

A woman with long, wavy red hair is shown from the chest up, looking directly at the camera with a wide-eyed, fearful expression. Her mouth is completely covered by the man's hands. The man, wearing a white tank top and a dark beanie, is leaning over her from the left, his hands wrapped around her neck. The background is a plain, dark grey color.

Self-Defense Basics

An Everyday Guide for Women

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Define the Enemy

Know Who Your Enemies Are

Ideally, we should be able to go through life without making any enemies. No sane person really likes the thought of being in conflict with other people, especially not ones who may be significant threats to life and personal security. Realistically, however, no one goes through life without running into a few enemies.

Aside from making enemies who will hold grudges against you personally, there are also random human predators who see their own species as prey and nothing more. To people like these, you and your loved ones are simply another set of victims. Knowing how to clearly define and identify your enemies is the first step to protecting yourself and your loved ones from the people who would do you harm.

Here are some of the major categories of people who can be clearly defined as your enemies.

Personal Grudge Bearers

This is perhaps the easiest type of enemy to identify. Even with the best of intentions we will still rub someone the wrong way with our actions. Know that you can't please everyone, and know when to identify the times you offend someone and they wind up holding a grudge against you for it.

It may be a girl you dumped, a guy who was also trying to date a girl who decided to see you instead, an office mate you beat out for a promotion, or whatever. Life is a competition, and sore losers make some of the worst enemies. Just being aware of anybody who may fit this description can help you in advance.

Opportunists and Backstabbers

On a similarly related note, there are some people who by nature will assume the worst in everyone. These people are the type who you don't have to offend personally to make them enemies. They will, by nature, see anyone who seems better or equal to them in one way or another as a threat and competition. These people are usually cowards who mask their intentions and actions behind false smiles, never confronting you openly and taking the weakling's approach of using lies and slander to undermine you. These types of enemies are much harder to detect than people you've offended, because they hide their intentions.

Bullies and Power Trippers

While some people see strength, money, and intelligence as things that are to be used responsibly for the good of society, there are those who aggressively use it to push around those who they perceive as weaker than themselves. Bullies aren't the physical kind; wielding moral superiority, using emotional blackmail, pulling rank in the office, these are also means by which small-minded bullies get their

kicks by pushing others around. The true hallmark of the bully and the coward is that they will never confront someone of equal or superior rank or strength, choosing instead to pick constantly only on people below their abilities.

Militant Moral Opposition

This is one type of enemy that is subjective in some ways. We all have basic tenets of faith and honor that we hold to above anything else in our lives. Enemies who fall into this category are NOT comprised of anyone who doesn't believe in the same things you do. Thinking in this fashion makes you a bigot. Rather, by militant moral opposition we mean people who actively and aggressively attack your belief and faith with no respect for the fact that you think differently. These people are loud, pushy, preachy, and regard anyone who doesn't think the same way as enemies.

Criminal Elements - Physical

This is another fairly easy type of enemy to identify. Criminal elements of society composed of thieves, murderers, and rapists who physically abuse, kill, or steal from others. While there is emotional trauma associated with being a victim of these elements, their main method of attack always involves direct physical loss and injury.

Criminal Elements - Mental/Emotional

This is a much more subtle type of criminal that you should be wary of. Con men and scam artists are prime examples of this type. These people rely on triggering a mental-emotional response from their victims to achieve their goals. While their actions will often SEEM legal, careful digging will reveal that their actions are anything but.

In closing this chapter remember that your enemies aren't simply those who are out to hurt you, but include those out to hurt your family, friends, and loved ones as well.

A teacher in school trying to convert your kids into a religion while threatening to fail them if they don't comply, a neighbor trying to seduce your wife, an office mate spreading slander about your best friend; all of these people who are out to maliciously ruin the lives of those you care about and should be treated as what they are. Enemies.

Security at Home

Your Home, Your Castle, Your Fortress

There is a saying that a man's home is his castle, and to most people this means that it holds all the comforts, pleasure, and warmth that you can afford. However, what most people forget is that every castle is MEANT to be a fortress.

In medieval times, a prosperous, well provisioned castle without a proper moat, thick walls, and stout knights guarding the battlements was simply a target waiting to be plundered by assorted neighboring kingdoms, bandit groups, and barbarian hordes. So using the same logic, a well decorated and prosperous house without a good security system is asking to be robbed, torched, or entered by serial killers.

There are many ways to ensure home security. The first and most important thing is to have a good security system. Burglar alarms, emergency lights, and panic buttons for the local police station are good ways to keep you safe. If you live in a relatively quiet neighborhood with good residential security, loud alarms that will wake up the neighborhood are one of the best ways to get help in a hurry. Some people even go to the extent of mounting motion detectors if they live in high crime areas. Purely physical impediments like barbed wire, high walls, and bars over the windows aren't necessarily an appealing option for everyone, but they DO help. Also, home security is best sealed with a few weapons. While not everyone may feel the same way about guns, at the very least some pacifistic options include non-lethal hardware like pepper sprays, electric stunners, and perhaps a few blunt weapons.

If, on the other hand, you have no reservations about injuring or killing to protect the sanctity of your home, ideal choices for home security include combat knives and daggers, pistols, and shotguns. Large firearms like rifles and sub machine guns are usually overkill, and wildly inappropriate for civilian use. The main reason for this is because house fighting involves close quarters combat, so heavy weaponry would actually be a hindrance. Besides, spraying your living room with an Uzi is bound to make quite a bit of mess of the place and probably destroy many household items in the process.

Weaponry is all well and good, but it's ESSENTIAL to have training with them. This can't be stressed enough. Enrolling in a good, self-defense based martial arts gets you some training that you can use both in and out of your home. Plus you shouldn't even consider buying a gun without taking a gun safety course first; too many home accidents occur where somebody buys a gun and, not knowing the first thing about how to use it properly, shoots himself or a family member by accident.

Training aside, improvised weapons are another option you should never forget when it comes to home defense. A crowbar, a kitchen knife, a fireplace poker, a ballpoint pen; anything can be used as a weapon with a little imagination and practice.

Physical hardware aside, knowledge is your main shield and weapon when ensuring home safety. This works both ways: you should KNOW a lot about home security, but KEEP that information out of the hands of anyone not belonging to your immediate family. Strangers asking for your address and phone number because of a "survey", internet chat "friends" that you don't really know in person, servicemen "checking" your house for faulty wiring and leaks; all of these people can actually be front men gathering information about the layout and defenses of your house for a criminal break and enter gang or worse.

Lastly, remember that home safety isn't a one-man effort. Your family members should likewise be aware of the house's security measures and trained in their use. The possible exception is, of course, small children who may look at Daddy's Shiny Huge .45 Automatic as a loud and entertaining toy.

Still, for small kids, home security drills like knowing how to call an emergency line or push a panic button is usually enough to make a difference in a crisis. Just recently there was a case in Washington State where a 2 year old child dialed 911 when her mom fell to the ground and was unresponsive. Two-year-old Alana Miller said, "Momma owie," when the operator answered. The operator was able to trace the call to the child's home in Oak Harbor where her mother had collapsed on the floor from a painful migraine.

Similarly, the training for small children involves teaching them to not to talk to strangers or letting them into the house no matter how harmless they may seem.

How to Secure Your Car

Car Safety, Criminal or Otherwise

Cars are a natural extension of our homes. We live in them a few hours out of every day, for the most part. Now, we might have secure homes with good alarm systems, emergency phone lines, and tightly locked garages. But what about ensuring our personal safety outside the home, when we're in our cars?

Quite a few criminals specialize in car-related assaults, whether to steal a car when the driver's away, or to force a confrontation with the driver still inside and stealing from or even kidnapping (or worse) the car's occupants.

