A CONVERSATION ABOUT PERSONAL SAFETY

A Presentation for the Faculty, Staff, and Students of Piedmont Virginia Community College
Personal Safety Begins With:

- Awareness- is a Key to Physical Security
- Constantly observe your surroundings and the people in your immediate vicinity
- Intuition- knowing or sensing something
- Mindset – being confident and alert
- Maintain your Personal space – set boundary limits, plan your course of action if someone violates those limits
Always walk facing traffic - walking in the same direction as traffic allows for an easy abduction.

Never approach a vehicle if occupants are asking directions, keep a safe distance.

Run from the vehicle in the opposite direction, this will force the driver to turn around.

Never get into a car with strangers, even if your threatened, Run.

If you're being followed, cross the street and or go into a business establishment.

Walk briskly and CONFIDENTLY, HEAD UP. Keep alert to your surroundings.

When leaving a mall or store, exercise more caution. People know you have cash or credits cards or valuable merchandise in your possession.
When using Public Restrooms, be ALERT!
If people are loitering in the restroom, leave and find another one
Be watchful of your purse and any other items you take into the restroom with you
Never put your purse on valuables on the floor or even on the hook of the door. It only takes a moment when your indisposed for someone to grab your items