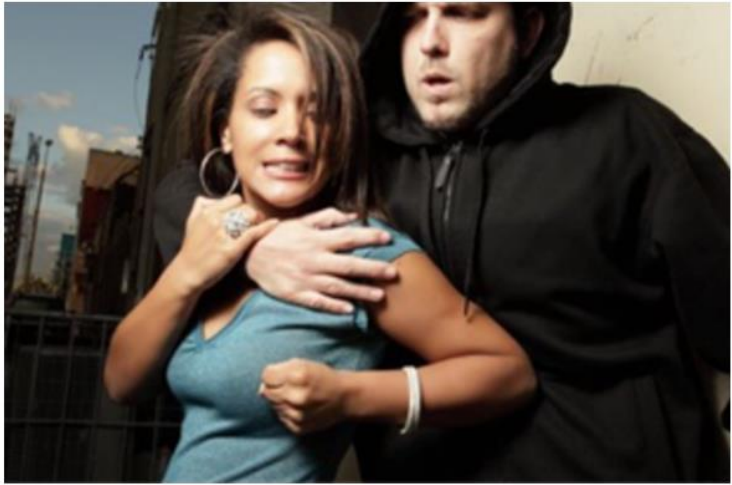


EMPOWERED TO STAND



**An
Alert
Attitude &
Awareness is
the best
prevention!**



DECIDE	DETER	DISRUPT	DISENGAGE	DEBRIEF
<p>Decide not to be a victim. Use preparation and planning prior to an act of aggression. Learn about criminal behavior. Train to respond to all forms of aggression. Practice avoidance and risk reduction. Acknowledge the existence of risk. Make and follow a safety plan. Take a Self-defense class.</p>	<p>Deter and prevent an act of aggression. Learn how to deescalate a confrontation. Project confidence with body language. Be assertive. Detect danger. Practice situational awareness. Respond to the warnings of intuition. Create safety zones. Utilize boundary setting. Deceive when necessary. Build readiness.</p>	<p>Disrupt the aggressor. Respond to the <i>Trigger to Act</i>. Foil his or her plans. Apply verbal and/or physical techniques to disrupt the attacker. Use tactics such as the employment of weapons of opportunity. Execute a decisive strategy. Attack the attacker. Utilize any means available. Create the <i>Opportunity to Escape</i>.</p>	<p>Disengage and get away from the aggressor. Respond to the <i>Opportunity to Escape</i>. Create an ending. Carryout an exit strategy. Cause the aggressor to break off his actions. Evade and escape. Terminate the aggressor's ability to engage and cause harm. Don't corner the aggressor. Flee to safety. Get out of there.</p>	<p>Debrief and discuss the consequences of aggression. Preserve evidence. Reduce the after-effects. Promote physical and emotional healing. Go to the police. Get legal advice. Seek support and assistance. Learn resilience.</p>

Source Reference: The National Crime Prevention Council

Subject: Crimes Against Senior Citizens

Focus Group: Senior Citizens

Crime and the fear of crime create special problems for the elderly. Understanding the nature of the problem and knowing what to do to avoid being a victim of crime can help you. The following crime prevention tips for elderly are commonsense advice can be effective when you follow them.

WALKING

- Always plan your route and stay alert to your surroundings. Walk confidently.
- Have a companion accompany you.
- Stay away from buildings and doorways; walk in well-lighted areas.
- Have your key ready when approaching your front door.
- Don't dangle your purse away from your body. (Twelve percent of all crimes against the elderly are purse snatchings and street robberies.)
- Don't carry large, bulky shoulder bags; carry only what you need. Better yet, sew a small pocket inside your jacket or coat. If you don't have a purse, no one will try to snatch it.

IN STORES

- Don't display large sums of cash.
- Never leave your purse unattended.
- Use alternate forms of cash when even possible.

IN YOUR CAR

- Always keep your car doors locked, whether you are in or out of your car.
- At stop signs and traffic lights, keep the car in gear.
- Travel well-lit and busy streets. Plan your route.
- Don't leave your purse on the seat beside you; put it on the floor, where it is more difficult for someone to grab it.
- Lock bundles or bags in the trunk. If interesting packages are out of sight, a thief will be less tempted to break in to steal them.

