RE36R05

Open House & Safety Plan

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Thank you sponsors!

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&



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RE/MAX

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CERTIFICATE

Awarded to certify their successful completion

of:

PUTTING REALTOR® SAFETY FIRST:
SAFETY STRATEGIES FOR THE MODERN REALTOR® (V2.0)

1

HOURS OF CREDIT

010/22/2026

DATE

Kevin Brown

Kevin Brown, President
National Association of REALTORS®

NATIONAL ASSOCIATION OF REALTORS®

CERTIFICATE OF COMPLETION

THIS IS TO CERTIFY THAT



NAME_____
LICENSE #_____
EXPIRATION DATE_____

RE/MAX Executive Realty

RE36R25: Staying Safe in Real Estate: Best Practices including Open Houses and Digital Safety

A Description of Open Houses and Safety

Catherine Lanagan MacGregor

CATHERINE (KATE) LANAGAN MACGREGOR

663-RE-SI MA School 1246
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OCTOBER 22,2026

SCHOOL COPY CERTIFICATE OF COMPLETION

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OCTOBER 22, 2026

Inman News 2024

AGENT

Real estate safety abroad: Lessons from the tragic deaths of 2 agents

On the eve of Realtor Safety Month, safety expert Tracey Hawkins shares strong reminders to keep safety top of mind



Image by: Canva

Inman News 2024

In 2014, Arkansas
REALTOR® Beverly Carter
went to show a rural property to
people presenting themselves as a married couple relocating to the area.
They weren't buyers.
She was kidnapped, held for ransom and ultimately murdered.

"What information did the perpetrators have about Beverly before Beverly had meaningful information about them?"

"What would you want to know about someone BEFORE you agreed to meet them alone?"
WHAT IF BEVERLY HAD...



FOREWARN®: A Safety & Lead Intelligence Tool

FOREWARN® brings real-time intelligence to the real estate industry. Using just a phone number or name, agents can instantly access critical background details on a prospective client within seconds, all while staying fully compliant and avoiding any protected-class information.

FOREWARN®: A Safety & Lead Intelligence Tool

Introducing a new complimentary safety and lead intelligence service for all members — FOREWARN®. This innovative tool empowers REALTORS® to verify prospects instantly, ensuring safer engagements, smarter interactions, and stronger protection against potential risks and fraud.

FOREWARN® brings real-time intelligence to the real estate industry. Using just a phone number — or even a name — agents can instantly access critical background details on a prospective client within seconds, all while staying fully compliant and avoiding any protected-class information.

FOREWARN®

NEW: Household Risk Feature

Household Risk is a new FOREWARN® feature designed to keep real estate professionals safe in the field.

Now, you can instantly verify your contact and gain insight into potential risk signals associated with the household, helping you approach every meeting with greater awareness and confidence.

Activate Your Complimentary FOREWARN® Account

Reverse incoming call to verify prospect

Instantly search for criminal history

Verify financial risks

Verify current assets

Know your prospect...*in seconds*

INSTANTLY VERIFY KEY INFORMATION

- **Identity** – first name, last name, alias, and age
- **Phone Numbers** – residential and mobile history
- **Address History** – rental, ownership, and associated addresses
- **Financial Risk** – bankruptcy, lien, judgment, and foreclosure history
- **Property Records** – nationwide property ownership history
- **Criminal Records** – nationwide criminal history search

Verifying prospects through FOREWARN® is essential for personal safety, operational efficiency, and fraud prevention — giving agents the confidence to focus on what matters most: their clients.



Sharpen your Safety Sense

- Pocket/Book Dump
- Everyone empties pockets/purse/backpack/laptop bag

"If I had to survive the next hour using only what's on this table...

How prepared am I?"

Sharpen your Safety Sense

- Pocket/Book Dump
- Everyone empties pockets/purse/backpack/laptop bag

Confidence doesn't come from carrying pepper spray.
Confidence comes from knowing you have a plan before you ever need it.



Module 1

Your Personal Safety

Self Defense, Self Care, OR Self Offense?!



Self Defense Tips Every Real Estate Agent Should Know

Don’t allow a client to ride in your car unless you know them well.

Always meet a client for the first time in the office.

Courtesy of realestateradioshow.com

Self Defense Tips Every Real Estate Agent Should Know

Don’t leave a client in your blind spot.

Always insist that your client walks in first and pay attention to exits.

Courtesy of realestateradioshow.com

Self Defense Tips Every Real Estate Agent Should Know

Take a picture of your prospective client.

Use the buddy system for Open Houses.

Courtesy of realestateradioshow.com

Self Defense Tips Every Real Estate Agent Should Know

Create a fake emergency if you feel uncomfortable in a situation.

Always arrive early and unlock the doors.

Courtesy of realestateradioshow.com

Self Defense Tips Every Real Estate Agent Should Know

Be the best physical version of yourself!

Always hope for the best... and plan for the worst!

SELF-PRESERVATION DAILY 10

10 simple movements to help your body stay ready to move, react and recover

Your body is part of your safety equipment. Practice the movements you may someday need quickly - before adrenaline asks for them.

#	MOVE	HOW	WHY IT MATTERS
1	**RESET & SCAN**	Stand tall. Slowly look left/right, then make 5 gentle shoulder rolls each direction.	*Neck/shoulder mobility + awareness*
2	**ARM CIRCLES**	10 small-to-large circles forward, then 10 backward. Keep ribs down and shoulders relaxed.	*Shoulder range + upper-body readiness*
3	**HANDS & WRISTS**	5 wrist circles each way. Open fingers wide, make a fist, then touch thumb to each fingertip x 5.	*Grip, dexterity + hand readiness*
4	**ISLAND PUSH-UPS**	Hands on a sturdy kitchen island/counter. Body straight. Lower with control and press away. 5-10 reps.	*Push strength + ability to create space*
5	**ISLAND SQUATS**	Hold the island lightly. Sit hips back as if reaching for a chair, then stand tall. 5-10 reps.	*Leg strength + getting up and moving*
6	**HIP CIRCLES**	Hands on island. Make 5 slow hip circles each direction, staying tall and controlled.	*Hip mobility + directional change*
7	**HEEL-TO-SEAT + TUCK**	Hold island. Bend one knee and bring heel toward seat; hold ankle only if comfortable. Gently tuck pelvis. 15-20 sec/side.	*Front-of-hip/thigh mobility + posture*
8	**HEEL + TOE RAISES**	Holding island lightly, rise onto toes 10x, then lift toes while keeping heels down 10x.	*Ankle strength + balance + trip recovery*
9	**CLOCK STEPS**	Imagine a clock around you. Step to 12, 3, 6 and 9 o'clock, returning to center each time. 2 rounds/side.	*Balance + reaction + lateral movement*
10	**MARCH -> QUICK FEET**	March comfortably for 30 sec. Then, if steady, add 5 sec of quicker feet at about 50-70% effort. Repeat once.	*Endurance + safe introduction to speed/power*

THE GOAL: Move with control first. Build speed gradually. Consistency beats intensity.

Safety note: Use a stable surface, stay within a comfortable range, and stop for pain, dizziness, chest pain, unusual shortness of breath or loss of balance. Modify or skip any movement that is not appropriate for you; ask your health professional if you are unsure.

Safety Spheres

Your Personal Safety

Sellers

Your Office & Colleagues



Online

Your Home & Family

Buyers

What happens in one safety sphere can impact others.

