

Always carry your pepper spray, flashlight or other defensive option in your hand, easily accessible at any time, day or night.

Always be aware of your surroundings (360 degree radius) – Do NOT wear both earbuds while walking/running by yourself and do not keep your eyes down, looking at your phone while walking to your destination.

Always assign one friend as the **designated 'sober' friend** who will be responsible for getting you home safely.

Always pay attention to your intuition. If something feels wrong then trust it and find a way to retreat as soon as possible.

Have a CODE WORD, which can be given to friends and family. Choose a word or phrase, which is simple, so you can communicate verbally, or via text or phone in order to alert others you are feeling threatened.

If you see a friend making a poor decision, **DO NOT** be afraid to step in and offer your assistance, advice or support. You could be saving a life, and/or future college career.

Dating Safety: If you have a **date**, make sure someone knows who you are with and where you are meeting them. Check in when you get there and periodically throughout the evening.

Never leave your drink unattended and **never** get in someone's car or go to their apartment or home until you have gotten to know them first.

Do Not reveal your address and other personal information until you are confident they do not have the potential to cause harm to you in the future.

Text a photo of the license plate of your date's car to a friend.

Stalkers: If you or someone you know has a stalker, take this seriously and report the behavior immediately to your school or law enforcement directly.

Remember that **PREVENTION** starts with you. Always **BeInControl** of yourself and the situations you choose to put yourself in.

GirlOnFire, LLC | OnFireBox.com | GirlOnFire.life | 877-634-6365