- When returning to your car, check the front seat, back seat, and floor before entering.
- Never pick up hitchhikers.
- If your car should break down, get far enough off the road, turn on your emergency flashers, raise the hood, get back into the car, lock the door, and wait for help.

BANKING

- Many criminals know exactly when government checks arrive each month, and may pick that day to attack. Avoid this by using Direct Deposit, which sends your money directly from the government to the bank of your choice. And, at many banks, free checking accounts are available to senior citizens. Your bank has all the information.
- You should store valuables in a Safe Deposit Box.
- Never give your money to someone who calls on you, identifying himself as a bank official. A bank will never ask you to remove your money. Banks need the use of your money, and they don't want one of their customers to invite crime by having large amounts of cash around.
- When someone approaches you with a get-rich-quick-scheme involving some or all of YOUR savings, it is HIS get-rich-quick-scheme. If it is a legitimate investment, the opportunity to contribute your funds will still be there tomorrow-after you have had time to consider it.

AT HOME

- Never open your door automatically. Use an optical viewer. At night, draw your blinds or draperies.
- Lock your doors and windows. (Three quarters of the burglaries involving older persons involved unlocked doors and windows; and, less than one half of these robberies are reported.) Keep your garage doors locked.
- Vary your daily routine.
- Use "Neighbor Watch" to keep an eye on your neighborhood. A concerned neighbor is often the best protection against crime because suspicious persons and activities are noticed and reported to police promptly.
- Don't leave notes on the door when going out.

- Leave lights on when going out at night; use a timer to turn lights on and off when you are away for an extended period.
- Don't place keys under mats, in mail boxes, or other receptacles outside your door.
- Notify neighbors and the police when going away on a trip. Cancel deliveries such as newspapers and arrange for someone – a neighbor's child, perhaps – to mow the lawn if need be. Arrange for your mail to be held by the Post Office, or ask a neighbor to collect it for you.
- Be wary of unsolicited offers to make repairs to your home. Deal only with reputable businesses.
- Keep an inventory with serial numbers and photographs of resaleable appliances, antiques and furniture. Leave copies in a safe place. Don't hesitate to report crime or suspicious activities.

Protect Against Financial Fraud

- Watch out for scams that attempt to trick older adults into sending gift cards or money, or giving up personal information or property. These scenarios may include scammers posing as technical support, IRS/Medicare representatives, grandchildren, love interests, or lottery/sweepstakes officials.
- Encourage older adults to get to connect frequently with family. Isolation is often a contributing factor to elder financial abuse.
- Look out for signs of financial abuse by caregivers or relatives, such as requests for financial help or unexpected payments.



Source Reference: Wells Fargo

Subject: Fraud Prevention and Cybersecurity Tips

Focus Group: General

Identity Protection Tips

- Store your Social Security card, passport, green card, financial documents, and unused credit, debit, or ATM cards in a secure location.
- Never provide your personal or financial or personal information to a caller, never fall for sense of urgency (“do it now”) ploys.
- Don't send personal or financial information through email or text, as this is typically not secure.
- Shred documents that contain sensitive information before discarding.
- If available, set up additional safeguards when contacting customer service, such as Voice Verification, to help prevent others from impersonating you over the phone.
- Sign up for online billing and financial statements¹ to help reduce the risk of identity theft from stolen paper documents.
- Review your credit report at least once a year to look for unauthorized accounts that are opened in your name. Receive a free credit report from each of the three major credit bureaus at www.annualcreditreport.com.
- Help protect against child identity theft by limiting the type of information shared with schools and organizations.