Five Key Actions



- Strategy
- Best Practices
- Learn from Webinars & Videos
- Learn & Use Personal Protection
- Improve Safety Culture

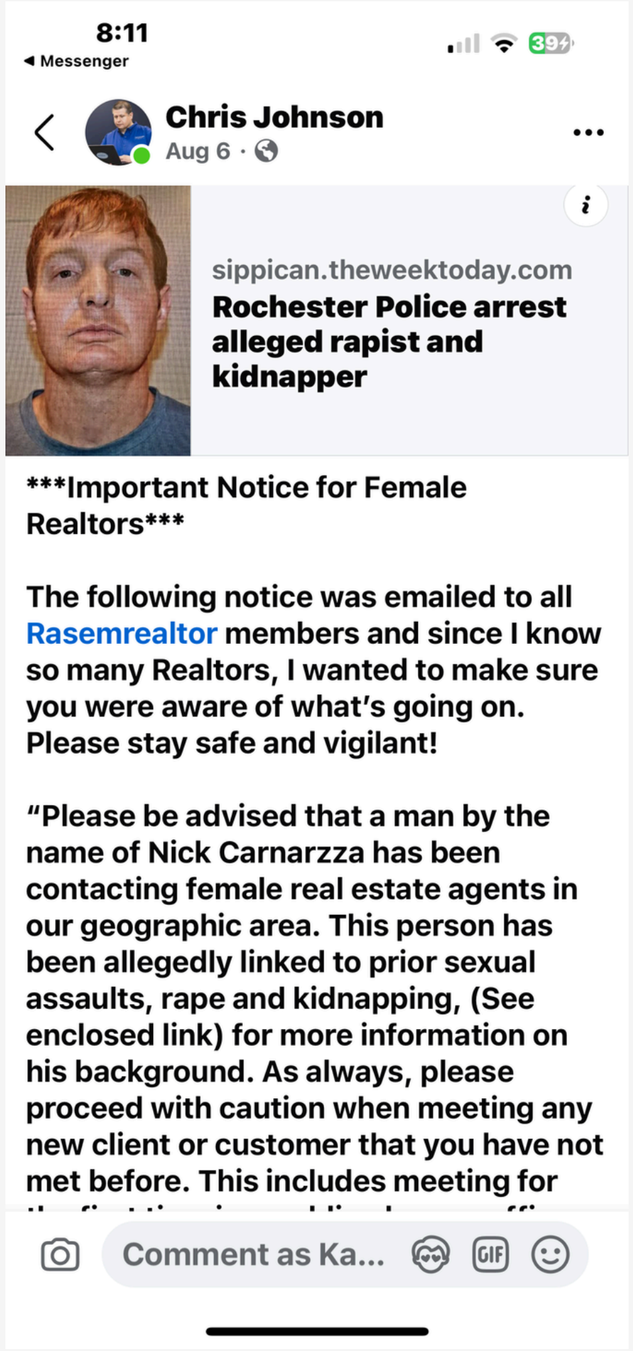


A High-Risk Business?

When one real estate professional is harmed, **all suffer.**

- In 2019, 87 Real Estate Professionals met with fatal injuries per US Bureau of Labor Statistics
- Within the past 2 months, 2 deaths
- Many incidents are never reported

Local News (August)



When confronted with a dangerous situation, the first instinctual reaction is usually?

- [ ] Denial
- [ ] Anger
- [ ] Sadness
- [ ] Confusion

Submit

Your Canva profile name won't be shared

Why is Real Estate Risky?

- Image of Success
- Meeting unknown prospects at properties
- Getting a listing call



Why is Real Estate Risky?

- Working at unfamiliar properties at odd hours
- Sitting open houses alone
- Entering vacant properties



Why is Real Estate Risky?

- Driving with strangers while multi-tasking
- Public visibility
- Many ways for prospects to make contact



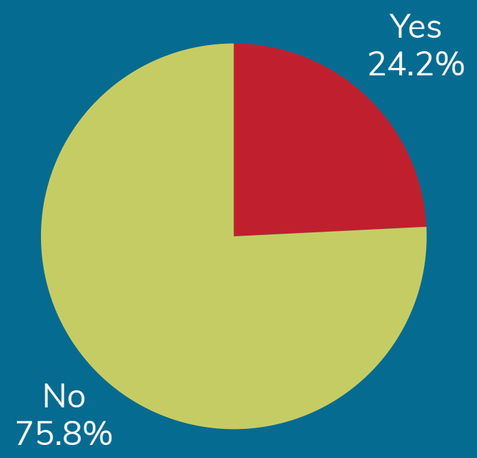
Why is Real Estate Risky?

- Handling client’s personal information
- *Who would harm me?*
- *The belief you can handle yourself*

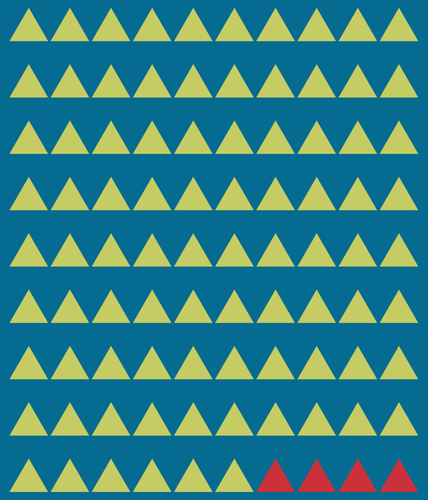


What Do Others Say?

Felt Threatened On the Job



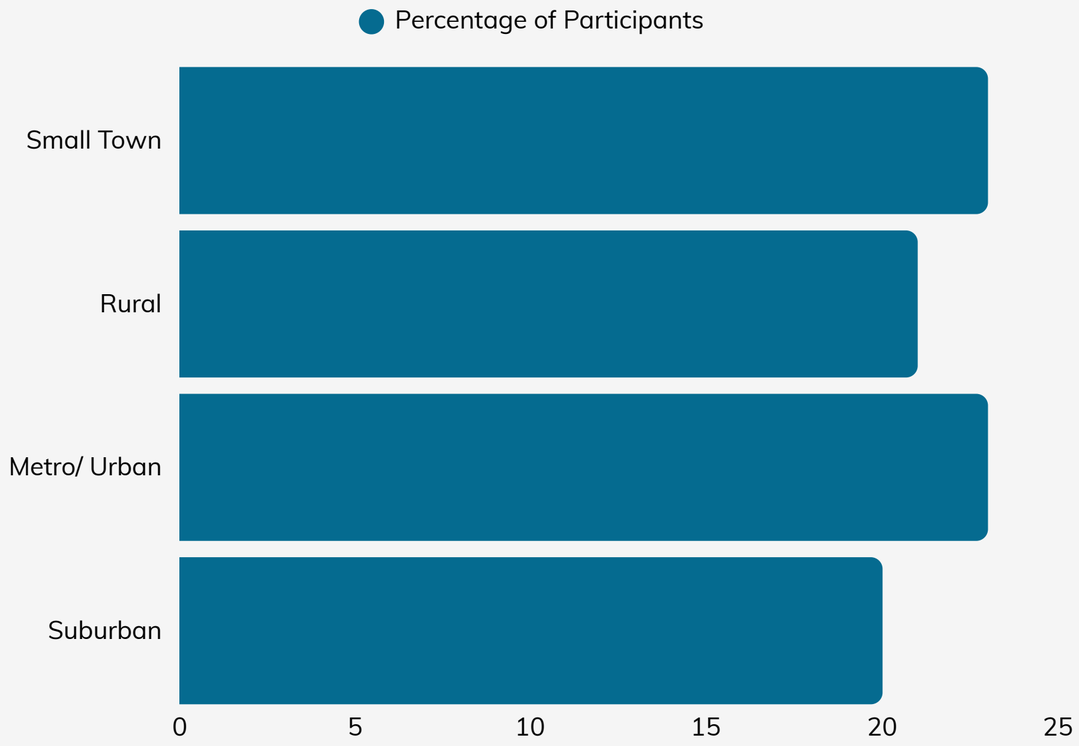
Have Been the Victim of a Crime While on the Job



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What Do Other's Say?

Feared for Personal Safety or Safety of Personal Information



When and Where

35% - After a threatening email, text message, phone call, or voicemail

17% - During an open house

7% - Meeting a new client for the first time at a secluded location/ property

7% - Driving a Client

7% - During a Showing

3% - Meeting a new client for the first time in a public place

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Have you experienced a situation that caused fear for personal safety or safety of personal information?



94% Have Never Been a Crime Victim

- 2% Victim of a Robbery
- 2% Victim of Identity Theft
- 1% Victim of an Assault
- 1% Prefer Not to Say

What Do Others Say?

Meets unknown prospects at the real estate office or a neutral location first





15% of Men



25% of Women

More women than men have feared for their safety

What Do Others Say?

- 58% Use a smartphone app to track whereabouts
- 49% Carry a self-defense weapon
- 38% Have taken a self-defense course
- 29% Participated in a REALTOR® safety course

The most common types of self-defense weapons

	Women	Men
Pepper spray	26%	5%
Firearm	11%	21%
Pocket knife	5%	11%
Taser	6%	1%
Baton/club	4%	6%
Battery operated noisemaker	2%	3%



The Crime Equation

Remove part of the equation, lessen likelihood of a crime

Motive + **Opportunity** = **Crime**

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Understanding the Criminal Mind and Motivation

	PREDATOR	THIEF
Motive	Power, control	Profit
Crime	Assault, rape, murder	Burglary, robbery
Emotional	Yes	No
Goal	Isolate the victim	Be isolated
Decision-making	Fulfill emotional needs	Potential profit versus risk

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Sharpen your Safety Sense

- All of us have a built-in safety sense, our survival instinct
- **What does that instinct feel like?**

- **Nagging Feeling**
- **Wonder: What If?**
- **Anxiety**
- **Hunches**
- **Gut Feeling**
- **Curiosity**

Sharpen your Safety Sense

- Paranoid?
- Big baby?
- Always jumpy?