There are two major types of tools that help in preventing car theft when you're not personally around your car. One is a car alarm system, preferably a sensitive one that starts shrieking when anything even bumps up against your car. Granted, this can be irritating for other people if a stray cat decides to turn your hood into a napping spot. However, would you rather apologize to a few irritated passersby, or have your car stolen?

The second tool is much more quiet. There are assorted locking tools that come in the form of bars or restraints that lock down different parts of a car's steering mechanisms when applied. These can be anything from a small secure brace that

fits under the pedals to keep them from being pressed, to larger bars that lock the steering and stick shift securely in place.

Needless to say, criminals have a lot of different ways to bypass even these security methods, so one of the best defenses still remains your own personal caution and judgment. Picking a secure parking spot is a must, even if you have to squeeze in tight to the parking lot. Some people opt to park in quiet, secluded corners simply to avoid the hassle of trying to find a good parking spot along with everybody else. They usually wind up having another hassle - like getting their hubcaps, stereo or other valuables stolen. Pick safety over convenience, and avoid parking anywhere that is dimly lit and has very few passersby.

Aside from parking considerations, there are some things that you should make automatic whether driving around or parking. One is to keep your doors locked any time they're not open, and likewise keep the windows closed. Seat belts are a natural addition to this consideration for car safety.

With regards to windows and doors, you may think it's being paranoid, but there has been a lady who was held up at knife point in traffic, and another who had a snatcher grab her purse through her open window. Criminals aren't always logical - they're desperate, and will take any opportunity that YOU give them to rob or hurt you.

When driving around, you're not necessarily safe from criminals either. They don't always strike when you're parked or stuck in traffic. Three common techniques used by criminals to heist a car is to either stop, herd, or tail a car. This often means that they have a car themselves. In stopping, their main intention is to make you halt and get out of your car. They may pretend to be in a car accident on the side of the road and flagging you down for help, or they may even hit you from behind or the side to make you stop to get out and argue.

In either case, once you get out of the car, it's over. The best way to avoid this is to never stop unless you're in a crowded area with lots of witnesses and preferably police officers nearby. Otherwise, assume the worst. If you really DO pass by a REAL car accident and people genuinely in need of help, then call the police or a hospital from a cell phone and give them the accident location.

Aside from stopping, there's the tactic of tailing. This involves simply following you with another car. Car thieves and kidnappers often work in teams, with one tailing you and coordinating with another group or two. The tailing car simply uses a cell phone or radio to convey your location to the others, and if you happen to pass by a low security area (low lights, few people, etc) then they send the other team/s in to block you off and take your car forcibly by gunpoint.

The best way to avoid this is to know when you're being tailed. Keep yourself alert, and always watch out for cars that somehow always happen to be heading in the same direction you're in. If you think you're being tailed, stick to heavily populated, well lit streets, or even drive to the nearest police station and park near there. Have a donut and coffee. Eventually the tail will get nervous and leave.

The last technique, herding, is only possible if the criminals know your route. In herding, they place various traffic obstructions in your path (like false "road repair" signs) to force you into a detour route where they've got a team waiting. Unlike tailing, this is much harder to bypass especially since the Bridge 500 Feet Ahead might really be Under Repair. In cases like these, the best advice is for you to remember that your car can go really fast in an emergency, and when all else fails, treat your car like a Very Large Bullet... A safer and saner option, however, is to simply never take the same route too often. Habits CAN kill, even the habit of always taking the same roads.

Staying Safe in Public Places

Tips to Stay Safe While Out and About

As far as security goes, most people can remain fairly confident in the sanctity of their homes. The world outside, however, is a much more chaotic place once you leave the refuge of your own four walls. Despite the constant, vigilant efforts of law enforcement, criminals are just like cockroaches, springing up no matter how many times you stomp on them.

The biggest threats are usually from muggers, murderers, and rapists. Even worse, anyone and everyone has a few enemies running around holding grudges against them for one reason or another, and sometimes these can likewise escalate into scenes of violence. Keeping yourself safe against threats is a matter of several simple factors.

The first and simplest factor to personal safety is avoidance. This is simply the art of knowing when and where to go in relative safety. Sticking to well-lit public streets with lots of occupants is one of the easiest ways to stay safe. When going to places like clubs and such, avoid any establishments that caters to "rough" crowds, and especially keep away from places where alcohol and illegal drugs flow a little too freely. Avoid going out alone if possible, and always be sure that whoever you're with is someone you can trust implicitly to watch your back.

Another factor for personal safety is alertness. Don't walk around wool gathering and daydreaming; always keep a sharp eye on your surroundings to spot potential points of trouble. Patches of shadows underneath a tree can hide a mugger, a blind corner is a perfect spot for ambushes, and little nooks and crannies can hold someone wanting to beat you up. Remember, if you assume that there's an enemy waiting to ambush you around every corner, it doesn't exactly mean you're wrong. Paranoia can save your life.

Now, how to actually DEAL with identified threats? The first thing I'll say is: run like a rabbit. Yes, it may seem macho to confront a potential troublemaker or stomp a criminal into the dust using your bare fists. However, let's face facts. Criminals usually carry guns, travel in packs, and have no sense of fair play so

they'll usually hit you from behind and right in the groin. Even with extensive martial arts training, carrying mace and a stunner, or packing a gun, the object of safety is NOT to score more points for bashing the bad guys. The object is to stay ALIVE.

But what if you've got your family with you, your child or your girlfriend/boyfriend you might ask? THEN all bets are off. Do whatever it takes to win. If you decide to study martial arts, take up one that stresses real self-defense and not physical fitness, tournament "fighting", or "mystic" garbage. The dirtier and messier the tactics, the more effective they usually are. Bite someone's ear or throat, poke a finger into an eyeball and gouge it, knee a groin, elbow the side of an enemy's head, head butt his face.

Martial arts aside, if you pack weapons remember that it's your family's life at stake; DON'T hesitate or feel mercy, there will be room for regrets over shooting or stabbing someone AFTER you ensure that your loved ones are safe.

Also make sure that whom you're with is well aware of what to do in a trouble situation. If you say run, they've got to run. If you get cornered and have to fight, buy them time so they can run off screaming for help. If one of you has a cell phone, call 911. Drill your family and loved ones in these tactics to make sure that they don't just run around aimlessly like chickens or (much worse!) get in your way if it comes down to a fight.

By the way, we need to insert something here. If you get cornered and can't run, but all a criminal wants is your money... GIVE it to him! You can always make more money and fighting back is an option only if it's a matter of life and death. Machismo is stupid. The same applies if a snatcher grabs your purse or a pickpocket nabs your wallet.

Self-defense is also a matter of attitude and posture. As far as your eyes are concerned, there are two extremes that some so-called "self defense" instructors will usually endorse. Both are dumb and will get you killed.

On one hand they say NEVER meet anyone's eyes. This is to avoid seeming "confrontational". The end result? You wind up looking hesitant and afraid. In short, a born victim.

The other extreme is to intently stare down anyone fearlessly. The idea behind this is to look capable, intimidating, and confident. Instead, it winds up looking "challenging", and more often than not someone bigger, tougher, and meaner than you WILL take that implied challenge. Have fun then...

So what to do about that? Simple. Your eyes are there to OBSERVE your surroundings. So just look at people, let them know you've seen them, then let your eyes slide over them and keep up the search pattern over the rest of the area. Keep a poker face all the while. This says several things to a potential troublemaker.

One, you've spotted him.

Two, you don't CARE, unless he becomes a threat.

Three, you're keeping alert for other sources of trouble.

This type of visual pattern implies a capability to deal with trouble without you being the type who's looking to get into it.

Lastly, aside from your facial expression (poker!) and an impassive but vigilant stare, your posture and body language will speak volumes to would be muggers, rapists, and murderers.

