

Pre-Incident Assault Indicators

All people are born with the "Fight or Flight" response. We all have had "hunches" or "gut feelings" about someone or a situation before. Those little hairs that stand up on the back of your neck is your ~~telling~~ ~~instinct~~ telling you that something isn't right and you need to respond to that.

There is a greater than 95% chance that your ~~instinct~~ intuition about a person or situation, formed in the first 3 to 5 seconds, is correct.

Listen to and trust your inner voice and respond to it.

- Rely on your intuition. If it doesn't feel right...it's probably not right.
- Move beyond denial so that your intuition works for you.
- Be constantly aware of your surroundings.

Personal Safety

1

Stay alert! Radiate the message that you are calm, confident, and know where you are going.

7	Always use crosswalks and, if provided, use pedestrian-activated crosswalk warning devices. Do not assume that drivers see you. Before crossing make eye contact with approaching drivers and wait for them to stop for you.
8	Consider carrying pepper spray, a whistle, or alarm. Some phone apps offer personal alarms.

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If you live off campus, familiarize yourself with Brunswick's disorderly house ordinance that may be invoked with complaints of neighborhood disturbances.

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The Bowdoin Shuttle (207-25-