Account and Card Security

- Report lost or stolen ATM, debit card, credit card, checks, or account numbers immediately.
- Monitor your transactions online regularly and report suspicious or unauthorized charges right away.
- Set up alerts so you can track online purchases, ATM withdrawals, and more.² If you spot suspicious activity, report it immediately.
- Keep your contact information up to date so you can be reached if unusual activity on your accounts are detected.
- Limit the amount of information printed on your checks to your name and address. Don't include your phone number or Social Security number.
- Always keep your checks, debit, ATM, and credit cards in a secure place.
- Don't give out your account information over the phone unless you initiated the call using the phone number on the back of your card or the company's website.
- If you receive a replacement debit or credit card, cut up and discard your old card.
- If you misplace your card, turn it off temporarily and back on when you find it.³
- Use a digital wallet for purchases so that your digital card number is sent to the merchant, not your debit or credit card information.

Pin Protection for Debit and ATM Cards

- When choosing a Personal Identification Number (PIN) for your ATM or debit card, don't use a number or word that appears in your wallet, such as name, birth date, or phone number.
- Don't share your card's PIN with anyone or provide it through a text message, email, or phone call.
- Cover the keypad while entering your PIN at an ATM, grocery store, or other locations.
- Don't write your PIN anywhere, especially on your card.
- Safely store or securely dispose of your transaction receipts.

Online Security

- Create a unique username and password for your online accounts and don't use any part of your email address. For your password, use an uncommon phrase that includes a mix of letters, numbers, and special characters, for example: Iliketogive99!Presents. The longer the password, the harder it is to crack.
- Protect your online passwords. Don't write them down or share them.
- Some browsers and smartphones allow you to save your username and password, commonly referred to as AutoSave or AutoFill. We recommend you disable this feature so that others cannot access your accounts.
- Activate 2-Step Verification at Sign-On for an additional layer of security when you sign on to online or mobile banking by having a secondary access code sent to a device, such as your mobile phone.
- When shopping online, use secure websites to make purchases. Look for signs of secure transaction, such as a closed-lock icon and "https://..." in the address bar.
- Always sign off from any website after you make a purchase with your credit or debit card. If you cannot sign off, close your browser to help prevent unauthorized access to your account information.
- Don't overshare on social media, especially information used by your bank or other companies to verify your identity. Set your social media profile to private and restrict your contacts to people you know personally.

Email and Text Messages

- If you receive a suspicious email or text message, don't respond, click any links, or open attachments. Don't sign on to your account from a link in a suspicious message.
- Create a unique password for your email account and don't share it with anyone. If scammers gain access to your email account, they can reset your passwords for other websites and lock you out.
- Take immediate action against suspicious activity on your account or if contacted about an email or text message you did not send.
- Don't assume you know what you think you know, take the time to investigate, ask questions, verify authenticity, and apply the common-sense test.

Online Document Storage

- Before saving financial documents to a third-party, online storage service, carefully review the provider's security and privacy settings and terms of service, as well as their "Online Access Agreement".
- If you use a cloud-based service or website to store financial documents, ensure that the site has security features such as required log-in and data encryption denoted by "https" in the address bar.
- Storing your financial documents online may make them searchable and accessible to others, exposing your sensitive information. If you need to download a financial document, save it locally on your computer or on a secure storage device.

Mobile and Device Security

- Protect your phone by setting up a PIN with your mobile carrier so no one other than you can make changes to your account or transfer your service to a different mobile phone. When ever possible, use facial recognition features.
- Safeguard your phone to help protect your accounts. When you're not using your phone, use the built-in security functions to lock it.
- Don't access your financial accounts through public Wi-Fi networks, such as those available in coffee shops or airports.
- Wipe your phone of all personal data before discarding or selling it.
- If your phone is lost or stolen, contact your mobile service provider to determine if the mobile service should be shut off.
- Don't store your banking password or other sensitive information on your computer, smartphone, or in an app where it could be discovered if your device is stolen.
- When you finish banking online, always sign off - don't simply close the browser or app.
- Only download applications and programs from a trusted source, like your mobile phone's app store or the manufacturer's website.
- Keep security patches, anti-virus and malware removal programs, browser versions, mobile apps, and plugins up to date on all your devices.
- Secure your home router with a strong password to help protect devices on your network from unauthorized access.

Chat by Phone Before the First Date

Go “old-school” and reach out by phone before your first date. Why is this a good idea? Talking by phone allows you to hear the other individual and to pick up on certain verbal cues that may be hidden through instant messaging or texts. Additionally, this gives you the chance to feel out the individual better before first meeting.