Again, the impression you want to create is one of vigilance and capability without seeming like you're challenging them. Any form of tension, jerkiness, or hesitancy in your movements will be read as nervousness and fear. Being TOO relaxed worries the SMARTER criminals, but the dumber ones don't know better and will read it as physical and mental weakness.

Keep your movements fluid, in perfect balance at all times, and ready to move in any direction at a moment's notice. Adopt a long, smooth stride to your walking pattern, and don't let your arms swing wildly when you walk. The simplest way to describe this method of moving is that it's halfway between marching and slouching.

Staying Safe in the Work Place

The Office is Not Always Safe!

Working regular hours in an office is something that's pretty much a part of every day life for most people. However, it's surprising to see how many people let their guard down when they're at the office. After all, the office has security cameras, guards with guns, and your office mates surround you. It's MUCH safer to be amongst your peers rather than when you're out alone, or at home where you can be burglarized, right? Wrong!

Criminals aside, there are dangers in every work place. This is especially true of people who work in hazardous or heavily industrial environments. All sorts of things can happen in the work place, like gas leaks, fires, someone coming in sick with a contagious disease, or having a wrecking ball or piano fall on you.

The best answer to the problem of these miscellaneous work-related mishaps is simply vigilance. Relaxing your guard and focusing on your work TOO much are sometimes necessary to get a job properly done, but the rest of the time keep an eye out for potential trouble. Also, if the office HAS safety procedures in place, they're there for a good reason!

For ladies, there is also the added problem of male co-workers. I'm sure you all know what I'm talking about. Avoid the guys who are TOO friendly, too darn attentive, or just plain clingy unless you happen to like them BACK. Otherwise, if they're not your type, I'm sure you know what to do. But aside from using polite brush-offs, icy stares, or whatever your personal favorite Weapon of Moron Rejection is, you might also want to consider that these same losers might be desperate enough to physically jump you outside the office.

Stalkers ARE a sad fact of life. What is the best way to deal with them? Suggestions are martial arts training (combative, not sport oriented ones), getting a boyfriend the size of a Mack truck, a can of mace, a cattle prod, or a small .22 caliber pistol to blow their kneecaps off.

Office people in general should avoid becoming workaholics and heading home late at night. For men this often leads to angry wives and girlfriends. This alone can already lead to broken bones and multiple concussions. But be aware that there are also muggers and rapists who make late night working office people a favorite type of prey. So, if you can avoid working late, head home while the sun's up. If you can't do this, then at the very least take sensible precautions like calling home before you head out so that your family knows if you go missing. Avoid taking "short cuts" if they run through dimly lit pathways. Stick to where there's lots of light and people.

Another tip for office safety is to always have an escape route. This may sound weird to some people, but it's true. Always know where the stair wells and fire exits are, and know the shortest and fastest routes to get out of the office in case of any assorted disasters.

Aside from the obvious threat of fire or earthquakes, office buildings usually have central ventilation systems through which air is transmitted. While this may seem like something out of the movies, it's actually true that certain household chemicals, when mixed together accidentally, can make a milder but still fatal form of nerve gas. This is just an example of how accidents can kill you if you don't know how to get away from them, so know how to RUN, and to run FAST!

As a last note to shake up the people out there that confidently still think, "it only happens to other people/the movies", keep in mind one thing. Modern work places are high stress environments. Now, given the number of people your boss has most likely abused, fired, or angered over the past year or so, consider that some of them may want revenge. Just because you or your friends wouldn't do something rotten or criminal, it doesn't follow that everyone else will abide by the rules...

How to Be Safe When Traveling

Knowing How to Be Safe When Traveling

Traveling can be a good opportunity to try a new adventure every now and then. You can discover a new place or get to know another culture. Sometimes, traveling can also be urgent because you need to do official business or visit a relative or friend. As such, when you do venture on a trip it is best to know how to be safe when traveling.

Knowing Your Mode of Transportation

You have to be aware of the method of transportation you will take to be able to stay safe when traveling. Each method of transportation will have its own peculiar requirements to help you stay safe. It is best to know what to do before you leave for the trip and be prepared for any circumstances during your travel.

Driving Your Own Car

When you drive your own car to travel you must be sure before you leave that you have everything you need for the trip. If you will go a long way without knowing the exact location of gas stations, it is best to keep a full tank. You should also have the tools that will aid you in case of car problems. This way you will be secured from being stranded in an unfamiliar place.

Commuting on a Bus or Train

Before leaving on a bus or train, make sure that your luggage is well secured and locked. Then, deposit them in the luggage compartment. Your important belongings must be in your carry-on bags. Hold firmly to your ticket to secure your seat until you've reached your destination.

Going for a Boat Ride

Traveling on a boat can expose you to certain conditions you're not used to. It is best to be prepared before you leave with the proper medications that will help you deal with the motion sickness you could experience. It is also helpful to listen to the brief instructions given before the boat ride to know what to do in case something happens in the middle of the trip.

Taking a Plane

Flying is also a method of transportation that people commonly take when traveling. This industry may pose stricter requirements compared to other modes. As such, before taking a plane ride, be sure that you have taken note of things that won't be allowed during the plane ride. This will help you avoid conflicts with securities if you mistakenly bring a prohibited item. Be aware also of items that you can't bring in at your point of destination. You can't risk being subject to penal laws of another state.

Extra Security and Safety Precautions when Going Abroad

There are more safety precautions that you have to take when you go abroad. First thing to keep in mind is to secure a map of your destination. This way, you will avoid getting lost once you go beyond your familiar territories. Another tip you have to keep in mind to stay safe when traveling is to have the right contact information for emergency situations. You must know the contact numbers of the local police, hospitals and fire stations. It will also help if you know exactly where to find these places on your map.

It is also crucial to know the local laws and customs of your destination. You can't afford to violate local laws right when you step into a foreign country. You should also be aware of the customs of the locals when traveling abroad to avoid offending anyone. Be aware if the environment is likely to be critical or even hostile to foreigners.

You should also specifically address specific situations when you travel with kids. Children are more sensitive to changes in the environment. They might feel excited with the trip at first but this can eventually turn into homesickness. As such, be sure you have some things at hand to comfort the kids. You should also be able to handle kids during tantrums. Always keep them at your side. You can't afford leaving the kids wandering, especially if you are on a boat or train ride. Know how to be safe when traveling. It pays to be secure during your travel to avoid any dangers to you and your family.

What to Do If Attacked

Know What to Do If Attacked

Dangers and risks are all over the place. Each day is like a hurdle as people try to continue with their daily tasks despite the dark possibilities in the environment. Rather than feel incapacitated by paranoia, it is best to know what to do to ensure your safety and security. For example, it pays if you know exactly what to do if attacked.

Self-Defense Skills

You can educate yourself in ways that will empower you if put in a dangerous situation. This is giving you the skills on what to do if attacked. You can attend classes on some martial arts like judo or karate. The class can help you enhance your skills in dealing with physical attacks and overcoming any difference in size of the opponent. Keep in mind that you need not be an actual black belt to completely save your life from attackers. If you worry that you might not be able to attend a self-defense class, you can still protect yourself by at least knowing some moves. There are various kinds of self-defense models and you can take on the basic ones that you can learn without having taken a class. There are basic body movements and traits that you can keep in mind to get the attacker out of your way.

You only have to know what critical points to focus on to temporarily disable the attacker. Keep in mind that you need to defend yourself but you shouldn't overdo it. Once your attacker has been disabled, take the opportunity to escape. Don't keep on hurting the attacker or you will be the one to end up with an assault charge.

In this regard, some movements are very helpful. Kicking the attacker in the groin will cause grave pain and give you enough time to escape. If you are wearing heels, you can step on the toes of the attacker to make it more difficult to chase you.

