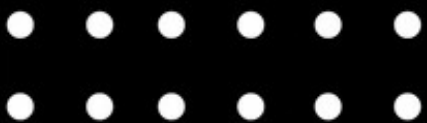


TIPS TO SAFEGUARD ONESELF

**THINGS YOU'LL NEED TO
KNOW**



IF U ARE SEXUALLY HARASSED IN PUBLIC PLACES

- STALKED ON STREETS
- ATTACKED BY A STRANGER
- IN AUTO RICKSHAW OR CAB
- IN ELEVATORS
- IN PUBLIC TRANSPORT
- ALONE AT HOME
- AT WORKPLACE
- TRAVELLING ALONE

STALKER



- CARRY A PEPPER SPRAY
- ENTER AN NEARBY ATM
- ENTER MALL / SHOP
- TALK TO YOUR PARENTS
- COMPLAIN IN POLICE STATION

ATTACKED BY A STRANGER



- RUN AWAY
- SCREAM FOR HELP
- KEEP CELLPHONE HANDY
- AIM EYES FIRST AND GROIN SECOND

IN AUTORICKSHAW / CAB



- DO NOT FALL ASLEEP
- IF IN CAB CHECK FOR CHILD LOCK
- AVOID DISCUSSING PERSONAL DETAILS
- PASS REGISTRATION NUMBER TO A FRIEND / FAMILY

IN ELEVATORS



- PRESS ALL BUTTONS IN THE LIFT
- PRESS THE EMERGENCY BELL IN LIFT
- CARRY PEPPER SPRAY / ANY PERFUME TO SPRAY IN EYES

IN PUBLIC TRANSPORT



- SAFETY PIN / UMBRELLA AS AN OBJECT FOR SELF DEFENCE
- SHOUT AND INVITE ATTENTION FROM FELLOW TRAVELLERS
- SIT / STAND WITH OTHER GROUP OF WOMEN

ALONE AT HOME



- NEVER, EVER OPEN YOUR DOOR
- SCREAM
- KEEP CHILLI / TURMERIC POWDER HANDY
- DO NOT KEEP YOUR KEYS IN LIVING ROOM



AT WORKPLACE

- **RECOGNIZE SEXUAL HARASSMENT**
- **SAYING A DEFINITIVE NO..**
- **CONFRONT**
- **INFORM WORK COLLEAGUES/ HR/ MANAGERS/ICC**

TRAVELLING ALONE



- YOUR ROOM NUMBER SHOULD BE YOUR BUSINESS
- LOCK YOUR HOTEL ROOM DOOR AFTER YOU ENTER
- DO NOT CHECK IN ON YOUR SOCIAL MEDIA SITES
- ALWAYS POUR YOUR OWN DRINK
- CHECK YOUR SMOKE DETECTOR FOR HIDDEN CAMERAS



WANT TO KNOW MORE ABOUT US!!!

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BE
SAFE!