- **Doubt**
- **Hesitation**
- **Suspicion**
- **Apprehension**
- **Fear**
- **Dark Humor**

RISE Safely

- R=Recognize Risk
- I=Increase Awareness
- S=Stay Prepared
- E=Escape Early

Safety is a Skill.

- **Not luck.**
- **Not fear.**
- **Not paranoia.**
- **A professional habit.**

Safety is a Skill

- All of us have a built-in safety sense, our survival instinct
- **What does that instinct feel like?**

- **Professionals…**
- **✔️ Back into parking spaces.**
- **✔️ Know two exits.**
- **✔️ Wear shoes they can run in.**
- **✔️ Verify identities.**
- **✔️ Trust instincts.**
- **✔️ Tell someone where they are.**
- **✔️ Carry tools.**
- **✔️ Practice saying NO.**



10-SECOND SAFETY SCAN

Take 2 seconds when you:

- ✓ Arrive at your destination
- ✓ Step out of your car
- ✓ Walk toward the property
- ✓ Enter the property



REMEMBER **POWDER**

Parking your Car

Out of your Car

Walking to the property

Door

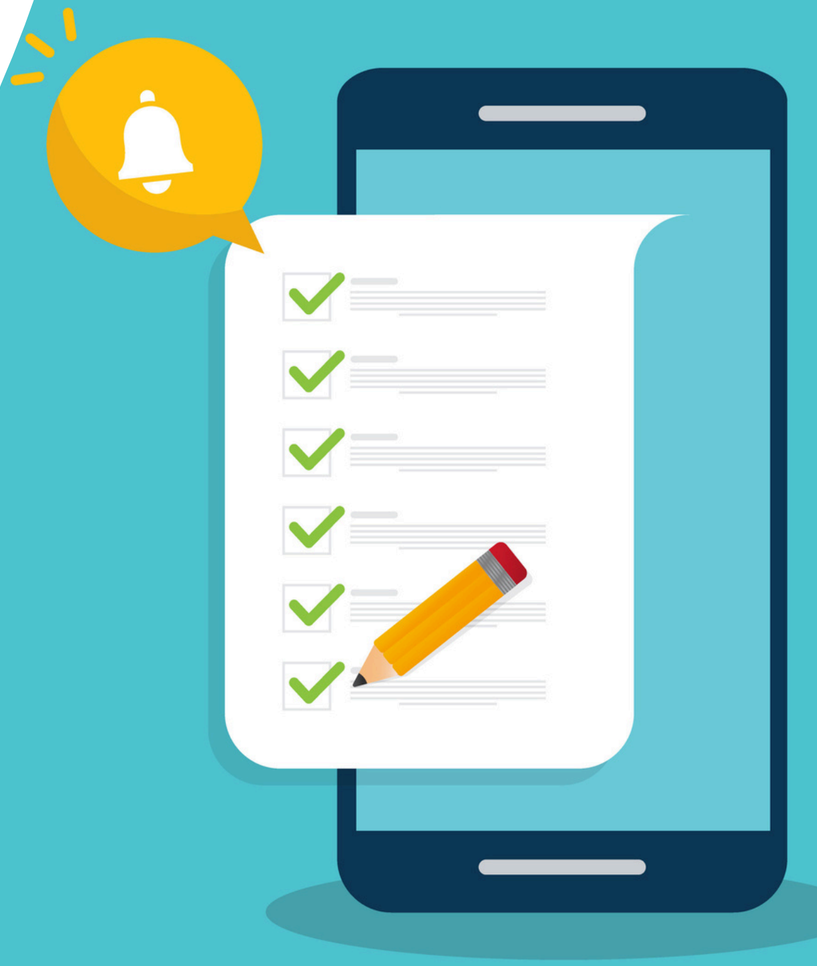
Entering the Property

Reverse the Scan Steps when leaving

Quick Quiz

? Whenever Larry arrives at a property, he does a POWDER scan. What is he doing?

- [ ] A. Making sure he has a firearm ready in case of an attack
- [ ] B. Observing any suspicious activities or people in or around the property
- [ ] C. Checking in with the office to tell them that his distress code is “POWDER”
- [ ] D. Looking for possible enviornmental hazards



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Answer

? Whenever Larry arrives at a property, he does a POWDER scan. What is he doing?

- [ ] A. Making sure he has a firearm ready in case of an attack
- [x] B. Observing any suspicious activities or people in or around the property
- [ ] C. Checking in with the office to tell them that his distress code is “POWDER”
- [ ] D. Looking for possible enviornmental hazards

REMEMBER **POWDER**

Parking your Car

Out of your Car

Walking to the property

Door

Entering the Property

Reverse the Scan Steps when leaving

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How We Respond to Threats

Denial & Delay



“This can’t be happening!”

Deliberation



“What should I do?”

Decision



“Okay, here goes!”

RECYCLE THROUGH DENIAL, DELAY, DELIBERATION

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How We Respond to Threats

1 PHYSICAL RESPONSES

- Stress hormones
- Heart rate increases
- Dissociation
- Shutting down: **negative panic**



2 WHAT CAN WE DO?

- Confidence
- Preparation

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The Strongest Defense

"The strongest defense is a plan of what you will do to avoid high-risk situations and what you will do if you find yourself in danger"

Amanda Ripley, *The Unthinkable, Who Survives When Disaster Strikes - and Why.*

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CAN YOU DIFFUSE THE SITUATION?

- Buy time to assess the situation, decide what to do
- Create a distraction and escape
- On the other hand,
  - May trigger the attacker’s emotions
  - May justify an attack (in the predator’s mind)

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Fight or Flight?

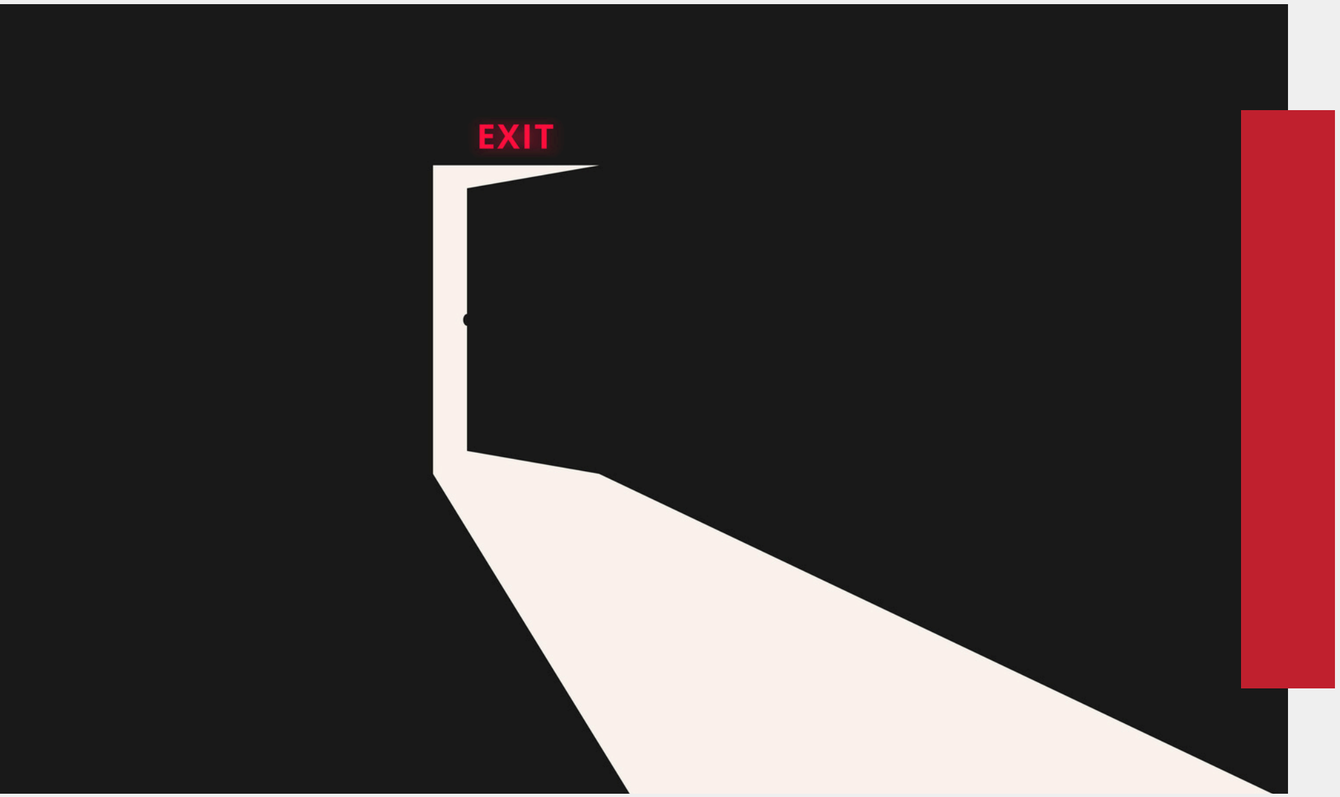
Depends on a Combination of Factors:

