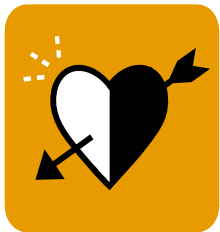


## Use caution on dates and in relationships

### Practice safe & smart dating

- Beware of alcohol and other drugs. They affect judgment. Watch how much your date uses them, too.
- Don't leave your drink alone. And don't drink anything you didn't get, open or pour yourself. "Date rape drugs" mixed in drinks can leave you at risk.
- Make your sexual limits firm and clear.
- Be independent. Don't let your date make all the decisions.
- Provide your own transportation.



### Know the warning signs of abuse

- Watch for behavior and attitudes in your date, partner or friend that signal trouble. For example, he or she may:
- Show a lack of respect for your feelings or idea.
- Want to make all your decisions.
- Frequently display anger, mistrust or jealousy.
- Misuse alcohol or use other drugs.

## Responding to an attack

Only you can decide how to respond, and no one strategy will work every time. But in general:

### Size up the situation

You have several options. Many women will:

- Scream for help or yell, "Fire!"
- Run away.
- Fight back.

If you think resisting would put you in danger, cooperate. Remember that your survival is most important – do whatever you think is best.

### If you've been attacked or raped:

- *Get to a safe place.*
- *Go to the hospital. Don't shower, brush your teeth, douche or change your clothes, since this might destroy medical evidence.*
- *Tell the police--this is an important part of ending violence against women but you should be comfortable with your decision. A rape crisis center can help you learn about reporting a rape. (Hospitals may be required to report some rape cases to authorities.)*
- *See a counselor or contact a rape hotline.*
- *Remember – an attack is never your fault. Don't blame yourself.*



# WOMEN and SAFETY



Compliments of:

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CDAPD 22009

## You can help protect yourself from violent crimes

### Self-protection involves: Avoiding Crime

Without a doubt, prevention is your best protection against crime.

### Knowing what to do in case of an attack

An attack can happen despite your best efforts to prevent it. But you can start today to learn how best to respond – during and after an attack.

**Violent crime can happen to any woman, anywhere, in any situation.**

- *Victims and attackers come from all economic classes and cultural backgrounds. Often victims know their attackers.*
- *Violent crime can happen anywhere, day or night.*

### There's a lot you can do to reduce your risks

#### Stay out of isolated areas

- Avoid little-used stairwells, parking lots and roads.
- Don't get on an empty elevator with a stranger.

#### Trust your instincts

- If you sense trouble, get away as soon as possible.

#### Show Confidence

- Walk at a steady pace. Keep your head up.
- Avoid carrying lots of packages – it can make you look defenseless.

## Always pay attention to your surroundings and the people in them!

### Practice Street Smarts

- Plan the safest route before you leave.
- Dress comfortably, so you can move quickly if you have to.
- Don't wear headphones. It's important to stay alert!
- If someone follows you, change course and head toward other people.
- Stand back from the car when giving a motorist directions.

**For extra security, consider carrying a mobile phone or taking a self-defense class.**



### Have a safe trip – every time!

#### In your car:

- Park in a well-lit spot close to your destination.
- Never park next to a van. It's easy for attackers to hide inside.
- When returning to your vehicle, have your keys out. From a distance, check underneath your car. Check the back seat before getting in.
- Keep doors locked and windows up.
- Keep your car in good repair so it's less likely to break down.
- Don't hitchhike or pick up hitchhikers.

## Be safe at home

Taking these steps can help reduce your risks:

### Secure your home

- Keep doors and windows locked.
- Use deadbolt locks on outside entrances.
- Never hide keys outside your home.
- Keep at least one inside light on while you're away.
- Keep outside entrances well lit.
- Get to know your neighbors.

### Be wary of strangers

- Install a peephole in your front door – and use it.
- Ask to see the ID of any repair or delivery person before opening your door. Call the company to verify, if you weren't expecting anyone.
- Never let a stranger into your home, and never let him or her know you're alone. If someone wants to use your phone, offer to make the call for him or her.

**If you think someone is in your home, don't go in! Call the police from a nearby phone.**

