

**Safety Tips for Gay, Lesbian, Bisexual,
and Transgender Individuals**

**Texas A&M University Police Department
College Station, Texas 77843-1231**

**Sergeant H. Allan Baron
Crime Prevention Unit
(979) 862-8125
abaron@tamu.edu**

Safety Tips for Gay and Lesbians

There are certain risks involved with lesbian & gay identified activities. This provides tips on things to keep in mind and how to best protect yourself should a problem arise and to help reduce the risks of assault.

USE COMMON SENSE

Try to leave bars/clubs/community centers with people - preferably friends

If you leave with someone you've just met, introduce him or her to a friend or even the bartender. Make sure that person knows you've told other people you're leaving together.

If you're unsure about leaving with someone-don't

When at known lesbian and gay establishments, be alert and be aware of your surroundings. Don't assume you're in a safe place.

Walk on well-lit streets where there are people and traffic

Avoid shrubbery or doorways that might hide an attacker

Give yourself permission to be "impolite" or "over cautious"

You don't have to talk to strangers who approach you

Be aware of who is behind you, cross the street or let them pass you

TIPS FOR SAFETY

Attackers expect a passive victim.

If you feel unsafe, trust your instincts and act accordingly or leave!

If you see someone being hassled - help them or call for help

Take a self-defense course and practice with a friend

Carry a whistle in your pocket

WHAT TO DO IF YOU ARE ASSAULTED

Call police as soon as possible - DIAL 911 - tell them that you have been assaulted.

If your keys are stolen with identification:

1. Don't return home alone
2. If you have a roommate, call home and tell him or her
3. Replace your locks

Seek medical help if necessary

Have any police officer you speak with provide you with his or her name, badge number and your case number

Don't be ashamed-ask a friend to be with you as soon as possible

Try to detail on paper a description of the attackers and the incident

Seek help, counseling

VULNERABLE AREAS ON YOUR ATTACKER`S BODY AND WHAT YOU CAN DO

Scream & Shout

Call for help by shouting "FIRE!"

Blow your whistle

Box the ears or punch the temple

Poke the hollow of the throat with fingers, thumb, cane or umbrella

Jab the solar plexus with umbrella, cane or elbow

Snap your knee into the groin area

Keep kicks aimed low

Stomp on the top of the foot with your heel

Grab his hair and double him over; strike the back of his neck with your fist or elbow

Tense your fingers and bend them slightly; jab straight into the eyes

Slap the palm of your hand or fist up under the nose; push in and up at the same time

Kick the kneecap

If grabbed from behind, kick to the knee, scrape the shin, and stomp the instep with your heel

REMEMBER:

No method is foolproof. No single method is the best one in every situation. All situations are different. Every attacker is different.

Your Best Weapon is Your Own Brain

Use Your Common Sense, Imagination, and Good Judgement