You can also bring some basic things with you that can serve as a weapon. Many people carry pepper spray or stun guns. Pepper spray has shown to be highly effective in stopping attackers, however, some localities may actually ban the use of this tool, such as New York or New Jersey. As such, you can still rely on your basic cologne spray. This can be used to momentarily disable your attacker by spraying the cologne into the eyes of the attacker.

Precautionary Measures

An ounce of prevention is worth a pound of cure. This saying is true even for your safety and security. It is better to know what decisions will keep you from being exposed to risky situations. This way, even if you don't possess needed self-defense skills, the need won't arise because you stay in a safe area.

When you go out, it is best to be with a group. This way, you won't be as vulnerable. If you do travel alone, be sure that it is the right time of the day. Avoid treading in unfamiliar neighborhoods, especially those places with bad reputations. Stay away from dark places.

You can also try to be more vigilant of your surroundings when you go outside. It is best to keep a distance from other people, even if they look friendly. Be mindful of strangers that check you out, especially when they start inching closer. Even if you may look weird to the stranger, just walk as fast as you can away from the person.

There are also some physical traits that you have to be cautious of. For example, if you aren't particular with the length of your hair, it is best to keep your locks short. Most attackers will attack women by grabbing their hair. Keeping short hair will give a disadvantage to an attacker. It is also helpful not to wear earphones when you are out on the streets. This will make you less sensitive to your environment. The attacker can even take advantage of the cord of the earphones to grab hold.

It is best to know what to do when attacked. This is the way to ensure your safety at all times. Take care of yourself and your own interests. Don't let those people with bad intentions get the better of you.

Do You Need a Weapon?

Self-Defense: Do You Really Need a Weapon?

As we've discussed thus far, people fear for their security. The threats from their surroundings are growing. You can't fall victim to the trap of those people with bad intentions. As such, it is very important to be prepared.

When going outside, it pays to have something that will help you neutralize and overcome an attacker. However, does this fear of being attacked justify the use of a weapon for self-defense? Do you really need a weapon?

Do You Need a Weapon?

When people talk of weapons, it doesn't necessarily mean that you have to get a gun. There are many types of weapons that can be included on the list. This can include the likes of pepper spray, mace, tasers, stun guns and some of the sharp objects in your bag.

Considering the different weapons that can be used, it will really help to get to know the pros and cons of each option. This way, you can properly evaluate which type of weapon you can use to protect yourself from attackers.

The Pros and Cons of Different Kinds of Weapons

Know the pros and cons of any choice you might take

Firearms and Guns

In the USA, people have the right to bear arms. Consequently, a woman is entitled to the same right. She can have a gun in her possession in order to protect herself when the need arises. Just keep in mind that there are certain duties and responsibilities that come with the right to own a gun.

The good thing with a gun is that it can really scare off an attacker. Sometimes, even a water gun can do the job. You can even get training so that you can be sure that you do the right thing when the time to use it comes.

However, there are also considerable disadvantages in using a gun as a weapon. First of all, you have to make sure that you have a permit to carry the gun. This also requires some good amount of caution so that the kids in your home won't be able to grab hold of it. Another big risk in carrying a gun is that the same may be used against you if you aren't capable enough of firmly holding onto it. It gets even worse if you go beyond self-defense when you pull the trigger. It isn't impossible to actually hurt the assailant or other bystanders. As such, only choose this type of weapon if you are trained to do so and are prepared to use it.

Pepper Spray

Pepper spray is very popular choice among women for self-defense purposes. This is perfect for temporarily disabling an attacker and can give you the time you need to get away and alert authorities. We have a whole chapter on pepper sprays and how to use them effectively in a later chapter.

If you still feel uncomfortable about bringing a weapon with you, then it is best to at least know how to improvise with what you have in your bag.

For purposes of self-defense, the weapon is needed to simply neutralize or temporarily disable the attacker to give you a chance to escape. With this in mind, some of the things in your bag will be very handy. You can use a hard case to knock out an attacker. A pen can be used to wound the legs of an aggressor. You can even use a cologne spray instead of the pepper spray.

Do you really need a weapon? Maybe you do. It can help you in various ways. Just carefully evaluate your preparedness and be resolute enough when carrying a weapon. This way, you will be able to properly use it for your self-defense.

Your Child and Stranger Danger

Keep Your Child Safe from Strangers

It is now common sense for parents to teach their kids not to talk to strangers. It really is very important to let your child know some safety precautions. Teaching your child how to be safe from strangers is a main concern if you want to ensure the security of your kids even if they are away from you.

Don't Talk to Strangers

Kids tend to be trusting. Their innocence can sometimes be a risk to them in this complicated world that society has evolved into. In as much that we want the child to indulge in this innocent phase, teaching him or her how to be safe from strangers is a more pressing concern.

We can't always be at the side of the child constantly. As such, teaching your child this basic phrase of not talking to strangers will significantly help in avoiding exposure to danger. Just saying the phrase "don't talk to strangers," won't suffice if you are serious in teaching your child how to be safe from strangers. You have to let the child understand the whole situation. Otherwise, the phrase will be something that the kid will play in his or her mind without any effect to subsequent behavior.

Here are some tips to keep in mind to properly teach your child to be safe at all times.

Explain Who Is Considered a Stranger

It is important to explain the concept of a stranger to the child. A stranger is anyone whom the child doesn't know. However, you should make this idea even clearer. For example, the people we bump into on the streets are strangers. Even if the person introduces himself, he is still a stranger.

It is best to teach the child to be careful of other acquaintances. Explain that even if the family knows this certain person, the child shouldn't immediately trust him or her.

It is best to simply say no to any offers. Teach the child to always come to you to ask for permission first for any offers or proposals. Your child can politely respond to any stranger a negative answer. If the person is someone your kid knows the best answer would be to ask permission at all costs.

Sometimes Being Not-So-Good Can Be Good

Teach your kid to always stay put when in public. Their curiosity can sometimes lead them to different situations that can be risky without the presence of a guardian. As such, tell your kids to stick to the task when outside. For example, if he or she is on the way home from school, there should be no detours. The only duty is to go home, there is no need to delay with any stopovers.

Your child may also be a very eager kid who will be willing to help any adult who will ask for help. As much as we want the child to be a Good Samaritan, it may be a better idea to avoid people who ask for help. Explain to the child that if any adult should really need help, he or she will have to approach a cop or another adult. Help the kid understand that the need for help may only be a ploy to make the kid go with the bad guy. Thus, stay away as much as possible to the stranger who asks for help.

Establish Rules with Your Child

It is best to set rules when you teach them how to be safe. This is especially true when your kid goes to school. Some safety precautions must be kept in mind when your kid takes the school bus, goes to the school or stays in the gymnasium. Even if the kid is on the school grounds, it is best not to tag along with any adult that will approach. Let your kid know that it is only the teacher or the school principal to whom he or she should listen. It is also not good to stray after school. It is best to stick to the school bus transportation when going home.

Teaching your child how to be safe from strangers is very crucial. This will avoid exposing your child to risky situations. Your beloved child deserves a more secure world. However, as people struggle to achieve that, it is best to simply teach your child some safety precautions to ensure safety and security at all times.

Child-Proofing the Environment

How to Child Proof the Environment

Parents are always concerned with the security of their kids. Most of the time, this concern directs all efforts to make outdoor trips a safe activity for the family with a child. However, before pouring all your efforts to the outdoors, ensure the safety inside the household. Do some childproofing of the environment inside the house.

The structure of the house is constructed to fit the lifestyle of adults. As such, little kids, particularly the newborns and toddlers, may not find the typical household as the safest environment. This makes it very crucial to childproof the household environment. This means making the house safer for the child to move around in. This will avoid any accidents and unwanted events from happening in your own household.