- Physical capability
- Proximity of the attacker
- Presence of a weapon
- Knowledge of self-defense



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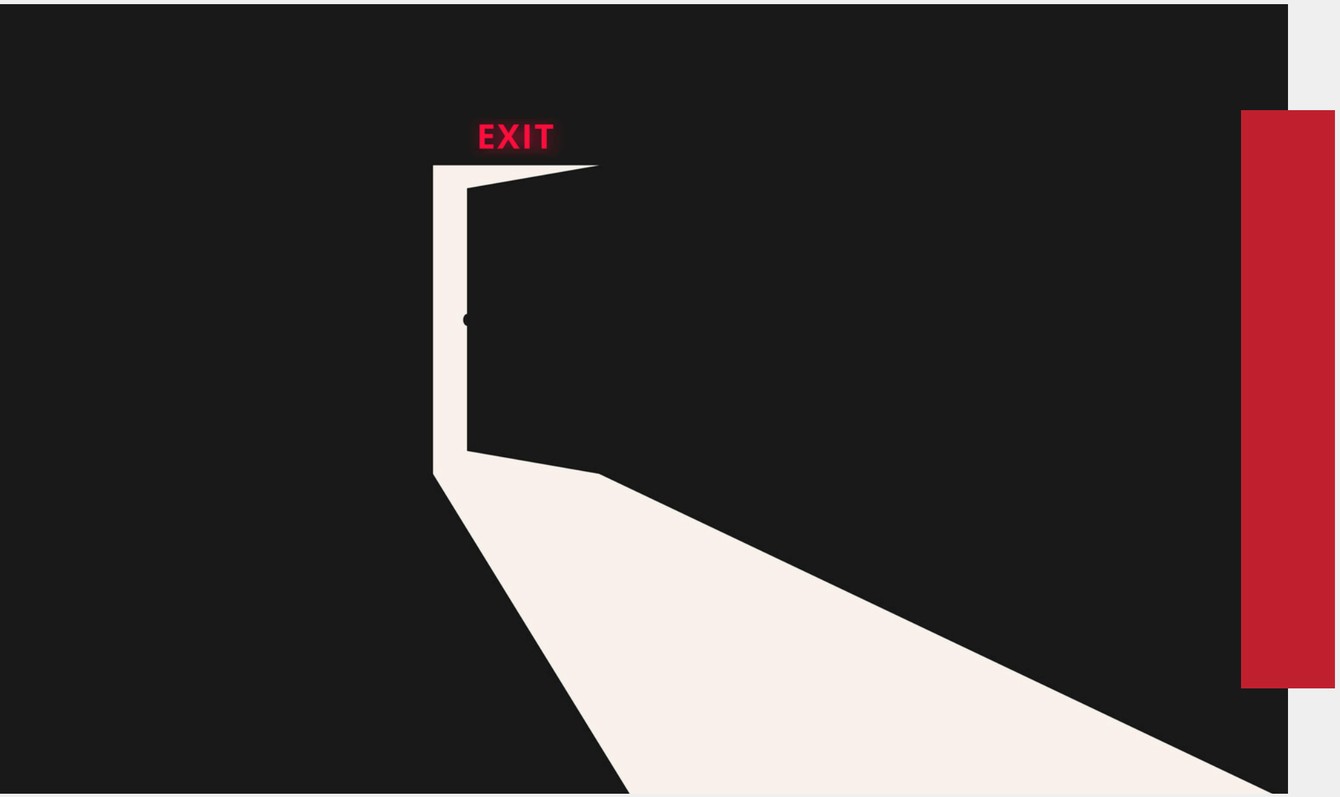
Escape the Situation



- If threatened - act decisively and escape unharmed
- Don’t apologize or announce intention

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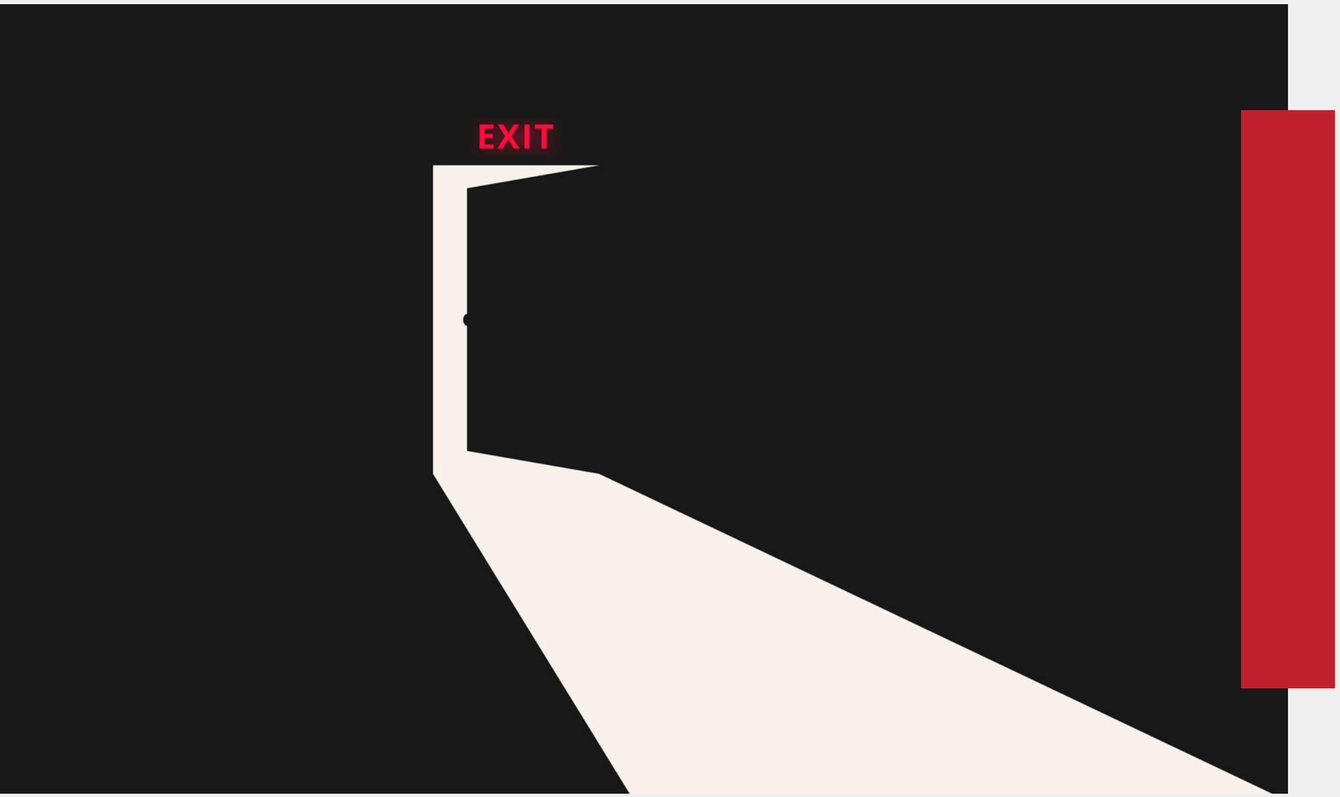
Escape the Situation



