



YOUR SECURITY IS YOUR NUMBER ONE PRIORITY!

~Jennifer Lee, Founder, I NEED BLUE Podcast

~Mike Dandridge, Personal Security Expert

SAFETY TIPS

You don't know when you might be **a target**. Here are some everyday safety tips!

01. LISTEN TO YOUR GUT. YOUR INTUITION IS YOUR INTERNAL SAFETY MECHANISM.



It is ok to say to someone, “You are making me uncomfortable, or “Can I have some space?” Say it loud to draw attention. This makes others aware of a potential incident.

02. GET A SECONDARY SUPPORT SYSTEM



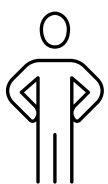
When out with a friend or a group of people if you identify something suspicious, alert them of your observation.

03. STAY ALERT AND DISTRACTION FREE



Walk with your head up, notice what is around you. Put the cell phone down. If wearing headphones keep one ear open so you can hear disturbances. For extra protection you can purchase a safety device you are comfortable with.

04. POSTURE UP



How do I look to others? Do I look weak and intimidated? Carry yourself with confidence, head up, and even strides. Make eye contact to let others know I see you and I'm making a mental note of you.

JENNIFER
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MIKE
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05. PLAY THE “WHAT IF” GAME



As you observe your surroundings, build a mental plan for danger. Ask yourself, “what would I do if this happened?” Formulate a plan in your head. This is mentally preparing your body to respond appropriately and minimize reaction time. Every second matters when in a dangerous situation.

06. LEARN YOUR ENVIRONMENT



Practice at home to understand your environment. Look at the cars parked on your street. Are your neighbors moving around? Do you know when the busy times are; school bus pick up, trash pickup, etc? By knowing what is “normal” you are alerted when someone or something stands out. Your environment will change as you go about day, use your learned skills to keep alert.

07. SOCIAL MEDIA



Don't post real-time especially when on vacation. You are alerting thieves you are not home. Never tag your location. Be aware of what is in the background of photos you post.

08. KNOWLEDGE IS POWER



Do you want additional information? Scan the QR codes above to contact Mike Dandridge and Jennifer Lee.