



Bee Safe

I. Home

- 1) **Play “Bad Guy”:** Can you get into your home/apartment? What can you see?
- 2) **Curtains/Shades:** Close the curtains/shades – what can you see?
- 3) **Lighting:**
 - a. **Inside:** Set timers so you never walk into a dark home. TV/Music.
 - b. **Outside:** Motion detectors are great. Be sure you can see what’s there.
- 4) **Shrubs and Bushes:** Can someone be hiding there?
- 5) **Locks:** Have a solid dead-bolt with a chain (*let’s talk*)
- 6) **Answering the Door:** Don’t do it!
- 7) **Who is it?** If Police, call 9-1-1 and ask why they are there.
- 8) **Windows:** 2nd floor won’t keep you safe. Lock them!
- 9) **Hide-a-Key:** They know where to look. Leave with a friend/neighbor.
- 10) **Phone:** Hang up if you get a harassing call and **block**. Have phone within reach.



II. Out and About

- 1) **Social Media:** Caution with “Check-In” – everyone knows where you are and that you’re not at home. Never say you’re going somewhere – just post pics when you get back.
- 2) **Stop Mail:** Don’t let things stack up where everyone knows you’re away.
- 3) **Stores/Restaurants:** Know where the Exits are - be aware - be ready to Run!
- 4) **Returning Home:** Be cautious. If you see anything out of the ordinary, call the police to investigate!

III. Your Vehicle

- 1) **What do you see?** What is parked by you? VAN! Look inside, around, and under your car. When in doubt – back away! Ask for an escort...anywhere!
- 2) **Don’t HELP!** “I have a bad arm” – “*The police officer over there can help*”. *Point to redirect and LEAVE. Call 9-1-1 so they can help.*
- 3) **Gas!** Stay above ½ a tank
- 4) **Lock ALL/Unlock ONE door!** Don’t unlock all doors. Lock immediately when inside. Especially at gas station ♦ Video “Sliders”
- 5) **Where’s Your Purse?** Put out of sight – under Driver seat is best
- 6) **Being Followed:** Make a few extra turns – **Don’t go Home!** Go to Fire Station and “sit” on the horn. There is always someone there (*except volunteer stations*)
- 7) **No Hitch-hikers!**
- 8) **Police Stop:** **DO NOT** immediately pull over! Put on your flashing lights, slow down, and stop at the nearest **public, well-lit** area (gas station, busy store, etc. – you’re looking for witnesses). If on the highway with the next exit several miles – call 9-1-1(it will go to your local area) and tell them “you are looking for a safe area to pull over”! (*Let’s talk*)
- 9) **Disabled Vehicle:** If you’re stranded on the highway, think safety and stay **IN** your car. Turn on your flashers and call 9-1-1 or Service. Wait for the police or Service to arrive. If someone approaches and you can’t drive on your rims, tell them the Police will be there **immediately**. Don’t open the window or door.

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- 10) **Accident? Really?** You decide if it's safe to stop and get out.
 - 11) **Every Stop!** Stop so you can see the tires on the road of the car in front of you – that means you can get around them.
 - 12) **Stay Off Your Phone:** Watch where you're going and what's around you. Bad Guys look for distracted targets.
 - 13) **Don't Drink and Drive – Don't Drive Drowsy,** it's as bad as being drunk – yes, really!
 - 14) **Keys in Hand:** You're ready to quickly get in your car – and you have a weapon to use. Go for the eyes.

IV. Public Transportation

- 1) **Elevator:** Be aware of other people. Pay attention. If you feel uncomfortable, take the next one. Always let everyone else off first! Try to stand close to the control panel with your back against the wall. Don't push the large Red Stop button – it will stop the elevator immediately and you want the door to open if there's a problem.
- 2) **Plane:** Don't show everyone your phone and address. Get a covered luggage tag – use business card if possible – and put one *inside* your luggage in case it gets lost.
- 3) **Bus:** Sit close to the driver – not the rear doors. Don't get off if the area is dark.

V. More Information

- 1) **Announcing:** If someone asks for your private information (Dr. Office, etc.) write it down for the person – don't "announce" it to anyone within ear shot.
- 2) **Shoes:** It's hard to get away in heels. Carry 2 pairs of shoes (depending on your situation – Metro, walking to work, etc.)
- 3) **Exercising:** Always carry your phone; stay in lighted – public areas – main roads; vary routes; headphones can prevent you from hearing attacker; use walking stick; carry **pepper spray**, and know that it doesn't work on everyone
- 4) **Have Purpose In Your Movement:** (*Let's talk*)
- 5) **Have Separate Money:** Throw the money, scream, and run in the opposite direction.
- 6) **Startle Them!** Be crude, swear, be unattractive (*spit, pee, and be spastic*) so they don't want you! **Fight!**
- 7) **What Kind of Purse Do You Carry?** Use Zippers/Flaps! Not open on the top.
- 8) **Your Gut is Never Wrong!** Pay attention and take action!
- 9) **NEVER Go To a Second Location!!!** **MAKE Them Kill You THERE!**

*Statistics Clearly Show That
Your Odds of Survival Are Far
Greater If You Fight back!*



All of these are positive steps to help reduce the chances of becoming victimized.
They are steps in reducing risk - they are not "**Foolproof**".
Nothing works all the time, and *there are no guarantees*.

Presentation, Videos & Book: Swaywin.com/beesafe