- Running away is as courageous as fighting back
- ***Can you make an escape?***

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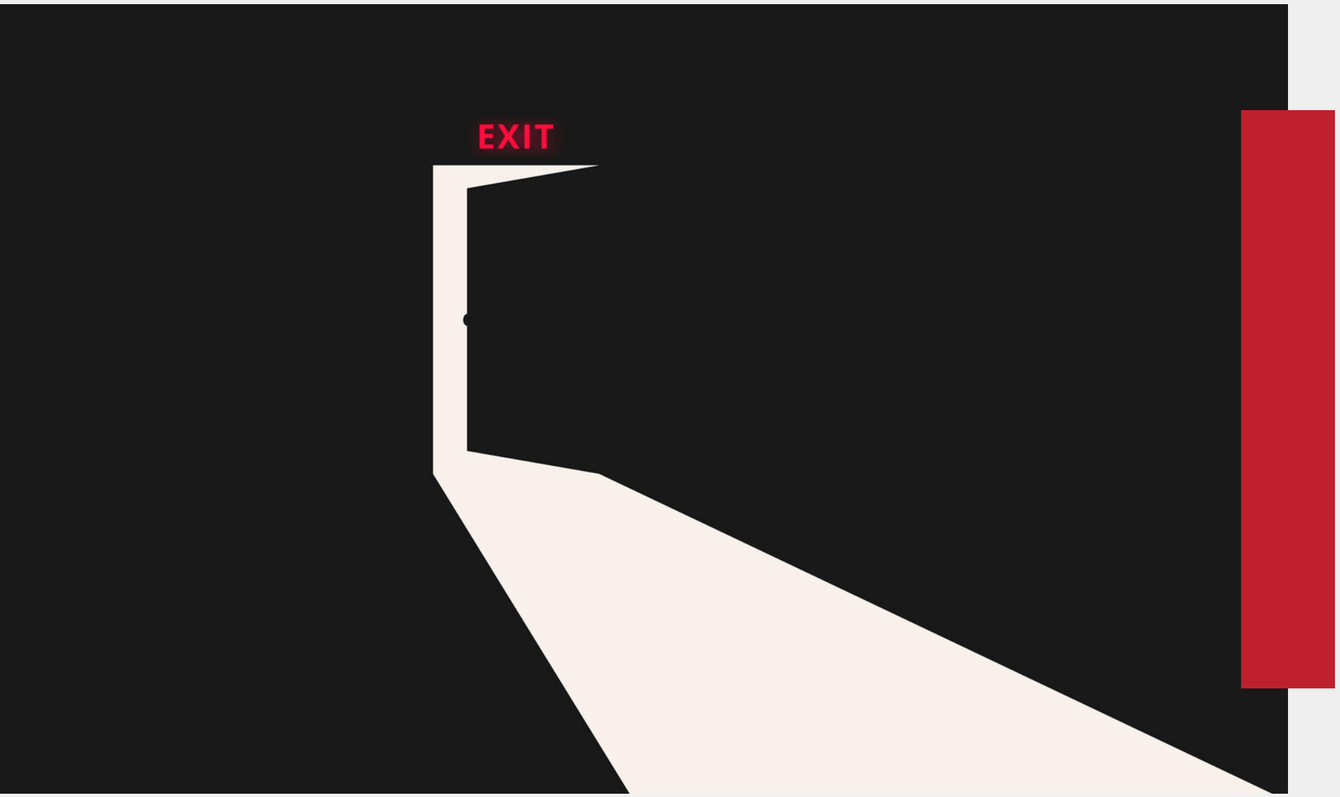
Can you Escape?



- Fitness level and stamina
- Clothing
- Terrain and obstacles
- Safe location to run to

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What are you Wearing?



- Dress Defensively
- Can you run in your shoes
- Are your clothes restricting you?
- Are your hands full?

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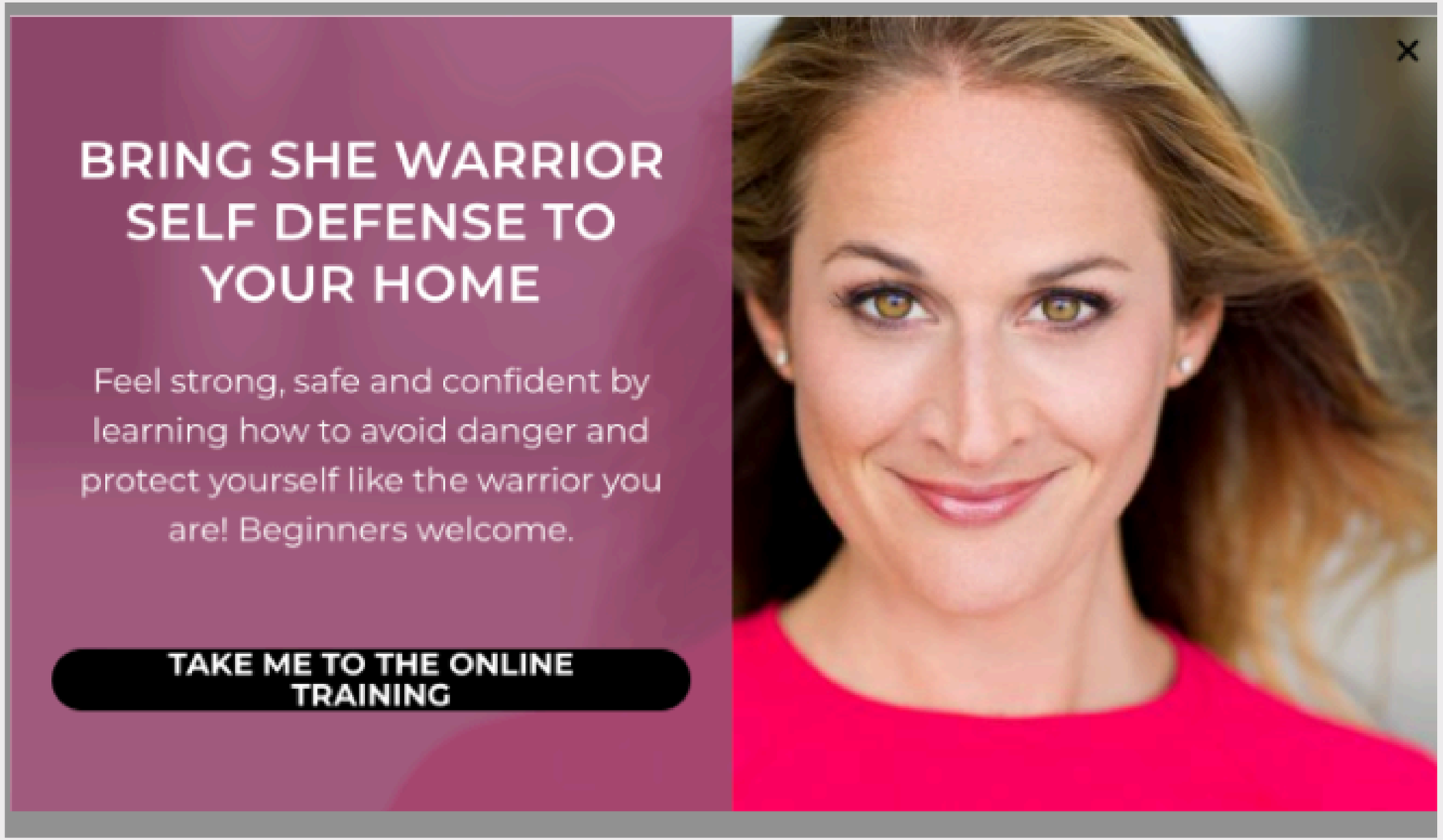
Should You Try to Defend Yourself?



Fighting Back:

- A conscious decision when escaping is not an option

Jennifer Cassetta - REALTOR® Advocate



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THE *Art* OF PERSONAL SAFETY

For Real Estate Professionals

Because **1 in 5 women** in the U.S. will be the victim of a sexual assault in their lifetime.

Because globally, **1 in 3 women** will be the victim of sexual violence, according to the World Health Organization.

Because crime against real estate professionals is usually predatory in nature.

Because about 67% of Realtors are women.



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Should You Take a Self-Defense Class?

Benefits:

- Rehearse simulated confrontations
- Learn to recognize and evaluate threats
- Improve fitness

Gain Confidence To:

- Handle threats
- Choose right response
- Defend yourself
- Calm fear responses

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FIGHT SPORTS CLUB

BOSTON



Kristen Throop Boucher is at **Fight Sports Boston • Brazilian Jiu Jitsu** .
July 18 · New Bedford, MA ·

Sooo... it's been about 4 months since I finally caved to the peer pressure of my family and stepped foot on the mat. A few observations, in no particular order:... **See more**



CHOOSING A SELF-DEFENSE CLASS



- Ask family, friends, and colleagues
- Observe a class
- Ask about the training goals
- Match your fitness level

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CHOOSING A SELF-DEFENSE CLASS



- Choose group instruction
- Check for safety precautions
- No-pressure environment
- Consider starting on your own in your own basement

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SELF OFFENSE







MOBILITY ANYWHERE



















Sponsored



Noopel Emergency Whistles Lifeguard Safety Whistle with Lanyard and Keychain for Outdoor Camping Hiking Boating Backpacking Fishing Kayak Kids Rescue Signaling Loud Survival Whistle

4.6 ★★★★½ (8.9K)

$7.88

Save 3% on 50+ units

prime **Today**
FREE delivery **Today 5 PM - 10 PM** on $25 of qualifying items

Add to cart

+5 other colors/patterns



Lucky Line 2” Diameter Spiral Wrist Coil with Whistle Key Chain, Flexible Wrist Band Coach Teacher, Stretches to 12", Black (423201)

4.1 ★★★★☆ (38)

$5.35 Price ~~$7.48~~

Save 30% on 6+ units

prime **Tomorrow**
FREE delivery **Tomorrow, Sep 26**

Add to cart

+2 other colors/patterns



Loudest Brass Whistle Best Premium Emergency Whistle 125db+ One Piece Outdoor Survival Whistle On Key-Chain or Hang Around Your Neck and Carry it Anywhere!

