



# HALL COUNTY SHERIFF'S OFFICE

## CRIME PREVENTION UNIT

610 Main St. SW  
Gainesville, GA 30501  
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### Personal Safety Tips

#### Don't needlessly put yourself in harm's way

- Listen to your instincts! They're usually right.
- If you see a situation that is questionable, assess it from all perspectives, and ask yourself, "What will happen if I get involved? What will happen if I don't?"
- If it's possible to avoid the situation, do so.
- Don't walk or jog alone early in the morning or late at night when the streets are deserted.
- Carry only the money you'll need on a particular day.
- Don't display your cash or any other inviting targets such as pagers, cell phones, hand-held electronic games, or expensive jewelry and clothing.
- Try to park in well-lighted areas, with good visibility and close proximity to walkways, stores, and people.
- Make sure you have your key out as you approach your door.
- Always lock your car, even if it's in your own driveway; never leave your motor running.

#### Pay attention to your surroundings

- Look for and avoid potential trouble areas; scan your area for potential threats.
- Take notice of anyone who seems to be paying more than passing attention to you.
- If something doesn't look or feel right, it probably isn't- leave the area and seek assistance.
- If you think someone is following you, switch directions or cross the street. If the person continues to follow you, move quickly toward an open store or restaurant, a lighted house, or anywhere people are congregating. Don't be afraid to yell for help.
- Do everything you can to keep a stranger from getting into your car or to keep a stranger from forcing you into his or her car.

#### Always have a plan

- Ask yourself, "What if..."
- Answer with, "Then I will..."
- Mentally rehearse your safety plan.

#### \*\*\*Maintain an anti-victim mindset\*\*\*

- Fight or Flight?
  - Know the dangers and advantages of each.
- Be confident, but exercise common sense and sound judgment. If you're faced with the choice of either putting yourself in a situation that might place you in a

position of extreme disadvantage or avoiding it, be realistic and find a different solution.

- If you find yourself as the victim of an armed robbery, give up your property—don't give up your life.
- Know what personal protection measures are at your disposal.
  - Hands / feet
    - Know the body's weak points (throat / groin / nose / eyes).
  - Chemical agents (pepper spray, mace, etc.)
    - Be familiar with incidental exposure.
  - Keys or other sharp-edged weapons
  - Taser or stun gun
    - Know your local laws and ordinances.
  - Firearms
    - If you chose to carry a firearm, obtain a valid concealed carry permit and become proficient with the weapon.
    - Know the law regarding use of a weapon.
    - Enroll in courses designed for self-defense.
    - When not being carried, keep the firearm locked and away from children.