

Got a minute?



Learn
how to protect
yourself.

ASSAULT PREVENTION

Be alert! Know your surroundings and be aware of who is in front of and behind you.

Don't take shortcuts through parks, tunnels, parking lots, or alleys if you're alone or if they are known to be problem areas.

If at all possible, don't carry a purse. If you must, keep your money and credit cards in a pocket or some other place.

Carry as little cash as possible.

Walk on highly-travelled streets, and travel at night only in well-lit areas.

Carry your keys in your hand as you approach your home so you don't have to fumble for them outside your door.

If someone attacks, don't resist unless you feel your life is in danger and you believe it in your best interest.

Remain calm and get the best possible description of your attacker—starting from head working down to feet.

If assaulted, report it to the police or sheriff's department immediately.

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TAKE A BITE OUT OF CRIME

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VIRGINIA COOPERATIVE EXTENSION SERVICE

COMMUNITY RESOURCE
DEVELOPMENT

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