

《女性单独外出的十大注意事项》

近日，一女子发帖称自己在北京某酒店遭陌生男尾随并强行拖拽疑欲性侵事件，警方已介入调查。此事令网友们义愤填膺，在为当事人捏一把汗的同时，也开始担心自己出行的安危。本期内容，我们就为女性搜罗了一些单独外出时必须要注意的安全问题，供参考。

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1. Awareness

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True self-defence begins long before any actual physical contact: awareness of yourself, your surroundings, and your potential attacker's likely strategies.

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2. Use your sixth sense.

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All of us, especially women, have this gift. Use it to your full advantage. Avoid a person or a situation which does not "feel" safe—you're probably right.

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3. Self-defense training.

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The self-defense program should include simulated assaults, with a fully padded instructor in realistic rape and attack scenarios, to allow you to practice what you've learned.

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4. Escape.

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Even if he promises not to hurt you. Yell for help, throw a rock through a store or car window—do whatever you can to attract attention. And if the criminal is after your purse or other material items, throw them one way while you run the other.

Choose a national hotel chain with a good safety record. Some hotels now offer women-only floors. Ask for a room above the ground floor, near the elevator, and away from emergency exits and stairwells.

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10. Be wary of new friends.

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Just be wary of the new friends you make, especially anyone not introduced by a business associate. Don't socialize with strangers. Limit your alcohol consumption.

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