

# WELCOME TO THE GEMINI IBD® INFOGRAPHICS NEWSLETTER

[VOLUME 19]

03-13-2023

## HOW WOMEN CAN STAY SAFE OUTSIDE

For the last couple of years, our Infographic Newsletters have focused primarily on digital safety – meaning how you can mitigate the risks of becoming a victim of a Cyberattack. But recently, times have changed, and now we are seeing more threats against our physical selves now happening. It is not easy to pinpoint the exact cause of this, it is just the culmination of the dynamics our society is in today.

Therefore, for the immediate future, our Infographic Newsletters will be focused primarily upon personal and physical security. Cybersecurity is just as important, but keep in mind that the attackers of today typically study your social media profiles and whatever else they can access in the open source forum in which to launch attacks against you.

In this edition, we focus upon how women can stay safe outside while they are exercising. There have been a number of brutal attacks, and one of them happened to Eliza Fletcher, of Memphis Tennessee in September of 2022. This newsletter is dedicated to the memory of her, and we hope that these tips provided in this newsletter will help raise the level of being proactive while you are outside, at any time or any place.

### MAKE YOURSELF SEEN



One of the easiest ways of staying safe outdoors is to be visible. Wear clothing that is brightly colored so people notice you out and about. The more seen you are, the more likely it becomes that someone would see if something happened to you.

### AVOID GOING IN THE DARK

Avoid going out to exercise in the dark whenever possible. There are more hiding places or ways to catch someone off guard when they are out at night. Instead, pick times during the day when it would be easy to get around town and easy to see someone lying in wait for you.



### GROUP UP WHENEVER POSSIBLE



Going out as a duo, or even a larger group, makes it much harder to become anyone's victim. No one is typically ready to take on a group of people who are all out at the same time. They typically want a single person, as they are easier to subdue. Go out in groups, whenever you can!

### KNOW YOUR SURROUNDINGS

You do not want to take the same route everyday, but you should also make sure that you do know the route you're taking. Knowing your surroundings means that it is easier for you to notice if anything is off. Pay attention to anything out of the ordinary, and stay on your guard.



### BE PREPARED, JUST IN CASE



While you never want to be attacked, or even followed, be prepared before you head out. Have good running shoes on. Wear a watch that tracks your GPS location, or have your phone hidden in your clothing so that people can track you if you are not home at your normal time. Hopefully you never need these preparations, but if you ever do, they're there to help find you and bring you home.