4.5 ★★★★½ (1.8K)

$7.59 Price ~~$7.99~~

Save 10% on 3+ units

prime **Today**
FREE delivery **Today 5 PM - 10 PM** on $25 of qualifying items

Add to cart



Freestanding Punching Bag for Adults, 70" Boxing Bag with Stand Kicking Bag Heavy Bag with Boxing Gloves and Electric Air Pump, Women Men Kickboxing Bags for Beginners Training MMA Mu…

4.3 ★★★★½ (175)

$54.99

Save 24% with coupon

prime Tomorrow

FREE delivery **Tomorrow, Sep 26**

Add to cart

More Buying Choices

$51.15 (2+ used & new offers)



Elite Sports 4ft Boxing Bag, Punching Bag Set with 12oz Gloves, Hand Wraps, Jump Rope, Reflex Ball & Phone Holder - for…

4.7 ★★★★½ (244)

$49.99

prime

Previously viewed



Sponsored

Upgraded Heavy Freestanding Punching Bag for Adults Teens, 70” Standing Punching Bag Kicking Bag Heavy Bag, Women Men Kickboxing Bags for Training MMA Fitness Home Gym

4.2 ★★★★☆ (144)

$56.99 Typical: $59.99

Save 20% with coupon (some sizes/colors)

prime Today

FREE delivery **Today 5 PM - 10 PM**

Add to cart

Should You Arm Yourself?

- Personal Choice
- Comply with all state and local laws
- Follow best practices for firearm safety
- Learn to use the weapon for self-defense
- Consider other options for self-defense with sprays, batons, or tasers.

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Results

Check each product page for other buying options. Price and other details may vary based on product size and color.

Best Seller



Sponsored

Eberlestock Bando Bag - Tactical Men's Fanny Pack w/Adjustable Waist Belt, Zippered Pockets, Compact Lightweight Belt Bag

4.6 ★★★★½ (1.6K)

+6 other colors/patterns

$59.00

Save 5% on 5+ units

prime Two-Day
FREE delivery **Thu, Aug 28**

Add to cart



Sponsored

WATERFLY Fanny Pack Waist Packs: Large Crossbody Fanny Packs for Women Men with 5 Zipper Pockets Adjustable Strap Waist Bags Hip Pack for Traveling Cycling Running Hiking-Gray

4.5 ★★★★½ (239)

+10 other colors/patterns

Limited time deal

$18.79 List: ~~$23.49~~

prime Today
FREE delivery **Today 5 PM - 10 PM** on $25 of qualifying items

Add to cart



Vdones Tactical Fanny Pack Gun Holster Concealed Carry Pistol Military Tactical Waist Bag Waterproof Molle EDC Pouch with USA Flag Patch

4.4 ★★★★½ (1.2K)

$17.49 List: ~~$19.99~~

Save 15% on 10+ units

prime Today
FREE delivery **Today 5 PM - 10 PM** on $25 of qualifying items

Add to cart



Lone Trail Black Concealed Carry Fanny Pack for Men | Adjustable ccw fanny pack for Men for Hiking and Travel, Quick Access to Back Pockets - Tactical Waist Packs w/Fully Adjustable Main & Extra Strap

5.0 ★★★★★ (4)

$24.99

10% off promotion available

prime Tomorrow
FREE delivery **Tomorrow, Aug 27**

Add to cart



Vertx Everyday Fanny Pack 2.0, CCW Tactical Concealed Carry Waist Bag for Men and Women, Travel, Work, Outdoor, EDC Gear

4.4 ★★★★½ (177)

$59.50 List: ~~$64.99~~

prime Tomorrow
FREE delivery **Tomorrow, Aug 27**

Add to cart

Taser Lipstick: Blingsting



Guard Dog Security
Disguised Lipstick Mini S...



Bling Sting · In stock
Skinny Lipstick Stun Gun



BrickHouse Security
Stun Master Rechargeabl...



Amazon.com
FIGHTSENSE Flashlight Lip...



Stunster.com
Volt Rechargeable Lipstick ...



ABC Distributors
Lipstick" Taser Flashlight P...



Amazon.com
Amazon.com : Lipstick St...



The Home Security Supe...
Safety Tech Fake Lipstic...

STUN GUN — KNOW YOUR STATE

MA: 🔴 LTC required

CT: 🔴 Firearm credential required

RI: 🟡 Legal landscape complicated — verify current RI law before carrying

NH: 🟢 No general permit

VT: 🟢 No general permit

ME: 🟢 No general permit

LEGAL TO OWN ≠ LEGAL TO CARRY EVERYWHERE ≠ LEGAL TO USE

A person can be legally allowed to possess a device and still face restrictions involving schools, courthouses, government property, private property, employment policies, vehicles, or the circumstances in which force may lawfully be used.

Massachusetts

- **Pepper spray: no LTC.
- Stun gun: LTC.**

DAWN HETZLER ~UPSTAIRS

Colorado REALTOR® Dawna Hetzler was preparing for an open house when a prospect asked to see upstairs.
He followed her into the primary bedroom and allegedly threatened her with a knife and bear spray. She survived the encounter.

Fearing for her safety, Dawna, who had a concealed carry permit, drew her gun in response. Panicked, the perpetrator doused her in bear spray and ran away. This allowed Dawna to call 911 and she was later taken to the hospital for her injuries.
Question:
"Who's going up the stairs first?"
Then don't answer.
Make them answer.
Your NAR guidance is very clear about the larger principle: walk behind the prospect, maintain an exit, and avoid putting yourself where you can be cornered.

Learn to Use Weapons for Self-Defense

- A weapon is a liability if an attacker can take it away and use it against you
- Learn how to use it properly for self-defense
- Know and comply with your state’s weapons laws

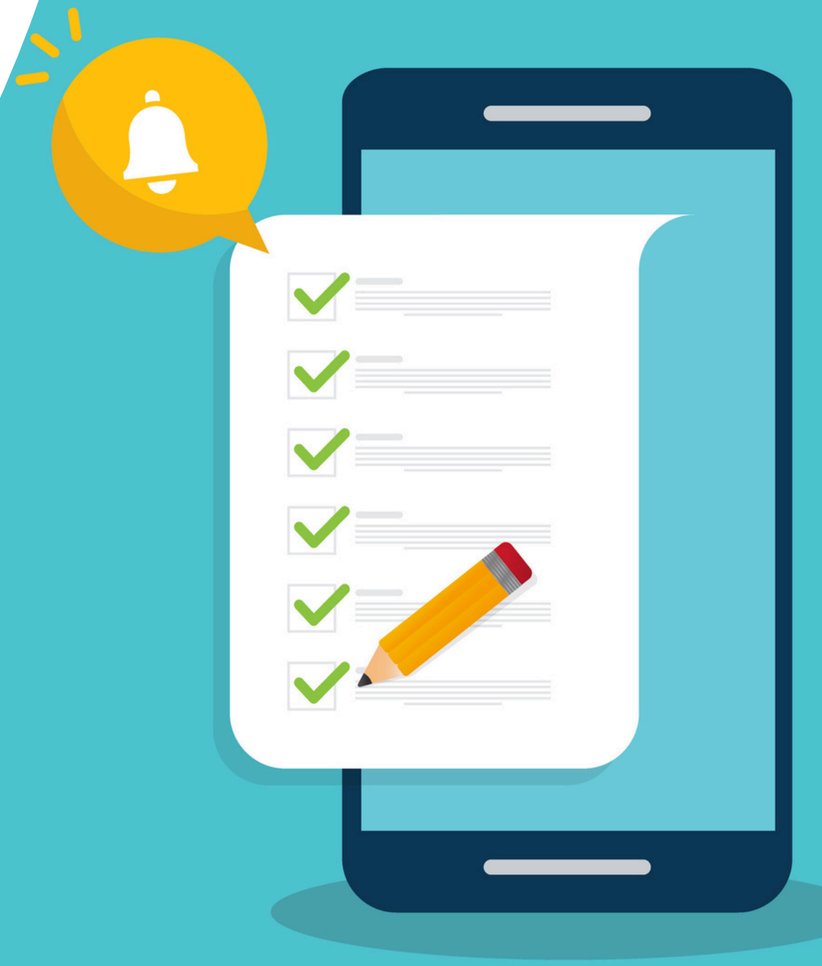
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Quick Quiz

?

