

PED 129
Class 11 – Prevention Psychology (III)

Developing a Prevention Mindset

1. Goal is awareness, not paranoia
2. Develop a mental checklist that you can use anytime you leave home alone and will enter an unfamiliar environment

Assault/Robbery Prevention Strategies

1. Examine your clothing for escape or defense possibilities
2. Do not enter environments that are obviously unsafe
3. Constantly be on the alert for anyone who seems to be paying a lot of attention to you or is conveniently following you
4. Stay in crowds or areas that have high witness activity
5. Always be aware of your points of escape
6. Always maintain your personal safe zone
7. Have an assertive/confrontational response ready prior to assailant contact
8. Know your physical capabilities and limitations