



Your best weapon is your brain — stay calm and keep thinking!



### What to Do If You Are Attacked

Remain as calm as possible. This will not be easy if you're attacked, but it's your first step toward an escape. Remember, your own initiative and imagination are your best defense.

Two types of resistance can be used against an attacker — passive and active.

**PASSIVE RESISTANCE** involves using your imagination to delay the attack while continually looking for a chance to escape or attempting to talk the attacker out of assaulting you. You can:

- Try to remain calm and show as little fear as possible.
- Talk to the attacker if time permits. In some cases this will help calm both them and you down. Refrain from talking to the attacker if it aggravates him.
- Treat the attacker as a person and try to gain his confidence. This may cause him to let his guard down, which will allow you to escape.
- Continually look for an opportunity to escape.
- Choose tactics that will leave you able to try other things if a particular approach doesn't work.
- If your first attempt to dissuade the attacker fails, try something else. Different approaches work on different people.

**ACTIVE RESISTANCE** involves using physical force to repel the attacker. You can:

- Scream if someone is near enough to hear you and provide help.
- If you're grabbed from behind, throw your head back hard against the attacker's face or throat.
- Stomp on top of the instep of his foot with your heel.
- Press your thumbs very hard into his eyes.
- Run toward people and lighted areas.



Remember:  
No method is foolproof!

No single method is the best in every situation. All situations are different. Every attacker is different. If your first effort doesn't work, keep thinking and try another method. Passive resistance may not change the attacker's mind or offer a chance to escape. Active resistance may excite or cause him to use more force than he would have otherwise used. If you choose active resistance, remember to use full force, use a combination of techniques and don't telegraph what you are about to do by looking in that direction.

### Contact Information

For more information on how you can protect your residence and yourself against crime, contact:

University Police Department  
Crime Prevention Unit  
979.862.8125



Offices of the Dean of Student Life  
<http://studentlife.tamu.edu>

University Police Department  
<http://upd.tamu.edu>

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# SELF-PROTECTION for MEN and WOMEN



## Keep in Mind Some Rules of Personal Safety

- Be aware of your surroundings! Look to see who's in front of you and behind you. If you're concerned about your safety, ask a friend to accompany you.
- Communicate the message that you're calm, confident and know where you're going! Stand tall, walk with purpose, and make eye contact with people around you.
- Trust your instincts! If you feel uncomfortable in a place or situation, simply leave.



Use your common sense and good judgment.

## When at Home Alone

- Keep your doors and windows locked at all times (day or night), even, when you're at home.
- Install a door viewer so you can see who's there without opening the door.
- Don't leave notes on your door or newspapers on your porch — they advertise that you're not home.
- Close the drapes or blinds at night.
- Don't automatically open the door — have the person identify themselves.
- Ask for identification from any repairman. If you are not expecting anyone, or you're suspicious for any reason, call his or her company to verify the reason before letting him or her in.
- If a stranger asks for help, don't open the door — make the call for them.
- If asked whether your husband is home, reply, "Yes, but he's asleep," etc.
- If you return home and you suspect forced entry, DON'T GO IN! Call the police and have them check the house.
- Do not give your name, phone number, address or any other personal information to a telephone solicitor.
- Use your initials rather than your first name in the phone book and on the mailbox.
- Have your locks rekeyed or changed when you move into a new residence so previous tenants won't have access to your home.

## Obscene Phone Calls

- Hang up immediately and quietly.
- For repeated calls, contact the police and the phone company. Your phone can be monitored or the call traced. Keep a log of the date, time and what was said by the caller.
- If the calls continue, consider changing your phone number.

## When Walking Alone

- Walk only on busy, well-lighted streets, even if it makes the trip a little longer.
- If using earphones to listen to music, use only one earpiece, enabling you to still hear surrounding sounds.
- Carry your cell phone when walking or jogging.
- Avoid shortcuts such as parking lots, alleys or parks.
- Don't accept rides with strangers or distant acquaintances.
- If someone in a vehicle asks for directions, keep far enough away so you can't be grabbed.
- If you feel you are being followed, cross the street or change directions. Walk toward lights and people.
- If you are being followed by a vehicle, turn and run in the opposite direction. The driver will have to turn around before he can continue following you.
- When returning home, have your key out and ready to unlock the door.

## When Driving Alone

- Keep a cell phone handy in case your vehicle breaks down. Know whom to call.
- Keep vehicle doors locked at all times.
- Lower windows only slightly so no one can reach inside.
- Maintain a relatively full tank of gas.
- Choose a well-lighted, well-traveled route even if it's a little out of the way.
- Do not pick up hitchhikers.
- Don't stop to help strangers — get to a phone and call help for them.
- If someone follows you, don't go home. Drive to an open business and call the police — if possible, record the license plate number of the other vehicle. If you have a cell phone, call 911 and drive to the nearest police or fire station.

## If Your Vehicle Breaks Down

- If you are safely off the roadway, raise the hood. Depending on the situation, it may be a good idea to get back into the vehicle and lock the doors. If you are standing outside your vehicle, be cautious of other vehicles on the roadway.
- If someone stops to help, be cautious! You may ask them to call for help.
- It would be very helpful to keep an emergency number of someone you can call if your vehicle breaks down (wrecker service, mechanic, roadside assistance, etc.).



The phone number for roadside assistance is on the back of the Texas Driver's License.

## Parking Your Vehicle

- Park in a well-lighted area.
- If parking during the day and returning at night, check for street and building lights.
- Always lock the vehicle doors.
- When parking in a pay lot, leave only the ignition key in the car. Do not give anyone a chance to duplicate your house keys.
- Put valuables in the trunk before you get to your destination.
- Be cautious when parking next to a van or large SUV.

## Returning to a Parked Vehicle

- Have your key in your hand, ready to unlock your vehicle.
- Look around the area to see if someone is loitering around your car.
- Check the front and backseat areas of the car to see if someone is hiding.
- If possible, walk with someone to your vehicle.
- Be cautious of any van or large SUV parked next to your car.