How does improving your fitness level help to keep you safe on the job?

- [ ] A. It helps you avoid injury if attacked.
- [ ] B. It helps you control fear responses.
- [ ] C. It makes you more likely to fight back.
- [ ] D. It improves your ability to run away.



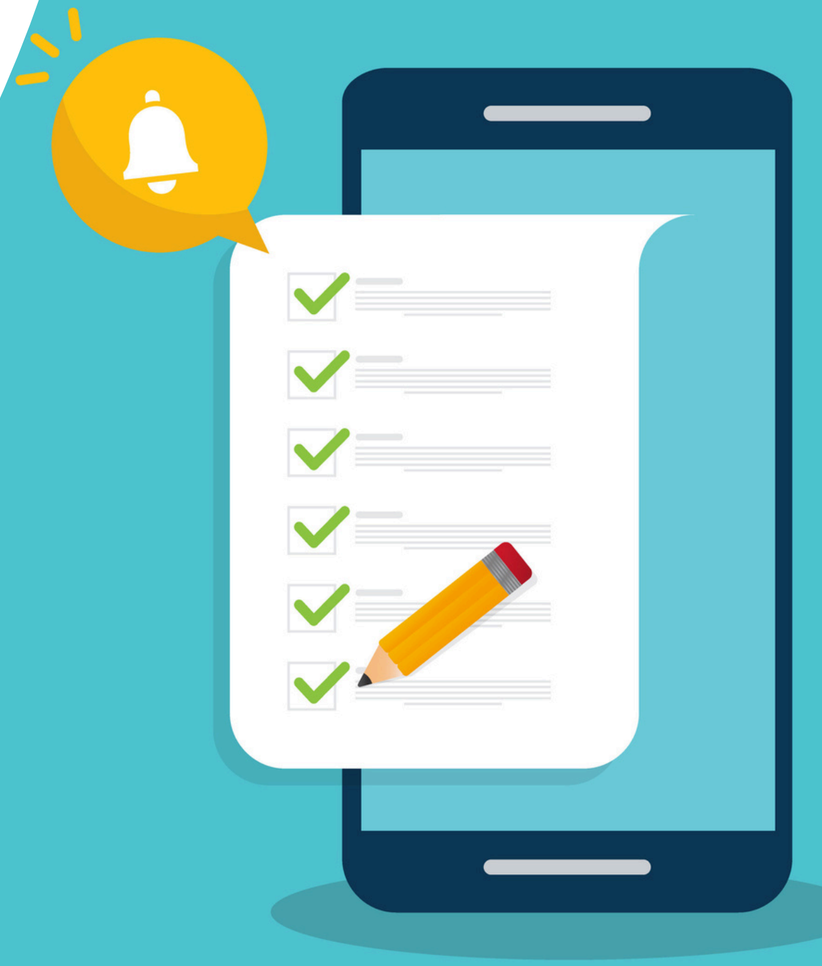
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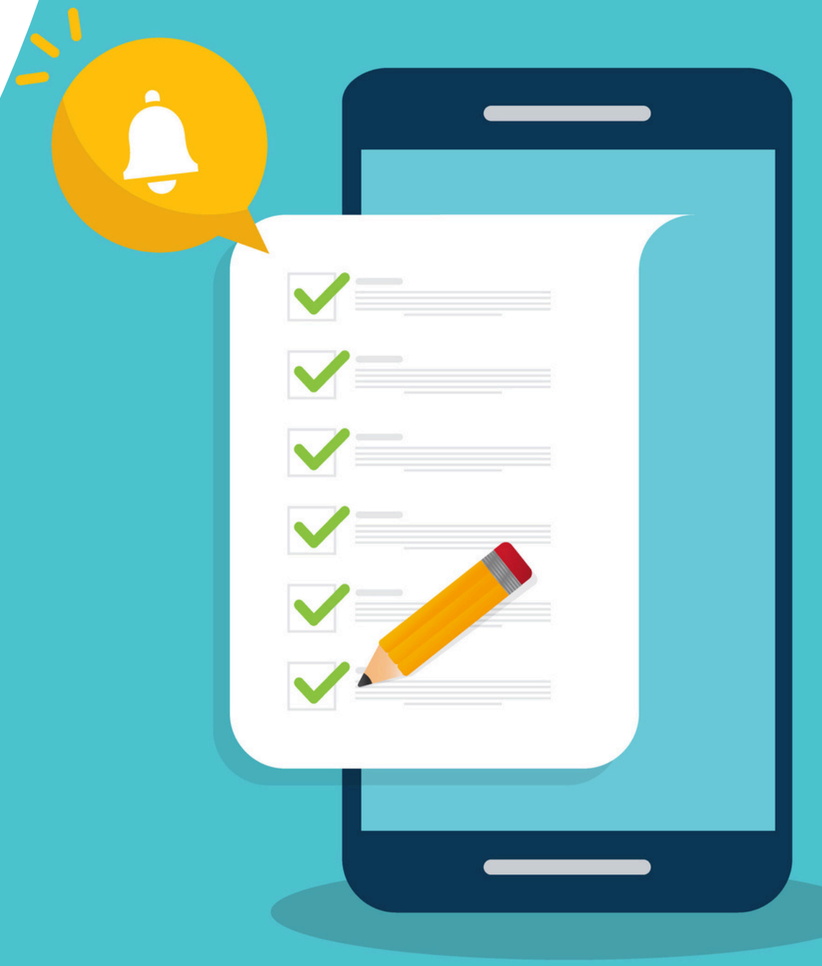


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Quick Quiz

? Fighting back should be viewed as:

- [ ] A. A conscious decision when escape is not an option.
- [ ] B. Something only strong men can do.
- [ ] C. The first reaction to a threat because it surprises an attacker.
- [ ] D. A way to diffuse a threatening situation.



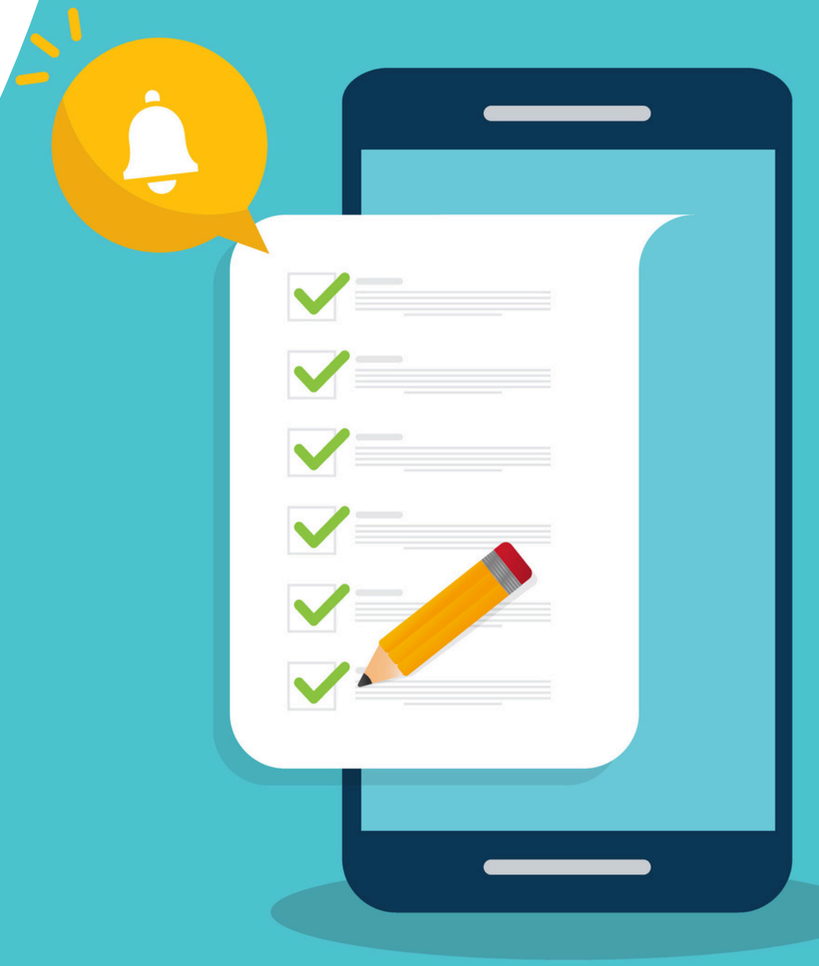
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SELF-PRESERVATION DAILY 10

10 simple movements to help your body stay ready to move, react and recover

Your body is part of your safety equipment. Practice the movements you may someday need quickly - before adrenaline asks for them.

