

“ From the Personal Safety Seminar ”

May 16, 2025 ~~~ United with Christ Auburn

The following tips are guides to follow to protect yourself in public spaces:

Protecting Yourself

Stay Alert: Be conscious of what, or who, is around you.

Be Confident: Don't send out unconscious signals of vulnerability. Avoid the look of being alone, unaware of surroundings, confused or lost. If in an unfamiliar location, avoid using or speaking on a cell phone.

Look people directly in the eyes: know basic self-defense moves and always have a plan of escape.

Trust Your Instincts: Use your intuition. If something does not feel right, remove yourself from the situation immediately.

Know the Neighborhood: Use well-traveled routes and be cautious of strangers in the area.

On Foot

Don't Take Short Cuts: Stick to well-lit, well-traveled streets, especially if you are in an unfamiliar area.

Don't Walk Alone: Walk with spouse, friend or group.

Don't Flash Cash: Keep money hidden; carry your purse close to your body.

Automated Teller Machines: Avoid using at night where lighting and visibility to others is poor. Be cautious of other persons approaching you at the ATM.

Be Prepared: Wear comfortable clothing when walking and always have an escape plan.

In The Car

Fill the Tank: Keep your car in good running condition and keep your tank full when traveling to unfamiliar areas.

Lock the Doors: Keep windows up and doors locked when traveling in heavily congested areas with lots of foot and vehicle traffic.

Park in the Light: Always park in a well-lit parking area near a streetlight.

Be Cautious: If followed, don't go directly home or to an isolated area. Go directly to a police station or well-lit, congested store and seek help. Never pick up hitchhikers.

Public Transportation

Be Attentive: Stay alert while on buses, trains, subways, etc.

Pick Your Spot: Aisle seat is preferable just in case someone is bothering you, you will be able to leave more easily.

Don't be Ashamed: Tell the person to leave you alone if they are bothering you and be loud enough so that others can hear and be alerted to your situation.

In Taxis: Use well-known company; wait inside.

If You Are Attacked...

Don't Panic: Take control of yourself and the situation.

Don't Resist: Give up your property. It is not worth your life!

Distract: Try to distract or confuse assailant(s); scream, run, etc.

If There is a Weapon: Remain calm, be cooperative and negotiate.



<https://www.cayugacounty.us/1626/Handgun-Safety-Courses>

BASIC HANDGUN SAFETY COURSE

Handgun safety is a primary concern of the Sheriff's Office in screening prospective applicants and a handgun safety course is required prior to application processing. ONLY a certificate issued by any of the Certified Instructors will be accepted. Offered: 4 hour Basic Course and 16 hour Approved Concealed Carry Course 7445 County House Rd. Auburn NY 13021

<https://cayugasheriff.setmore.com/>

Cayuga County Sheriff - Pistol Permit Section

Application 1 hour course with Justin Leszcznski Initial meeting with Identification Officer for review of application paperwork, fingerprinting and photo.



<https://psanded.com/>

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Trauma Therapist ~ Life Coach ~ Author of 'UnNormal'

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Faith Allison is a Licensed and Ordained Minister, a certified (AACC, CCN) Biblical Counselor specializing in Crisis and Trauma. With over 20 years of experience, Faith is known for creating a safe place to face fears and hurts and finally experience freedom. Her passion and purpose meet at the intersection of bringing you hope and healing.

This is one post that I hope goes viral. A 16 year old Asheville teen's life was saved because this sign was recognized. Most kids know it, a lot of us older people, need to, also. 🤔



If u need help... call 911!

Say u want to order pizza.

They will respond with a series of y/n questions...
...the first being: **Do u need help?**



THE POINT

When you are in need of emergency assistance, you need to be able to BE SEEN and BE HEARD. You need to also know how to communicate that you are in distress. If you know how to signal for help in a variety of different situations, then you will "Be Ready" to be rescued when needed.

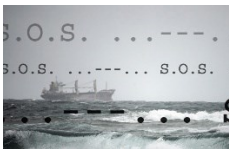
DO THIS:

- Learn different methods of signaling for help.

- Include communication and signaling supplies in emergency kits.

- Practice how to signal, then teach others how and when to use it.

HELP! HERE I AM! COME GET ME! **Be seen and be heard.** Knowing how to get someone's attention and let that person know you or someone in your group is in need of emergency help can be a matter of life and death. In most situations, help is only a 911 call away. Be sure to let the dispatcher know your location above everything else. If your call is dropped, at least they will know where you are. Keep your phone charged and carry a back-up power source with you if you are able. But what do you do if you don't have access to a phone, your phone is dead, or you are out of phone coverage? As a society, we have grown very dependent on our mobile phones. You need to know other options.



>>> A Repeated Series of Three

Three of anything in a repeating sequence is understood to be an international sign of distress. Think about the Morse code S.O.S. It's three dots "...", three dashes, "---", and three dots again "...". It does not stand for "save our ship" or "save our souls", it is the repeating sequence of three to show distress.

Huge site of valuable information!

<https://beready.utah.gov/family-preparedness/12-areas-of-preparedness/communication/signaling/>