What Steps to Take in Child-Proofing the Environment

There are certain things that you can do to make sure your home is safe for your child. This should be a priority for the household, especially if you have a newborn that will soon be a toddler creating mischief through their natural curiosity inside the home.

Safety Proofing the Kitchen

There are many things in the kitchen that can be dangerous to kids. One thing to be cautious of is the electrical appliances, sharp knives and the glassware. Make sure that these are out of reach from the children, especially the toddlers. They can't help but be curious with their discoveries. Thus, it is best to keep them away from the temptation of touching these objects.

You can make use of safety latches that will keep kitchen cabinets difficult to access for little kids. Make sure that critical tools in the kitchen are locked in a safe place. This includes sharp knives, cleaning products and matches. Keep the trashcan tightly closed. Little toddlers tend to reach for anything and put it in their mouth. Grabbing objects from the trash bin can be very harmful to a child.

In as much as you want the kids to stay close to you, make sure that when you cook, they are at a good distance. This is to keep them from touching hot pots and the stove. This is to avoid any accidents especially when you get busy with your task and may be less aware.

Have Safety Gates

Safety gates are a must especially if you have a two-story house. This will ensure that your little toddler stays within safe boundaries. Make sure that your safety gate is properly attached. It should be high enough so that the toddler can't get over it. The lock or latch of the safety gate must be concealed or complicated enough for a little toddler to not understand how to operate it.

Choose Non-Toxic Toys

It is also wise to be very selective of the toys that you will hand out to your child. There are many toys on the market but stick only to the ones that are non-toxic. This ensures that your toddler won't be exposed to harmful chemicals and elements. Even if the toy is non-toxic, dealing with little kids means avoiding the miniature toys. Again, they tend to put things in their mouth. Giving the toddler toy that is too small can later cause choking and accidents.

Buy Fire Retardant Clothing

You should allot money in your budget to purchase fire retardant clothing for your child. It is very important not to expose the child to fire or flames. However, if the child gets in a situation where fire is present, the fire retardant clothing will keep the child less vulnerable to the danger.

What to Look for When You Do Your Shopping

You should also take certain things into account when you go shopping. Child proofing the environment will also entail buying equipment that will support the cause. You must prioritize the crib when there is a newborn baby in the house. This is the most secured spot for a baby.

You can also include a baby car seat on the list. This way, you can easily keep the baby safe inside the car when there is only the two of you traveling. You should also consider buying table edges that will avoid accidental bumps from being damaging.

Child proofing the environment is very crucial to households with newborn babies and toddlers. This is a must because it ensures that your baby will be safe and secured inside the home at all times.

Financial Safety and Security

How to Achieve Financial Safety and Security

Yes, money isn't everything. But if you are a woman without any sense of financial safety and security, you will find yourself in a losing battle. The good news is that more researchers are finding that women can actually be better investors than men. Women generally have the qualities to make it big in the financial market, with proper training and resources.

Get Out of Debt

Debt is a cancer that digs a deeper and deeper pit for those who fall prey to it. Debt is just about one of the worst things that attack your esteem and kill your chances of being financially stable. If you have a host of debts, you must be able to kick those debts. Find ways to increase your income and get out of debt as quickly as possible. If you will be able to get your net worth from a negative to a positive, this will mark the beginning of effective financial management.

Income Source

This is the very first step for a woman to get financial safety and security. You can't advance to financial security if you don't have an income source. This may require you to work really hard for a long period of time so that you will have enough money for your living expenses. Live below your means, for this will help you avoid debt and have more room for your other actions to financial safety and security.

While you can easily rely on your husband for support, it takes so much more bravado to earn your own money. Also, the rewards are greater if you have your own money sources handy. Having multiple sources of income is very advantageous.

Emergency Fund

An emergency fund is a savings stashed away for emergencies, such as getting laid off a job or having some medical problems or other things that will require you to spend a lot of money at one time. The emergency fund must be at least three to six months' worth of your living expenses. This is something you must try hard to build after you have gotten out of debt and widened your income sources. Before you venture into any form of investment, you must be able to have an emergency fund stashed away somewhere.

Stocks and Low Risk Investments

You can't rely on time deposit to multiply your money humanely. You will find that most time deposits will take forever before they double your money. You can't work forever. You need to be able to harness ways to make money earn for you. This is called passive income. Yes, you can work your tail off in a 9-5 job, but if

you aren't able to make wise use of the money you are saving, you won't be able to build as much wealth as you would like. Learn the ropes of the stock market and low-risk investments such as treasuries and mutual funds. These will help you earn more at a greater rate depending on how much risk you can manage. A rule of thumb is to never invest money you can't afford to lose. A well-managed financial portfolio will be your way of making passive income and not having to work too hard to gain financial security.

Real Estate

If you want less risk and more leverage, invest in real estate. Real estate takes a longer time to sell, but it is definitely worth your time and investing money. If you have investments in both real estate and stocks, you will be well on your way to not just having a sufficient amount of emergency fund, you will also find yourself heading off to early retirement with a comfortable lifestyle.

Insurance

A good insurance company is an investment. If you have insurance for your cars, yourself and your loved ones, you will be able to save money as well. Invest in insurance policies as soon as you build your emergency fund and nest egg. You will be able to benefit from this, though it requires you to give a fixed regular amount that you will have to add to your regular operating expenses.

Online Predators and Your Child

Online Predators: How to Prevent them From Getting to Your Child

"Marie", an unsuspecting teenager who likes making friends in MySpace, agreed to meet a certain John Dobb. He was her online friend from MySpace, and she agreed to meet up with him. After getting out from the swimming pool, Marie finally met the guy behind the friendly mask. Fortunately, she was able to get the lifeguard to act as her mother and warded off the horrible stranger who deceived her.

This is a just one minor occurrence among a sea of online predators who may be putting your child's life at risk. These online predators have taken advantage of the powers of technology into luring youngsters into their trap. It is so much easier to be stalked and be attacked with sexual harassment with the influx of technology. And more and more filters are needed, as there are younger and younger Internet surfers who fall prey to these schemes.

Often, the prey to these online predators are those who are still new to Internet surfing, and are prone to succumb to peer pressure for the most part. In order to fit in, belong or make one's presence known socially on the Internet, there is internal pressure for kids to keep adding people so that they can be popular and have many "friends". They do this with the sincere intentions of fitting in, experimenting and possibly exploring things they have no avenue of discovering offline. This is where online predators come in. They try to convince their

victims that they can provide them something that they need. Children are often suspended with the belief that the world is a good place full of rainbows and smiles. As a parent, you will have to gently break the truth to them and tell them of the dangers that exist when Internet surfing. Also, help your child to build his or her trust in you so that he or she won't be compelled to hide his or her surfing activities from you. If anything, you can exercise parental control for as far as your children are willing to let you in.

Fortunately, state and federal lawmakers have been done much research regarding this, and more and more plugging for awareness has been witnessed with regard to online predators. As a parent, you must definitely familiarize yourself with your child's online activities. You must be able to learn their lingo, habits and subculture so that you will be able to relate when your child tells you of his or her activities. Also, you will benefit if you take cues from history logs on your Internet browsers. Latest editions of operating systems also offer software that help filter out unwanted browsing elements and help make Internet surfing for your kids as friendly and wholesome as possible.

It will also help if you make the computer communal property, like the television. Place it in an area where you can easily monitor your kid's online activities. Never allow your kids to have their own personal computer in their bedroom. Don't leave any room for secrecy until your child is old enough to discern between online predators and real friends. Do check on your child's email and the websites he or she frequent. Also discourage your children from interacting with complete strangers. Make them limit their revealing of personal information as much as possible. These are things you need to keep in mind so that you will be able to help them protect themselves from the dangers of giving out too much information and making them vulnerable or an ideal online target.