Drive Yourself or Take Public Transportation

Don't accept the invitation to carpool- take your own vehicle or be dropped off if possible. By carpooling, your first date would find out where you live and essentially have control over where you two go. Taking your own vehicle also lowers the risk of putting yourself in an uncomfortable or even dangerous situation because you'll be in control over where you go.

Meet Up in a Public Place

For the first date or two, avoid going somewhere private with your date. Instead, meet at a public place where there are plenty of people around, like a restaurant, cafe, skating rink, or another place where there's typically a good crowd. In the event that you feel uncomfortable, there will be other people around who can help. Additionally, this gives a family member or friend the opportunity to be present or in the vicinity should something go wrong.

As another great tip, if you visit a bar or restaurant, let a bartender or waitress know if things aren't going right on your date through code. Some bars have secret codes like asking for an “Angel Shot” that guests could use to notify a staff member that something's off-key.

Tell Someone Else

That brings us to the next tip- let someone else know who your date is, where you are going, when you expect to be home and any other important details. It gives you the comfort of knowing someone else knows where you're supposed to be if something goes wrong.

Don't Give Out Too Much Personal Info. Upfront

Be careful about the information you share. Don't give out places you normally visit, your family members' locations, your birthday and other personal information so quickly. After you and your date get to know each other a little better and feel more comfortable, then you may want to share a little more about yourself.

Carry Protection

Should things go terribly wrong on your date, it's better to be prepared than not, so consider carrying a can of pepper spray. Hopefully you won't have to use this, but like the saying goes, it's better to be safe than sorry. Also, be sure that you know how to use your pepper spray should you decide to carry it.

Stay Sober

One big mistake that people tend to make while meeting an online date is drinking without being mindful that their date might not have the best intentions. As almost 50 million people online dating today. However, with the landscape of dating changing, it's still important to keep your safety in mind when meeting with people you don't know very well.

While women may seem like the only individuals whose safety is at risk, men also need to be cautious with online dating. The National Domestic Violence Hotline reports that "[more than 1 in 3 women (35.6%) and more than 1 in 4 men (28.5%) in the United States have experienced rape, physical violence and/or stalking by an intimate partner in their lifetime".

Keep your safety first and foremost. We hope these 10 tips will not only help with your first date but also any dates that follow as you search for your "special someone".

Keep Communication Channels Open

Always let roommates, friends and family members know when you plan to go out on a date. Give all the proper information about where you are going, who you're going with (including your date's name and phone number) and when you expect to be home. If anything changes regarding your whereabouts during the course of the evening, let them know right away. Let it be known to your date that you are doing frequent check-ins.

