

## SELF AWARENESS/DEFENSE UNIT

NAME: \_\_\_\_\_ CLASS PERIOD \_\_\_\_\_

Pick three (3) of the following five (5) situations which relates to your personal life. For each situation you choose, list five (5) actions you personally take to help keep yourself safe.

Situations: Home alone, Driving alone, Leaving work alone at night, Jogging alone, Dating someone for the first time and Going to college as a Freshman.

### Choice 1: Home Alone

1. Keep all windows and doors locked
2. Do not open doors to strangers
3. Know escape routes from the house
4. Know emergency numbers in addition to 911
5. When answering the phone, and you do not know the caller, do not let them know you are home alone.

### Choice 2: Driving Alone

1. Keep all car doors locked
2. Keep a full tank of gas
3. Carry a car phone
4. Take familiar streets to get to your destination
5. Call ahead when leaving and call home when arriving at your destination

### Choice 3: Jogging Alone

1. Do not follow the same route, vary the way you go
2. Let someone know you are leaving, which direction you go and how long you expect to take
3. Be aware of your surroundings, e.g. shrubbery, fences
4. Don't jog in isolated areas
5. Carry pepper spray or a noise maker