Chat rooms are a complete no-no, because this is where most of the troubles start. If your teenager has MySpace or other social networking accounts, advise him or her to keep his or her profile restricted to friends and family. Also, give your children guidelines on how to be able to use the Internet efficiently. Set your own ground rules for your child to follow.

You must be able to have information on authorities regarding Internet abuse. Keep their contact numbers handy so that you will be able to contact them immediately when you are confronted with possible online predator attacks on your child. You may also find help by learning the state and federal laws in your area regarding online predators.

Identity Theft

Ways to Prevent Identity Theft

It is bad thing if you get your wallet stolen. But it is infinitely worse if you find that not only was the cash in your wallet taken, but the total stranger made use of your credit cards and checking accounts to make an unbelievable shopping spree, open their own big time accounts and use all of your money and buying powers in a casino in some other part of the world.

The repercussions of identity theft are unimaginably traumatic. For one thing, the victim loses his reputation. There are various kinds of identity theft. The more famous one is the financial identity theft, where your identity will be used to siphon off huge sums of money and not have to answer for it.

The more morbid type is criminal identity theft, where criminals will hide under another unsuspecting person's identity in order to get away from a crime they committed. Still others, make use of business identity theft. This is where business names are being used in order to generate income illegally. There are various state and federal laws that pertain to identity theft.

Identity theft is especially hard on women because there is a grave emotional consequence to being a victim of identity theft. It is like being a victim of a major crime such as murder or rape, and probably even worse, because you will be responsible for the consequences of another person who perpetrated all those injustices. The saddest thing about being an identity theft victim is that not all of the identity theft culprits are caught. Some will have to live with the horrors of having a stolen identity without seeing justice being served.

The usual identity theft culprits are often smart people. They can figure out your information if you even leave so much of a trace. A crumpled piece of ATM receipt can actually lead to identity theft if it falls in the wrong hands. As a woman, you will have to be extra careful regarding this. There have been reports such as the famous Starbucks issue, where massive identity thefts on Starbucks employees were made possible because of the carelessness of a female Starbucks employee who was sweet-talked by a seductive male into giving away all of her co-workers information.

Social security numbers and credit card details are the greatest items of identity theft. Almost 80% of identity theft cases start out when a culprit is able to get your SSN and credit card details like your mother's maiden name, email passwords, email messages containing your personal information, among many others, which can be a major cause for panic.

As technology increases, more and more people are being tempted to harness the technology for selfish pursuits. And being a hacker comes with major benefits. It is possible to earn as much and do as much as you can as a hacker without really having a stain on your reputation because you have another person as a buffer.

Most women act on emotion. This can sometimes work to our disadvantage if not properly regulated. Also, carelessness and a general lack of vigilance and street smarts make women more prone to being victims of identity theft. Women are often notorious for bringing in so much of their stuff during a shopping spree. If you really want to protect yourself, don't put everything in your wallet. Diversify your personal details. Take as little as possible. Don't carry a bunch of cards in your wallet if you don't need all of them. Also, stash your user names and passwords to different accounts in a place where it isn't accessible. Shred all documents that you intend to throw away especially those that pertain to your financial status such as ATM receipts, billings and many others.

If worse comes to worse, you also need to have the number of the Identity Theft department of the FBI handy. Look for institutions that you can go to if you suspect illegal activity happening under your identity. Credit reports from the three major credit bureaus can also help you track down not only your purchases, but also if somebody is dipping his fingers into your buying powers.

Your Child and Daycare

Things to Consider Before Going With Day Care

More and more parents these days find it very difficult to make time to give their children the attention and time they deserve. Most parents are now working 9 to 5 jobs, and they are compelled to complete work requirements and take care of their children at the same time. The option of taking your child or children to day care may seem one of your best options when confronted with such a situation.

A day care center is, taking from its name, a facility made to care for children during the day. At a fixed drop off and pickup time, children are placed in the day care facility. There, the day care people will attend to them while their parents go to work. At the end of the day, parents pick up their children from the day care facility. Usually, day care facilities charge on a monthly basis and working parents are more than willing to pay for day care as part of their regular operating expenses.

While nothing beats the attention that parents give their children, day care has somehow emerged as an effective substitute. However, putting your child in day care doesn't necessarily mean that you are absolved or exempted from rendering some quality time with your child. It is just a substitute for some aspects of parenting such as the time aspect and the dynamic aspect in form of play and interaction with other children. But at the end of the day, it will still be you and your child who will form much of who he or she will be in the future.

There are other alternatives you can consider before placing your child in daycare. You have the option of having your child cared for by a relative, or if you have a lot of children, you can keep them all together in family day care homes, which still simulates the atmosphere of a home and can keep all siblings together under one roof. However, these alternatives have limited capacities and you may find that day

care centers are still more reliable and trustworthy because it has the advantage of being in the business for a longer time as compared to its alternatives.

Of course, a day care center's credibility is one of the first things you will have to consider in order for you to be secure that your child is in good hands. The day care must be, first and foremost, licensed and registered under the government. The government has certain standards that day care centers must meet. You must find highly recommended day care centers.

The caregiver and child ratio in the day care center is also important to consider. You must make sure that your child gets the maximum supervision that they need. The advantage of day care is its structure. It is solely devoted to caring for your child, providing activities that will keep him or her from getting bored. It is also an avenue for them to be able to socialize and mingle with other kids. The activities will be tailored to suit your child's age, attention span and willingness to interact with other kids. Most of the people in day care centers are quite experienced with dealing with children of different ages, and you will be secure that your child won't get bored while you work.

Also, day care allows children to socialize with other children. Parents can also find allies through other parents who put their child in the same day care center. This provides them with common ground to build friendships, trade pieces of advice in child rearing and many others. Should you have difficulty getting out of work to fetch your child early, you can sometimes rely on your fellow parents at day care to help baby sit for you and vice versa.

But even the best daycare centers have their pitfalls. You will find that more children are susceptible to colds and other illnesses if exposed to other children. And while you find a good daycare center, few daycare centers will reject people who come in and out of their facility. You might find that you won't be able to screen the children your son or daughter will be hanging out with. Another thing is that day care can never substitute the time and attention you can give your child. No matter how great a day care facility is, the child will continue to long for your time and attention.

Safety Plus

Your Guide to Emergency Services (And How to Make Them Work for You!)

Let's face it: we never know why or how an emergency will occur. It can strike you at any minute at any place. You may make all possible preventions but it can still happen. When you are at home, you may feel safest, but what if disaster strikes? You can't bank on mere prayer and fate to help you out of the situation. Panicking also won't help you get out of your situation – that would be one of the biggest mortal sins you could ever commit. But you must be able to prepare for an emergency or disaster before it strikes so it won't get the best of you.

Here are a couple of emergency services that are available for you, and you must keep a list of their contact numbers handy.

Fire Emergency

You must make friends with your town firemen if you want a gush of water coming in at your disposal when an unexpected fire strikes. Hopefully in your community firemen are well compensated. The demands of their job require them to always be vigilant and filled with energy. Most of the firemen are trained to be able to nail down the source of fire and control damage if it has already been inflicted.

Police

You can't just let crime pass by. File a police report at your nearby police station. Having their numbers handy in case you need them is also another link in your first line of defense against disaster and emergencies.

Medical Service

This is another common emergency. Medical help may be required in some circumstances. Having a nearby target hospital to go to during emergencies is vital. The matter of life and death isn't something to take lightly. Even way before the emergency, you must be able to check if a hospital is prompt, ready and reliable in times of disaster.

Search and Rescue Services

Sometimes, when your residence or area is located in the suburbs, there are search and rescue services available for those who get lost in the woods or in some unfamiliar territory. There is much urgency in the jobs of those in the search and rescue service because the dangers of the person who is lost are unknown and unpredictable.

