



The Pattern of an Attack

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This is the pattern followed by most human attackers in the way they pick their victim and carry out their violent crime.

- ❖ Select an easy victim. Someone who seems oblivious, and fearful.
- ❖ Create a position of advantage to gain privacy and control
- ❖ Dominate the victim through intimidation, physical assault and or manipulation
- ❖ Escape so they can get away without getting caught

The sooner we interrupt this pattern, the safer we will be. Here some strategies to interrupt this pattern.

- ❖ Be Aware
- ❖ Have confident Body Language; head up, shoulders back, walk with purpose, smile
- ❖ Place yourself in high traffic, well lit, clear areas
- ❖ Have a Take Charge Attitude

Understand Crime so you know how to avoid it

- The number 1 most likely place to be attacked is your own home
- The number 2 most likely place is in a parking lot
- A robbery happens about every minute in the U.S.
- Car theft happens every 27.1 seconds
- Rape happens every 5.9 seconds in the U.S.
- The most common type of rape is Date rape
- Never go to an isolated area alone or with someone you do not totally trust
- Most robbery, car theft and burglary are crimes of opportunity. Don't leave stuff visible and lock doors and windows
- Criminals look for easy targets
- The worse the economy is the crime rate rises

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