

# Practical Safety Tips

In addition to utilizing available resources, women can take proactive steps to enhance their safety in everyday situations.

- **Be Aware of Your Surroundings:** Pay attention to your surroundings and avoid walking alone in poorly lit or isolated areas, especially at night.
- **Trust Your Instincts:** If you feel uncomfortable or unsafe in a situation, trust your instincts and remove yourself from the situation.
- **Inform Someone of Your Whereabouts:** Let a friend or family member know where you are going and when you expect to be back.
- **Carry a Safety Device:** Consider carrying a personal safety alarm, pepper spray, or other self-defense device.
- **Use Public Transportation Wisely:** When using public transportation, sit near the driver or conductor and avoid traveling alone late at night.
- **Share Your Location:** Use location-sharing apps to share your location with trusted contacts.
- **Learn Self-Defense Techniques:** Consider taking a self-defense class to learn basic techniques for protecting yourself.
- **Stay Connected:** Keep your phone charged and have emergency contact numbers readily available.
- **Report Suspicious Activity:** Report any suspicious activity or behavior to the police.