Lifeguards

When you are living near the beachfront, making friends with your lifeguard may be one of your best decisions. This is just in case guests encounter some sort of difficulty getting out of the water, attacked by a sea creature or has accidentally drifted off to a deeper part of the ocean. You can't expect your saviors to be like those you watch on Baywatch, but they are definitely reliable in doing their job to save lives in the water.

Your Own Home Kit: Emergency Supplies at Your Disposal

Of course, nothing beats your own emergency kit. As you wait for those other services to come to your rescue, you will have to do something regarding the situation.

Part of your emergency kit may include pre-packaged first aid kits, water, flashlights, hygienic items, heat packs - all of which fit nicely in an easy to transport bag. Your three core areas for building your emergency kits will be at work, at home and in your car.

This line of defense against disaster doesn't guarantee that you will get out of any disaster without hassles. But it will certainly lessen your chances of hanging on to despair in the midst of a crisis. Not everyone is required to be a boy scout or girl scout, but at least a good dose of preparation in case emergencies unexpectedly occur will help you make the most out of every given situation and not leave you empty-handed or without a good fight.

If you are by nature forgetful, have a handy list of these things you can have access to during emergencies in a place you can easily view so that you will be able to make use of them and not make the preparation useless.

There are emergency survival kits on the market that have the necessary items for you in one kit. You can find different size and priced kits at www.fingereze.com - along with safety and self-defense products. You will want one that can sustain you with food & water and necessary medical supplies for at least 3-days, enough to hold you over until help arrives.

Helpful Tips for Using Pepper Sprays

How Do Pepper Sprays Work?

Pepper spray's active ingredient is OC or oleoresin capsicum. The OC is derived from Cayenne peppers. These are some of the hottest peppers in the world. OC is mixed with oil and put in a spray can under pressure, just like an aerosol spray. Pepper spray cans have a button that when pressed, allows the contents to flow out from a small hole at high speed. Some have a safety pin to stop accidental sprayings and wastage.

Unlike MACE or tear gas, which are irritants, Defense (Pepper) spray OC is an inflammatory agent. Contact with mucous membranes, eyes, nose, throat and lungs, causes immediate dilation of the capillaries. This can result in temporary blindness and instant inflammation of the breathing tube tissues and systematically cuts off all but life support breathing.

OC also will create an intense burning sensation on the surface of the skin. However, OC will cause no permanent lasting after effects. When sprayed into the eyes and face of an attacker, it should stop the attacker. It can take a few seconds before it starts to work. The effects last from 15 to 60 minutes. Because OC is an inflammatory agent and not an irritant it is very effective on those who feel no pain such as psychotics and those under the influence of drugs or alcohol.

Pepper Spray may not be quite as effective on addicts, intoxicated or hysterical persons. You may have to spray them twice with a good burst of pepper spray to have the desired effect. An attacker can still grab you, punch you, stab you or shoot you and will definitely be more angry after being sprayed. However, most pepper spray victims instinctively fall immediately to their knees and start rubbing their eyes.

When is it Ok to Use Pepper Spray? Chemical sprays are for personal self defense only to fight off an attacker. Pepper spray is not to be used offensively to protect property or on someone you merely dislike, and doing so in a non life-threatening situation could land you in a heap of trouble. Use it only when your life is threatened or in danger.

When & Where to Carry Pepper Spray

You should have your pepper spray for protection with you whenever possible. Hopefully, you will never need it, but if you do, you are unlikely to know when until the very moment you need to grab for it. Be ready for surprise attacks, even if you have your pepper spray on you. Stay away from bad areas, but if you must for instance walk into a dark parking lot or other isolated area, you should have the spray canister in your hand and ready to trigger. Surprise attacks happen very quickly and usually with no warning. If the canister isn't in your hand you simply won't be able to get to it in time.

Remember that your first priority is not to fight, but to escape. Brandishing your pepper spray at your attacker may be all it takes to be allowed to back away and escape. But if your spray is not handy and faced with someone who demands your wallet, purse, jewelry, etc. give it to them, and get out of there! No possession, however valuable, is worth risking your life over.

Keep a small pepper spray on your key chain, in your purse or briefcase, in your desk, glove compartment or on the stand next to your front door. They are inexpensive enough and come in many shapes and sizes that there is no reason to have a few of them handy. Pepper Spray ideally should be carried in the same place every day. A pepper spray holster or loose outer coat pocket is best. A pepper spray keychain is especially good because it is usually in your hand coming from and approaching your car.

Jogging, Running & Walking

Each time you run, jog or walk, you may be exposing yourself to criminal elements. Many criminals may see a female jogger as easy prey. Even men have been attacked or robbed while jogging alone.

Avoid running/jogging at night, definitely avoid Friday and Saturday nights. There are far too many drunken men driving around just looking for trouble. If practical, jog in the early morning. Most scumbags, deadbeats, and other criminal types will still be in bed. If you see people ahead who look like trouble or you get a bad feeling, swallow your pride and take a safe detour or turn around and retrace your course. If you must continue be sure to have your spray ready to be fired. If should someone try to get you to stop, such as asking for a light or directions, etc. Just make brief eye contact and keep jogging. Not making eye contact is a gesture of fear to the criminal mind. Keep your pepper spray ready.

Even while carrying pepper spray, stick to well traveled areas. Avoid shortcuts through wooded areas, parking lots and alleys. Don't wear headsets and carry a cell phone. Be aware of hiding places and blind corners. There are also pepper sprays that are made especially for joggers and runners that are easily hidden or concealed in jogging weights ("Hot Walkers"). Visit <http://www.fingereze.com> for pepper spray products that will suit your purposes.

Pepper Spray at Work

Workplace homicide is the leading cause of death among female workers in the US and is the second leading cause of death for men. This is a startling statistic. Aside from homicides, there are around 18,000 employees who are non-fatally assaulted every week while on the job. Don't be a victim, keep pepper spray within easy reach. Especially if your job entails that you deal directly with the public.

Common workplace triggers that might instigate violence are terminations, layoffs, bad performance evaluations, and believing they were past over for promotion. A problem that we now recognize is that supervisors are often ill equipped to handle

such emotional needs of those they oversee. If the employee knows that you have your pepper spray pen handy, they may not make trouble.

A pepper spray pager or a pepper spray pen are ideal ways to carry pepper spray for self protection at work.

Pepper Spray in Your Purse

Women usually take their purse wherever they go. Whether you are on your way to school, to work, shopping, or just to visit friends or family, you grab your purse on the way out the door. Then when you get out of your car, you take your purse, it's always with you.

A purse can be a poor location because if the spray falls to the bottom, the canister is not always easily accessible. Always carry it in an outside purse compartment. A purse with an accessible, open pocket where the spray can't get lost may be better than keeping it loose in the bag.

Sometimes women who keep pepper spray in their purse find themselves temporarily switching to another purse to match their shoes or outfit, transferring just their pocketbook or wallet to the other purse, forgetting the pepper spray. The first indication that you need your spray may be when an assailant is already tugging on your purse. There were 64,440 purse snatchings in 2000. Keep this in mind when carrying sprays in your purse.

In the USA, there is a rape every six minutes. A woman is beaten every 18 seconds; three to four million are battered every year. About one-half of rapes are by first or casual dating. A very good reason to carry pepper spray on a date as well.

Pepper Spray in Your Car

Have you ever had a flat tire or run out of gas? Have you ever seen someone broken down at the side of the road but didn't stop to help because you didn't feel safe doing so? Carjacking, is theft or attempted theft of a motor vehicle by force or threat of force. Between 1997 and 2002, carjackings accounted for 3% of the 2.3 million vehicle thefts per year that occurred nationwide. An average of 51,000 completed and attempted carjackings took place each year in the United States between 1997 and 2002. Carjackings can be violent. Drivers without pepper spray protection have been beaten and even murdered while being pulled out of their automobile.

