



Safety tips for Women

This is must know information for all our Women professionals. Feel free to share this even with members of your family.

1. Beaware of your surroundings. Don't let your guard down

- a. If things seem even a slight unsafe get out of that place immediately.

2. Please trust and make good use of your 'gut feel' or 'intuition' or 'sixth sense' in each & every place and situation

a. There will invariably be signs, however small or seemingly insignificant, that tell or alarm you that all is just not OK. You may not understand it or be able to analyse it consciously, but please do NOT ignore it. It is your personal threat alarm beeping.

b. Make it a habit to read and notice these warning signs and go with your intuition to quickly retract yourself, move out or immediately get away from potentially unsafe situations.

3. Don't take eve teasing lightly

- a. Respond with a stern voice
- b. Threaten to take a picture which might scare them away.
- c. If the eve teasing still persists then immediately raise your voice to gather a crowd.

4. As much as possible avoid late night travel using public transport

- a. If avoiding is not possible then be sure to travel only on crowded bus
- b. Avoid taking road side cabs
- c. Avoid using a bus which has no passenger or few passengers

5. While using 2 wheeler be sure to wear helmet at all times (especially at night). Don't stop for any stranger

- a. In case attacked, use your helmet to defend yourself

6. While driving a car:

- a. Avoid parking at desolate area
- b. Look inside the car especially the back seat before unlocking & entering

- c.Lock the doors immediately after entering the car
- d.Start the car & drive off rather than call someone. Calls can wait
- e.Don't give lift to strangers
- f.Don't stop your car for strangers, especially at night
- g.Take known routes; avoid short cuts which you don't know

7. While travelling at night don't keep your phone in your hand

- a.Remember phone is the first thing your attacker will throw away
- b.Activate your speed dials which can be used to dial numbers in emergency
- c.Keep it in your pocket or at a place from where you can easily take it out & dial a number & leave it on
- d.Once the number has been dialled start shouting & try to speak out your location so that the other person can inform police about your location
- e.If you have a smart phone then install emergency apps which can send sms to known people & can even dial police no. in case of emergency

8.After getting dropped don't stay outside to take a call

- a. Take calls on your phone only when you have entered your home & not outside

9. If you feel that someone is following you immediately rush to a crowded place & if need to be don't be embarrassed to shout & gain attention

- a.Don't be embarrassed to share such things with your family & friends

10. In case you are in a sticky situation don't be afraid to use anything in your hand to defend yourself

- a.Use keys, bottle, even your purse to inflict damage to your attacker

11. Following are the most vulnerable areas to attack:

- a.Use your knees to hit hard between the legs of the attacker
- b.Using your fingers to poke hard in the eyes
- c.Hitting front part of the neck on the Adams apple will leave him in a shock
- d.Punching in the stomach will leave the attacker breathless & unable to chase you
- e.Hitting hard in the chest area

12. In case you feel you are being stalked or regularly followed, don't keep it to yourself because what might be on lighter side now might become dangerous if not controlled

- a. Seek help of friends & family
- b. If need be approach police immediately

Important Contact no.:

- **Police Control room (All over India)**– 100 (in case your phone can't dial this add area code before 100 for example for Delhi 011 100)
- **Women Power Helpline 1090**
 - One state, one number 1090
 - Any victim or her relative may lodge her complaint on this number, free of cost.
 - The identity of complaining women will be kept completely confidential
 - In any circumstances the victim will not be called to a police station or any other police office.
 - In all circumstances the complaint of victim will be registered by a woman police officer only.
 - Women Police Officer will provide only that information of victim to her seniors which may be helpful for investigation.
 - The call centre will monitor the lodged complaint till the complaint has been completely resolved.