you have gotten a good look at them and you are not afraid to speak to them.
- **Cell Phones:** Good to have them with you and charged, bad to let them distract you. If you feel like you are being followed it is good to get use a lifeline and phone a friend. Tell them where you are and what you're feeling.
- **Headphones:** I know everyone wants to use their I-pod when exercising, but put one side of the headphones in your ear and leave the other out so you can hear things happening around you. All headphones in makes one distracted and an easier target.
- **Partying:** When going out with friends **WATCH EACH OTHER'S BACK!** Don't let a friend go off with someone none of you know! Stay together!
- **GUT FEELINGS:** LISTEN, LISTEN, LISTEN! If someone, ANYONE, or Any place makes you or your friends feel uncomfortable listen to that! Don't argue with it. Tell your friends and GET AWAY from that person, even if you don't understand why.
- **Exit Plan:** When you go somewhere always take a survey of where all of the exits are so you have a way out if needed.
- **Boundaries:** Set your own boundaries and Keep them! Your body is yours and no-one has a right to enter your space unless invited! It is also your right to ask them to leave your space at anytime. **Be Clear and Say "NO"** when your boundaries are being compromised. If someone does not respect your boundaries they DO NOT CARE ABOUT YOU!

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