

SAFETY TIPS FOR TRANS FOLK

Take Your Safety Seriously

- According to the 2015 U.S. Transgender Survey of over 27,000 transgender people, nearly half (46%) were verbally harassed in the past year.
- Nearly one in ten (9%) respondents were physically attacked in the past year.
- Nearly half (47%) of respondents were sexually assaulted at some point in their lifetime and one in ten (10%) were sexually assaulted in the past year.
- More than half (54%) experienced some form of intimate partner violence, including acts involving coercive control and physical harm.

Some Common Sense Tips



Walk With A Buddy

You are automatically a less desirable target if you're not alone. Most places of business will escort you to your car.



Stay Near Well-Lit Places

Avoid alleys and other poorly lit, closed spaces that might allow an attacker the advantage of surprise.



Trust Your Gut When Parking

If you feel uneasy about where you've just parked, put it in drive and keep moving. Park as close as possible to your destination.

Maintain Situational Awareness



Put The Smartphone Down!

A distracted person is an easy target. Using with your phone means your eyes, mind, and hands are occupied.



Maintain Watchfulness / Scan Your Surroundings

Being observant can help you identify potential problems and identify exit routes, and potential allies on the street



Keep Your Hands Free

So you can defend yourself or prepared for an immediate act like unlocking your car. Use a cross-body purse or backpack. Carry your keys in your hand and once in the car, lock it immediately.



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If You Feel You Are In Danger



Don't Engage / Don't Be Polite

Don't try to converse with a potential attacker. They may view this as an opportunity to enter your personal space.



Get Loud!

If someone is following you / making unwanted verbal contact, make a scene that turns the public's eye on them.



Find A Safe Place

Whether it is a local restaurant, a police station, fire station, or someone's well lit front porch – find a place where there are people.



Raise The Alarm

Whether it is on a crowded street or in a local coffee house, say loudly and firmly "I don't know this person and they are harassing me." Don't shy away from using the simple phrase "I need help."

Self-Defense



Keep Your Distance

Physical confrontations are dangerous! Your best defense is usually to get away from the attacker whenever possible. So run!



Keep Self-Defense Tools In Your Hand

Whether it is your car keys or mace, it will do no good if it is in your pocket or purse. Keep them in your hand and know how to use them if the situation warrants it.



If You Must Fight...Fight Dirty And Loud

Attack the eyes, nose, throat or groin. Kick, bite, stomp your feet and scream. Your goal is to disrupt the attack and run!



Take A Class

Many local police departments, YMCAs and others provide basic self-defense training for little or no cost.

