



# New York COLLEGE

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## of Health Professions

## Safety Tips

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### Sensing Trouble, If You Are Attacked

#### If you sense trouble

1. Move away from the potential threat if possible; cross the street and increase your pace.
2. Join a group of people nearby.
3. If a threatening situation is imminent and people are close by, yell, scream or do whatever you can to get their attention. Remember, dialing 911 and or/activating a fire alarm are both part of the personal safety system. 911 calls are free from most pay phones.
4. If you are facing an armed criminal, you may minimize the risk of injury to yourself if you comply with the criminal's demands. However, if your life is in immediate danger, use any defense you can to get away.
5. Dial 911 immediately and give a description of the suspect.

#### If you are attacked

1. Go with your instincts, but be realistic about your ability to fight off someone; your instinct may be to run, scream, kick, hit or bite.
2. If a weapon is displayed, don't resist. Give up your property and save your life. Do what you are told and don't make any sudden moves.
3. Try to remember as many details as possible and alert the school or the police as soon as possible.
4. Your goal should be to escape safely and survive; cooperate if you think that resisting may lead to further harm.
5. Remember every situation is different; you are the only one who can decide the appropriate course of action. Constantly play the "what if" game to think about what you would do in a particular threatening situation. This will help prepare you to respond instinctively when a threat is encountered.
6. After an event, never feel guilty about what you did or did not do.