Carrying pepper spray in your car is a good habit to get into. However, don't ever use pepper spray in a moving vehicle! It can disable the driver with disastrous results.

Proper Use of Pepper Sprays

Whenever the situation calls for the use of a defensive spray, make sure you have distance between you and the threat if at all possible. Aim the spray at the eyes and facial region of the threat then release a 1 to 2 second burst of spray. After you have done this move out of the way but keep your eyes on the threat – Do not close your eyes! You need to keep them open to see how your attacker is responding. Pepper spray can sometimes take a couple of seconds to cause a reaction and by watching the reactions of the threat you will be able to determine if you will require another shot of spray.

Boxers have a saying “Stick and Move” well the same applies here. Just remember “Spray and Move”, “Spray and Move”. Once the threat is eliminated seek help and call the police.

Use your spray is to shoot the attacker before he has a chance to react to you. You want to hit fast to disable the threat and then get away immediately.

Don't Stick Your Hand Out When Firing!

Never thrust your shooting hand out in front of you towards the threat. He or she may react quickly and hit your hand aside or grab it! As you shoot, go into a slight crouch with your weight evenly balanced on both feet, if you have the chance. Back up and continue backing up away from the attacker. This gives you a little more time and draws the assailant into the pepper spray. Shouting “STOP” at the same time creates a slight diversion. Raising your other, non-shooting arm outstretched toward the attacker may cause his immediate attention to be focused on that hand, not the one with the pepper spray. This gives you time to shoot the spray before the attacker can react.

After shooting your spray, the threat will normally stop within seconds, blinded and virtually helpless due to uncontrollable coughing spasms. Once the threat is disabled, stop spraying. Continue backing up and concentrate on getting away!

Carry Sprays in the Same Place

Try to carry the spray in the same place whenever possible. That way, you won't have to think, “where is it today?” in the heat of the moment. Try various carrying methods and practice drawing the weapon. Make sure you can draw your pepper spray quickly from wherever you're keeping it. Good, accessible locations include inside a pants pocket, or coat pocket, especially for the models with a clip.

For various types of models, including sprays disguised as pagers or cell phones, visit the www.fingereze.com site, where many sprays and self-defense products are available inexpensively.

Pepper Spray Holsters

Belt holsters are available for some models of pepper spray. Although they will be visible, the canister may be less recognizable to an attacker in a pepper spray holster than it would be if not in a holster. Accessibility is the key. How much warning might you have in a typical assault? How long does it take you to draw your weapon? Does the way you carry your canister allow you to draw it in time to hinder an assault? Keep in mind that most canisters are effective up to about a ten foot range.

If spray is clipped onto the outside of a pocket or belt, it may be dislodged accidentally or grabbed by an attacker. At the very least, it may be noticed before you use it, removing the element of surprise which adds to the effectiveness of the spray. Most pepper spray holder clip models have the clip on the left side of the canister, which leaves the majority of the canister concealed if it is kept in the left pocket with the clip out. If you are comfortable drawing the weapon with your left hand, this is a good configuration.

Most places that sell sprays will also have holsters available. Many pepper spray models are sold with a holster, so you have an easy choice to see what suits you best.

Testing & Maintenance

Get in the habit of testing your defense spray every six months. To do this first go outside and determine which direction the wind is blowing. Remember to always stand upwind from the direction you are spraying. Depress the firing mechanism for 1/2 second. This test should be performed upon purchase and every six months after that. Be aware that every time you test your spray you reduce the contents of the canister. If you are using a pepper spray key chain model or other unit with a smaller canister and you test regularly, you will need to replace the unit every 18 to 24 months if you follow the recommended testing procedures.

Stun Gun Information & Tips

Stun guns are considered a non-lethal self defense weapon. They work by interrupting the electrical signals generated naturally by the body. Basically, the stun gun sends an electrical charge through the body that is enough to cause confusion but not enough to cause injury to the body. Brief exposure to the electrical charge can cause muscle spasms that weaken the attacker leaving them unable to pursue their victim temporarily. It causes the person to be temporarily disabled and disoriented for a long enough period to allow you to make your escape.

Like any other self defense weapon, a stun gun should only be used in situations where you feel threatened.

Touching an attacker with a stun gun for a few seconds can render the threat immobilized for several minutes with no permanent harm. Stun guns are considered reasonable force to resist attack. They can be used repeatedly to ward off attackers before the battery needs recharging, or replacing.

The stun gun does not just rely on pain for results. The stun gun works on the muscular and neural system. When 3-5 seconds of contact is made with the stun gun, an attackers neuromuscular system is overwhelmed, causing loss of balance and muscle control, confusion and disorientation. It can take up to 5 to 10 minutes for full recovery.

Even if an attacker is touching you, there is no way the current will pass to you. There is no shock-back. Because stun-guns are considered a close-quarter weapon, carrying pepper spray is also a good idea for added protection.

Use them as a last source, and keep the stun gun pressed to the attacker for at least 3-5 seconds. This may be difficult to do in many situations.

Know Your Stun Gun

This is one of the most important factors when carrying a stun gun. You should acquire detailed knowledge of what type of a stun gun you possess and what features it has.

Different types and styles of stun guns are available on the market and each has its own distinct characteristics. When you get your stun gun go through the instructions in the brochure or owners manual to learn more about it, its safety tips and other care instructions to keep your weapon always in good working condition.

Most stun guns come in straight and curved models. They range from 20,000 volts up to 975, 000 volts for maximum stopping power. There are many styles and sizes available at the www.fingereze.com store and there is sure to be one that fits your lifestyle.

Stun Gun Use

Always be prepared. Don't keep your stun gun hidden away. Keep practicing drawing your weapon and make sure its easy for you to get to. Have your stun gun out & ready when walking through a potentially dangerous area such as parks, garages or isolated roads & areas.

Learn the points of contact for maximum effectiveness. The best points of contact are the upper hip, below the rib cage or the upper shoulders. Certain parts of the human body possess nerve centers such as areas around the upper hip, below the rib cage or the upper shoulders. Always try to target these points when using a stun gun. But, in case you are unable to reach these points use it wherever possible.

Hold the stun gun against the attacker for as long as you can to disable him. The time period should be around 3-5 seconds depending on the voltage of a stun gun. Keep the stun gun on the attacker until they fall to their knees or to the ground. This is a sign that they are unable to pursue you and gives you the time you need to escape.

Most stun guns have safety switches. This switch must be in the on position for the gun to work. Ensure that no part of your hand or body is closer to the contact probes than the switch & safety plate zone. The switch is the key factor in the stun gun. It will work until you release the switch.

Use of the stun gun should become second nature and it will if you practice using a stun gun on a regular basis. You do need to practice with your stun gun, here's how: Practice removing it from the holster without looking at it. Practice taking the safety switch off and pulling the trigger. Make sure you know how to work the stun gun in the dark by feel alone, try to do it in different positions. Most attacks don't happen when it is light outside and you can't really ask your attacker to stop while you try to get your gun to work so it is vital that you can operate your defense weapon under any circumstances.

Make sure that you know how to use your stun gun. You do not want to learn how to use your stun gun the first time that you have to try it on an attacker. Your stun gun should have come with directions, so you should not have any problems learning how to use one to your advantage.

In Closing

We hope you have enjoyed this eBook and have gained some insight on personal self-defense techniques and learned about what to do (and what not to do) in possible threatening situations. Remember it is always better to avoid potential dangerous situations in the first place, and to always be vigilant and aware of your surroundings.

For a complete line of self-defense products including self-defense pepper sprays and stun guns visit <http://www.fingereze.com>