Don't Leave Your Food or Drink Unattended

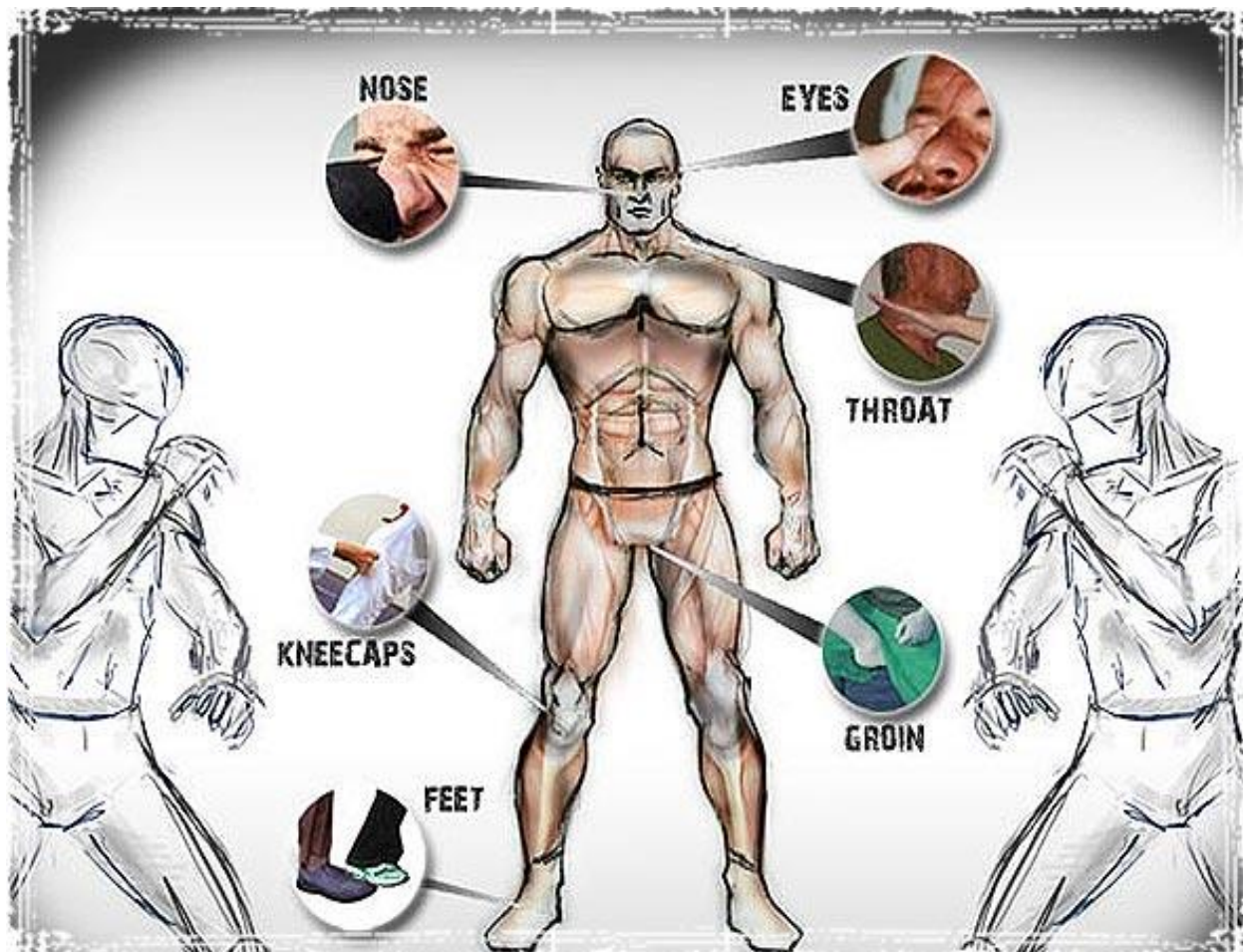
GHB (gamma hydroxybutyrate) and roofies (Rohypnol) — which you've probably heard of by now — are odorless, colorless date rape drugs that can make you disoriented or unconscious. We don't want to believe that someone we're on a date with will slip us any drugs, but it does happen. Don't accept a drink from your date unless you open it yourself or watch it being prepared

Groin – A good kick to the groin can cause a man to instantly drop to the ground. Just remember that this target is usually the most well-guarded and may be difficult to strike.

Knee Caps – The Kneecaps are extremely vulnerable to attack and can be easily dislocated or broken by a well-placed kick to the knee. A kick to the side of the knee can also cause a huge amount of damage.

Feet – Stomping on your attacker's feet probably will not end the fight, but it can cause a huge amount of pain. Foot stomps are often used to escape from a hold and can give you time to setup for your next attack.

Target Areas Illustration Chart





Survival Mentality

A survivor mentality is a frame of mind that promotes self-empowerment and a person's ability to overcome a traumatic event. Focusing on the ability to survive rather than being a victim can help prevail over life's challenges instead of being held back or defined by them.

