

The most meaningful thing you can do to provide for your own safety, is to think about various scenarios you might find yourself in, and to think about actions you can take to stay safe. The best example I



2. Availability Heuristic bias-

the topic.

1. Fear is an emotion that helps keep us alive.
2. The others on this list are all instincts that we also need to pay attention to. If you're feeling any of them, there is usually a reason for it. For example, if you're feeling apprehensive around someone or in a specific circumstance, pay attention to that feeling and begin to proceed with caution. Think for a moment about the movie, "Taken."
<https://www.youtube.com/watch?v=peOU33aPN2g>

I've put the link on my notes. If you haven't seen it, it's starring Lian Neeson about human trafficking. His daughter and a friend land at an airport in France for vacation. They are obviously tourists and are approached by a young man who asks them if they want him to take their picture. They agree. He then asks if they want to share a cab because cabs are very expensive. At this point the audience's instincts are humming, and you can somewhat see apprehension and hesitation on the faces of the two women, but they agree.

What about this in the first few seconds of this encounter that has our instincts waking up and nudging us to pay attention?

- a. Rules of Opposites. The two women are clearly enjoying each other's company. A favorable behavior is to be left alone. An unfavorable behavior is his interruption and intrusion on their enjoyment. A favorable behavior is to offer assistance when it's asked. An unfavorable behavior is to offer to help when it's not indicated. Under normal circumstances, he would not have knowledge of their financial situation which one would assume is favorable as they just arrived and haven't yet had an opportunity to spend any money. How would he know they needed to be thrifty.
 - b. Inattentive blindness. He appears to be friendly and helpful, but if he is also leaving the airport to get a cab, as they are, where is his luggage? He doesn't provide any information, such as his destination prior to asking if they can share a cab. How could he possibly know sharing a cab would be advantageous to both parties.
 - c. The Art of Charm. He asks the women if they'd like him to take their picture. He is already reaching out to make an assumption of compliance. He asks where they are from, and upon hearing their answer, begins to sing "California Girls" by the Beach Boys. This is intended to build a rapport with the women for his next trick, which is,
 - d. Forced Teaming. He uses "we" and "us" statements, and puts them all in the same boat of having to spend a lot of money on a cab, but helping them out by sharing the cost. One of the women is shaking her head no when her friend accepts the offer.
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1. When faced with warning bells, listen to them. You will always be your biggest advocate. Sometimes I think that we let our fear of what other people may think get in the way of common sense. We're taught to be polite, but in reality, if someone is trying to get you to do something you don't want to do, even if you can't pinpoint why, don't do it.

A few years ago we took a report of the theft of a cell phone where a teenager stopped a nursing student on the sidewalk outside Helen Wood Hall. He told her he needed to call his mom and asked if she had a cell phone he could use. She was holding her phone in her hand and it was clearly visible to him. The report stated that as she agreed and handed him the phone

If you've never been in a certain location, drive around the area first. This helps you familiarize yourself with alternative routes if you need them for safety. It also gives you advance knowledge of areas that could pose more risk than others.

Keep your car filled with gas and in good repair. Consider a second set of keys in case you lock yours in the car. Vehicles now come with features that won't automatically lock the car door until the vehicle is in drive or over a certain MPH. They will also automatically unlock when the vehicle is put in park. Get in the habit of automatically locking your car as soon as you and your passengers are inside. Disable the feature that automatically unlocks your car doors. You should do this after you are parked, have gathered your belongings, and have taken a few moments to look around at your environment.

Make sure your clothes and shoes provide you with ease of movement.

Before heading into a visit, rehearse what the visit will go over and your end goals. Having a purpose and knowing what needs to be done will help you get through appointments more effectively and efficiently. Have a plan in case this gets off track and know when to steer it back or let it go.