Enhancing Personal Safety

Overview/Description
In modern life we have to cope with the impact of crime on our society. The occurrence of crime cannot be prevented by any individual, but an individual’s mental preparedness for such an unfortunate occurrence can be enhanced. By enhancing preparedness in preventive, real-time and post-event situations, an individual will be less likely to be victimized, more likely to maintain complete composure if an assault is perpetrated against them and better able to move past the trauma of the event afterwards.

Target Audience
Anyone interested in everyday tips about how to stay safe in today’s world.

Expected Duration
45-60 minutes

Workshop Objectives
At the end of this workshop, you will be able to:

Describe the physical dangers in today’s world
› Identify dangers related to driving/roadway hazards
› Identify dangers related to being a pedestrian
› Identify dangers related to using public transportation systems

Describe psychological strategies that can help keep you safe
› Describe how to avoid being perceived as a potential victim

Identify what to when you’re in a dangerous situation
› Describe how to maintain emotional composure
› Identify ways to think ahead about what your next step will be
› Describe creative strategies for minimizing potential harm
› Describe ways to respond in the presence of weapons