Attitude: Physical state of readiness to respond in a representative way to a stimulus (such as an object, concept, or situation)

Awareness: Knowledge and understanding that something is happening or exists

Verbal Judo: The art of motivating (or persuading) others

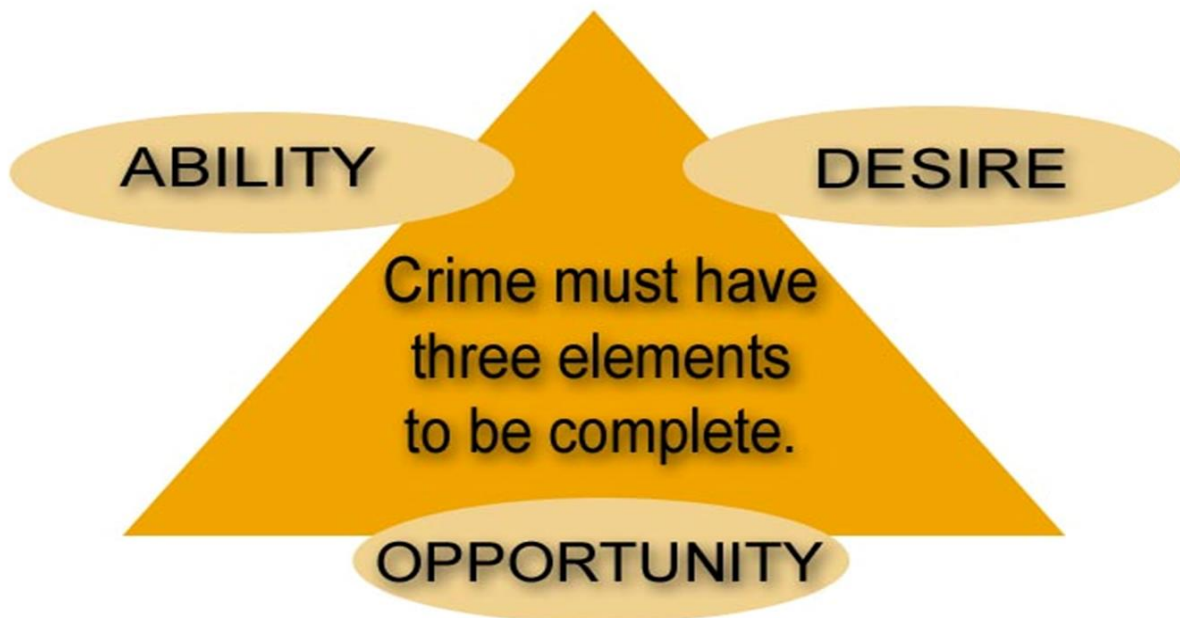
E.O.S. The unexpected or surprising character of something

Lamb-2-Lion: Courage, Strength, Bravery, Focus, Opportunity, Resolve, Swagger

Stand: Bounce back like Bozo – Be resilient – Stand Your Ground

CRIME PREVENTION

The Crime Triangle identifies three factors that create a criminal offense. Desire of a criminal to commit a crime; Target of the criminal's desire; and the Opportunity for the crime to be committed. You can break up the Crime Triangle by not giving the criminal the Opportunity.





Source Reference: Safety.com
Subject: Uber & Lyft Safety Tips
Focus Group: General

There's no unified source of data detailing the exact rate or nature of accidents and crimes that occur during rideshares, but nearly all of us have heard (or lived) news stories, personal anecdotes, and statistics that attest to danger, criminal activity or accidents that arise from the use of these apps. While one could argue that the rate of these incidents seems relatively low given the volume of rideshare use, it's also true that these tragedies are somewhat preventable and their occurrence can and should be minimized through intentional thought, action and policy. Even an extremely low percentage of dangerous rides could mean hundreds or thousands of daily incidents.

Ridesharing Risks

- **Fake drivers.** Criminals pose as Uber drivers to take advantage of passengers. Within the last few months, University of South Carolina student Samantha Josephson got into a car she mistook for her Uber and was killed by its driver just hours later. In Las Vegas, NV, a woman jumped out of a moving car to escape a fake and threatening driver. In Tuscaloosa, AL, a fake driver took photos of unconscious female passengers. In Chicago, IL, yet another fake driver swindled passengers for financial gain by saying something went wrong with payments and requesting credit cards during the ride.
- **Criminals.** Drivers – even ones that pass Uber and Lyft's background checks – sometimes have criminal intent. A 2018 investigation by CNN found that at least 103 Uber drivers in the preceding four years have been accused of sexually assaulting or abusing their passengers, with at least 31 convicted.

