

HOW TO AVOID PHYSICAL CONFRONTATIONS

The following are suggestions that may help you avoid being physically assaulted:

- Do not approach, touch, chastise, or have prolonged eye contact with an agitated individual.
- Do not use derogatory hand gestures toward a hostile person.
- Resist being drawn into a person's hostile environment by arguing back with them.
- Do not use patronizing, belittling, or condescending language toward a hostile person.
- Do not have an antagonistic approach to a heated disagreement. If a person is mentally unstable, their logic and reasoning are gone. Let the situation de-escalate by walking away.
- Don't take sides in an argument. Everyone will end up shouting and no one will accomplish anything except adding to the hostility.
- Try to be diplomatic in written correspondence when expressing a complaint. Don't use aggressive terminology in expressing your feelings because you won't win their opinion or cooperation.
- Don't allow yourself to be cornered by a hostile person. Do not corner an irate individual either. Leave escape routes. Cornering will only leave a "fight" or "flight" situation.
- Never use a weapon such as a "stun gun" or "chemical spray" when a situation involves only your feelings being hurt. Spraying someone with mace makes you the aggressor and could get you arrested for assault. NOTE: The person could have a heart or respiratory condition you are unaware of.



Police Emergency: (301) 405-3333 or 911

Non-Emergency: (301) 405-3555

UMPD Crime Prevention: (301) 405-7032

www.umpd.umd.edu