

## **IF THE WORST HAPPENS ON A DATE**

If your date becomes abusive or assaults you, escape to safety as soon as you can and call 911 to report the incident as soon as possible. Your report may save someone else's life.

You have the right to decide whether to continue with the date, or when you wish to leave. Don't let anyone bully you into doing something you don't want to do. Seek out assistance from people around you if you feel unsafe at ANY time.

If you are sexually assaulted on a date, in any unwanted way, escape and call police as soon as it is safe to do so. Don't shower until you talk with police. All police departments have specialist units for such cases who will treat you with respect and compassion.

If your buddy does not check in at the appointed or expected time, try going to their home to verify if they are ok. If you can reach them by phone, text, or in person at home or work, contact police and provide as much information about the date as possible.

## **DISCLAIMER**

Every effort has been made to ensure the accuracy of the information provided and discussed in this brochure. At the time of printing and presentation this material is, to the best of our knowledge, accurate however sometimes anomalies, omissions, and factual errors may exist. This brochure may be modified at any time without prior notice either in part or in full.

Community Patrol Service is a not-for-profit group run entirely by unpaid volunteers.

## **CONTACT US**

Chief Ken Craig

[CommunityPatrolService@gmail.com](mailto:CommunityPatrolService@gmail.com)  
415-260-6239

Visit us on Facebook at  
Community Patrol USA



# **COMMUNITY PATROL SERVICE**

**EZ-DEFENSE PROGRAM**

## **DATING SAFETY**



*“Building Safer Neighborhoods by  
Collaborating on Community Safety  
and Security”*

**ESTABLISHED IN 1998**

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It's cool to meet people on -line, or in bars, clubs, or cafes, but how much do you really know about them and how much can you really trust them? Trust takes time.

While you may REALLY WANT TO go home with them right away, it would be safer to simply exchange telephone numbers or e -mail addresses and arrange to meet another time. If they're seriously interested, they'll be willing to wait and hook up later.

First meetings with someone should always be in public places that are easy to leave from or seek assistance in i.e. cafes, restaurants, museums, etc.

### **USE THE BUDDY DATING SYSTEM**

– when you do decide to go home with someone, tell a buddy who you are going home with (introduce them to the person and give them the address and telephone number you'll be at for increased safety) and arrange to call them in a couple of hours, and the following day to confirm you are ok. Snap a picture of your new beau and send it to your buddy if they are not with you at the time.

If you get intoxicated with drink, drugs, or anything else, DON'T go home with someone you just met, and don't let your friends who are intoxicated do it either. Try not to become intoxicated with someone new.

If you leave from home to meet someone, leave the details of who you are meeting, where you are meeting, how you met them, when you expect to return somewhere obvious.

Consider double-dating the first few times you go out with someone new. It can relieve the pressure, give you some easy time to get to know and trust them more, and it can be fun.

Don't agree to go to remote or desolate areas with someone you just met or know very little, no matter how romantic that may seem, or how enticing the offer.

Assert yourself when necessary. Your needs, desires, and interests should be respected and your right to say NO or refuse affection from anyone is inviolable.

Trust your instincts and act on them. If you feel uncomfortable with any situation, try to figure out a way to remove yourself from the situation or attract help.

RED FLAG, GREEN ARROW – watch for and consider tell-tale traits in your date to determine if you should continue with the date, or make an excuse to bail. RED FLAG traits would be possessiveness, jealousy, aggression, untypical physical contact etc. If instead your date makes you feel comfortable, respected, and at ease, then it's GREEN ARROW all the way.



**GET TRAINING** – We think EVERYONE should have some formal self-defense training from a reputable source. It doesn't have to be a ten-year martial arts black belt course, though that would be very useful in some circumstances. Training helps you to prepare for an unexpected threat, and it offers you options in responding to any threat.

**PERSONAL ALARM** – Everyone should carry a personal alarm with them at all times. This small device emits a piercing sound when activated and may dissuade an attacker, and attract assistance at the same time.

**PEPPER SPRAY** – Consider carrying and training in the use of pepper spray. Pepper spray can be a very effective self-defense tool in a bad situation, and may give you enough time to run to safety.

### **CONDUCTED ELECTRICAL DEVICE**

– CED's (more commonly known by the brand name TASER) offer another effective defensive tool in a bad situation. Again, they require training to use them effectively in a stressful situation.