Safety Tips

Wait for your ride in a safe place.

Since apps will tell you exactly where your driver is, you only need to go out and meet them at the last possible minute. Request your ride while you're still inside and remain in an area that is well lit, comfortable and in the presence of other people for as long as possible.

Always ask "What's my name?"

University of South Carolina and the family of Samantha Josephson are spearheading the #WhatsMyName campaign to promote rideshare safety by always positively identifying your driver. Never get into an Uber, Lyft or any other private car unless the driver can first identify you by name. If they're your actual driver, they will also know your destination.

Verify the car *and* driver.

You must also match the make, model and license plate of the car to what's listed in the app. Make sure their personal appearance matches their profile photo.

Don't ride alone.

If you can share a ride with a friend, do it. There is strength in numbers and you can split the cost to boot.

Use trip-sharing features.

Both Lyft and Uber have in-app trip sharing features that allow you to share live updates on your trip with trusted friends. Simply hit "Share trip status" in Uber or "Share route" in Lyft.

Consider more personal safety technology.

Other apps and devices can add more layers of protection. For example, [the iWitness app](#) (\$3 per month, free trial available) turns your phone into a mini security system, with a security camera, alarm and emergency 911 calling just a tap or shake away. [Tego](#) is a free app that also tracks walks and rides with optional video recording, while [The Nimb Ring](#) is a smart ring that conceals a panic button.

Let the driver know that the trip is being tracked.

People are more likely to commit crimes when they think they're not going to get caught, so give some indication that people are looking out for you. Make a phone call and tell someone that you're on an Uber. If they don't answer (or you don't want to call at an odd hour) one trick is to leave yourself a voice memo instead. A script like this might help: "Hey mom, just calling to let you know that I'm in my Uber now. I'll be there in about 15 minutes and you can also follow along on the app. See you soon!"

Choose where to sit wisely.

Uber advises that it's safer to sit in the back of the car because it creates two possible exits and increases space between the driver and the passenger. Additionally, sitting on the passenger side instead of directly behind the driver can help you keep an eye on both the driver and the road. However, all vehicles and situations are different. In a large car or shared ride, try to choose a seat with easy access to the door, a good vantage point of the driver and the road ahead, and courteous distance between other passengers. If you feel safer in the front seat, a good driver shouldn't mind if you sit there. Consider it a red flag if a driver tries to force you into a certain seat.

Make sure your driver follows the rules of the road.

"Simply telling the driver that you actually care about safety can make a big difference in how safely he or she drives with you as a passenger," Attorney Willis points out. She recommends reminding the driver to proceed safely and lawfully before the ride starts. Distracted driving can also be a huge problem – your driver should not make calls or fiddle with their phone, even if it's hands-free. "There have been many catastrophic injury and death cases caused by distractions while using Bluetooth phone connections," she says. Be a good passenger. Wear your seatbelt, don't distract the driver or ask them to do anything dangerous. If sharing the ride, be courteous to other passengers.

Do not share personal information.

If you need to communicate with the Uber or Lyft driver, you can do so via the app without giving out your contact information, social media handles or last name. Remember that there is no legitimate reason to give your driver a direct payment. If you're on the way home, consider being dropped off at a safe nearby location that doesn't give away your address.

Trust your gut.

If anything seems "off" about your driver, car, route or anything else, speak up. Prioritize your own wellbeing over your passenger rating. Don't get in the car if your instincts are tingling. End the ride if you're not comfortable, as long as you're in a safe place to exit and find another ride.

Be aware of traffic when entering and exiting the vehicle.

As a passenger, you might not be cognizant of nearby traffic. Wait until the car is somewhere out of harm's way before you attempt to get in. When you get out, exit away from traffic, and make sure not to open the door into cyclists, pedestrians or other vehicles.

Give feedback about your trip and driver.

If you were sketched out by anything that happened during your ride, don't hesitate to report it. You might have avoided harm or trauma, but the next person might not be so unfortunate. Do your part to help cull problematic drivers from the pool.