

Survival 101: How safe are you?

Score 2 ½ points for each correct answer:

1. I have and practice emergency plans for places I frequent and I have emergency supplies at home. _____
2. The best thing to do, when facing a survival threat, is to _____ [move; get off the X]
3. On occasion, I text while walking and/or in a non-moving vehicle. _____
4. Sometimes, I let my gas supply drop below a quarter of a tank. _____
5. I would get into a car if ordered to by a person with a gun. _____
6. Over 60% of car-jackings occur within 5 miles of the victim's house. _____
7. Two strategies used by carjackers include: _____ [bump and rob; good Samaritan; ruse]
8. When confronting a potential attacker, keep your eyes on _____. [hands]
9. I know how far to stop behind a car stopped in front of me at a light. _____ [see back tires]
10. Whenever I get out of the car, I always turn off the engine, lock the vehicle, and take the keys. _____
11. When the weather is nice, I sometimes drive with the windows open. _____
12. Two pre-attack indicators are _____ and _____. [staring; pacing; distraction]
13. I have a security plan at home, at school, and in the car, and I practice them regularly. _____
14. Five signs that make your residence attractive to a potential burglar are ____, ____, ____, ____, and ____.
15. I have been physically assaulted or in a physical altercation. _____
16. I carry a flashlight, knife, and paracord with me at all times. _____ Other safety items I carry are: _____
17. Burglars will concentrate on this room in your house: _____. [master bedroom]
18. I know how to escape if my wrists are bound with duct tape. _____
19. Sometimes, I keep outgoing mail in the mailbox, with the flag up, when I leave for work.
20. My garage door opener is in my car. _____
21. One in five homes will be a victim of a home invasion or break-in. _____
22. On trash day, my garbage cans remain on the curb until I get home. _____
23. I only drive with the doors locked when my family is in the car. _____
24. I know the safest places to sit on a plane. _____ [aisle, within 5 rows of an exit]
25. I would share a taxi with a stranger at an airport taxi stand who was going to my same hotel. _____
26. Car jackings usually occur on (day of week) _____ evenings. [Sunday]
27. Someone could learn my name, age, school, occupation, hobbies, etc. from social media. _____
28. I know how to tell if I am being followed and would know what to do. _____
29. The safest places to stay in hotels are on floors _____ [floors 3-6] and away from _____ [stairs].
30. Five signs of a non-legitimate cab: ____, ____, ____, ____, _____. [no inside handles, medallion, radio, photo; not at stand]
31. The three best things to do to avoid attack are ____, ____ and _____. [Know baseline/blend in, condition yellow; head up/shoulders back; no cell phone use/visible; look people in eye; avoid ostentation]
32. I dress nicely (tie and jacket; skirt; jewelry; nice watch, etc.) when I go to the mall. _____
33. I have the escape ability (appropriate tool and knowledge where to strike) to break a car window. _____
34. I keep doors and windows locked when I am at home and insist my family members do the same. _____
35. I like people, and tend to see the best in them. _____
36. I check my tire pressure every 2 weeks. _____
37. I avoid carrying a pocket book/briefcase. _____
38. I keep my hands up when talking to a stranger. _____
39. If you need to strike someone, to escape, the four best targets are __, __, __, __ [eyes, throat, groin, shin]
40. I know five signs of people lying to me: ____, ____, ____, ____, _____. [deviations from baseline: tapping foot, tossing hair, biting nails, lowering eyes, sighing, throat clearing, adjusting clothes, answering questions with questions, swearing to God, hesitating before answering, stuttering at first, over-stare, freeze, over-reaction, light punisher]
41. I know the best place to sit in a restaurant.
42. I know which lane to avoid at a stop light.
43. I have a stick figure family, bumper stickers, assn memberships, school affiliations on my vehicle.