#	MOVE	HOW	WHY IT MATTERS
1	**RESET & SCAN**	Stand tall. Slowly look left/right, then make 5 gentle shoulder rolls each direction.	*Neck/shoulder mobility + awareness*
2	**ARM CIRCLES**	10 small-to-large circles forward, then 10 backward. Keep ribs down and shoulders relaxed.	*Shoulder range + upper-body readiness*
3	**HANDS & WRISTS**	5 wrist circles each way. Open fingers wide, make a fist, then touch thumb to each fingertip x 5.	*Grip, dexterity + hand readiness*
4	**ISLAND PUSH-UPS**	Hands on a sturdy kitchen island/counter. Body straight. Lower with control and press away. 5-10 reps.	*Push strength + ability to create space*
5	**ISLAND SQUATS**	Hold the island lightly. Sit hips back as if reaching for a chair, then stand tall. 5-10 reps.	*Leg strength + getting up and moving*
6	**HIP CIRCLES**	Hands on island. Make 5 slow hip circles each direction, staying tall and controlled.	*Hip mobility + directional change*
7	**HEEL-TO-SEAT + TUCK**	Hold island. Bend one knee and bring heel toward seat; hold ankle only if comfortable. Gently tuck pelvis. 15-20 sec/side.	*Front-of-hip/thigh mobility + posture*
8	**HEEL + TOE RAISES**	Holding island lightly, rise onto toes 10x, then lift toes while keeping heels down 10x.	*Ankle strength + balance + trip recovery*
9	**CLOCK STEPS**	Imagine a clock around you. Step to 12, 3, 6 and 9 o'clock, returning to center each time. 2 rounds/side.	*Balance + reaction + lateral movement*
10	**MARCH -> QUICK FEET**	March comfortably for 30 sec. Then, if steady, add 5 sec of quicker feet at about 50-70% effort. Repeat once.	*Endurance + safe introduction to speed/power*

THE GOAL: Move with control first. Build speed gradually. Consistency beats intensity.

Safety note: Use a stable surface, stay within a comfortable range, and stop for pain, dizziness, chest pain, unusual shortness of breath or loss of balance. Modify or skip any movement that is not appropriate for you; ask your health professional if you are unsure.

The Daily 10

SELF-PRESERVATION → BODY AUTONOMY → LONGEVITY → THRIVAL

Five physical “freedoms” that THRIVALIST protects

- Freedom to get up
- Freedom to move quickly
- Freedom to reach, turn, bend and recover
- Freedom to carry, push and pull
- Freedom to keep going

Y“When we think about self-preservation, we usually think about danger coming from the outside — an unsafe showing, an aggressive person, a bad situation. But self-preservation is also about what is happening inside our own body. Do I have the strength to get up? The balance to recover? The mobility to turn and see? The power to move quickly? The endurance to keep moving?

That’s really where my work around THRIVAL and longevity has been taking me. Safety isn’t only about surviving an incident. It’s about preserving enough physical capacity that we continue to have choices.”

That is a really strong transition.

You already have the bones of a broader model, too. Your safety material can become the very practical “why should I care?” entry point for longevity.

I’d frame it as:

SELF-PRESERVATION → BODY AUTONOMY → LONGEVITY → THRIVAL

The Daily 10 fits right in the middle.

And you could introduce five physical “freedoms” that THRIVALIST protects:

- Freedom to get up
- Freedom to move quickly
- Freedom to reach, turn, bend and recover
- Freedom to carry, push and pull
- Freedom to keep going

That is much more compelling than “exercise because exercise is healthy.”

It becomes:

Train so your body remains useful to you.

That line could become a cornerstone of the program.

And Peter Attia’s Outlive concepts fit beautifully here because his central longevity argument is not just lifespan — it is preserving function and delaying decline.

Your angle can be even more accessible:

The THRIVALIST question:

“What do I want my body to still be able to do at 70, 80, 90… and what must I practice now so I don’t lose it?”

Then tonight's safety class gives immediate examples:

A fast sidestep is not “exercise.”

It is the ability to avoid danger.

Getting off the floor is not “fitness.”

It is independence.

Grip strength is not “gym stuff.”

It is opening, carrying, catching and holding.

Your Smartphone: Your Personal Safety Tool



01 GPS Tracking

02 Texting

03 Alerts and Alarms

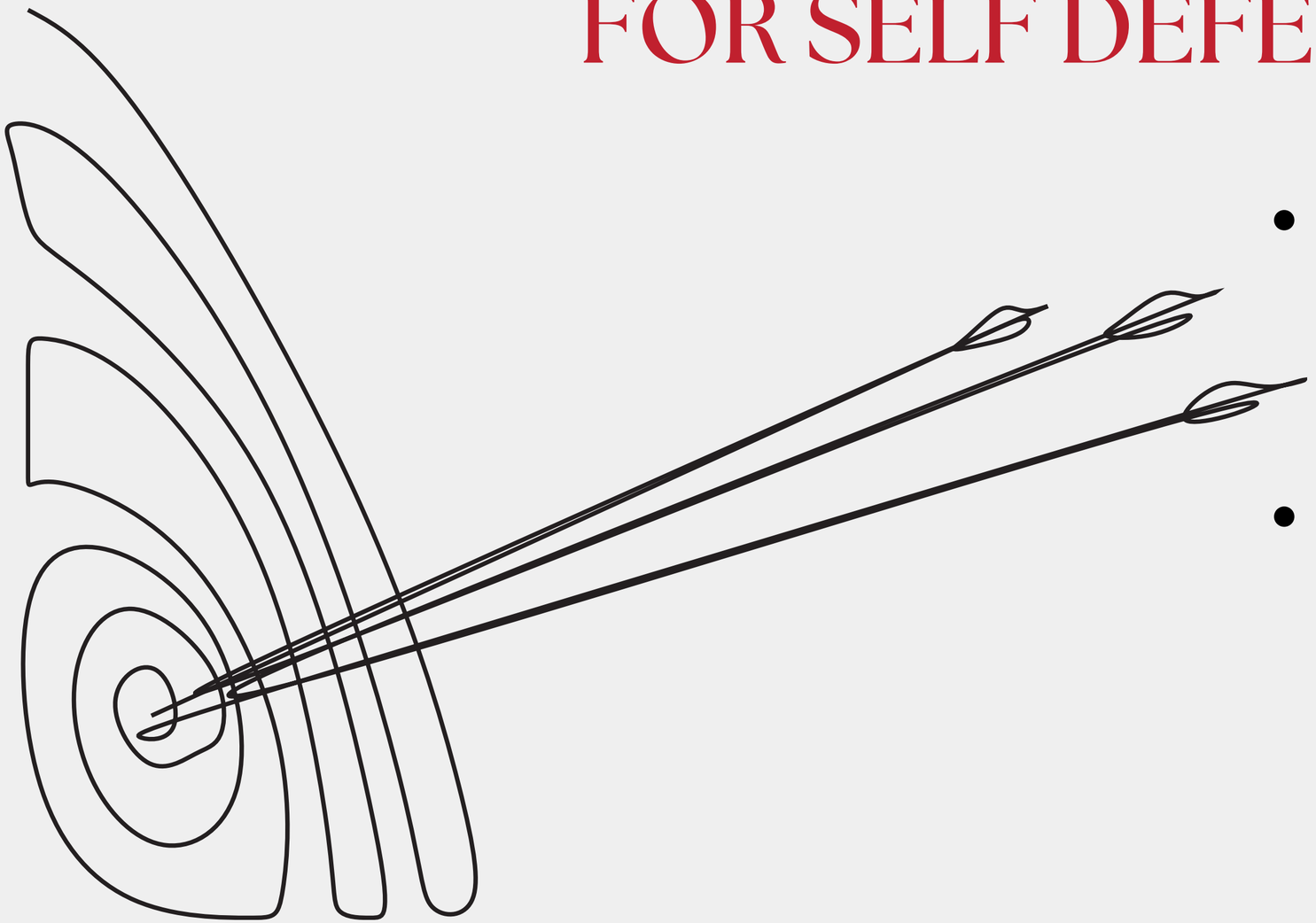
04 Photo Sharing

05 Surveillance

06 Call Blockers

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WHAT ARE WE LIKELY TO USE FOR SELF DEFENSE?



- Women are more likely to carry pepper spray

- Men are more likely to carry a firearm or pocket knife

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MOST COMMON TYPES OF TOOLS

	WOMEN	MEN
Pepper Spray	24%	4%
Firearm	12%	19%
Pocket Knife	6%	9%
Taser	2%	7%
Baton / Club	2%	4%
Battery Operated Noisemaker	4%	1%

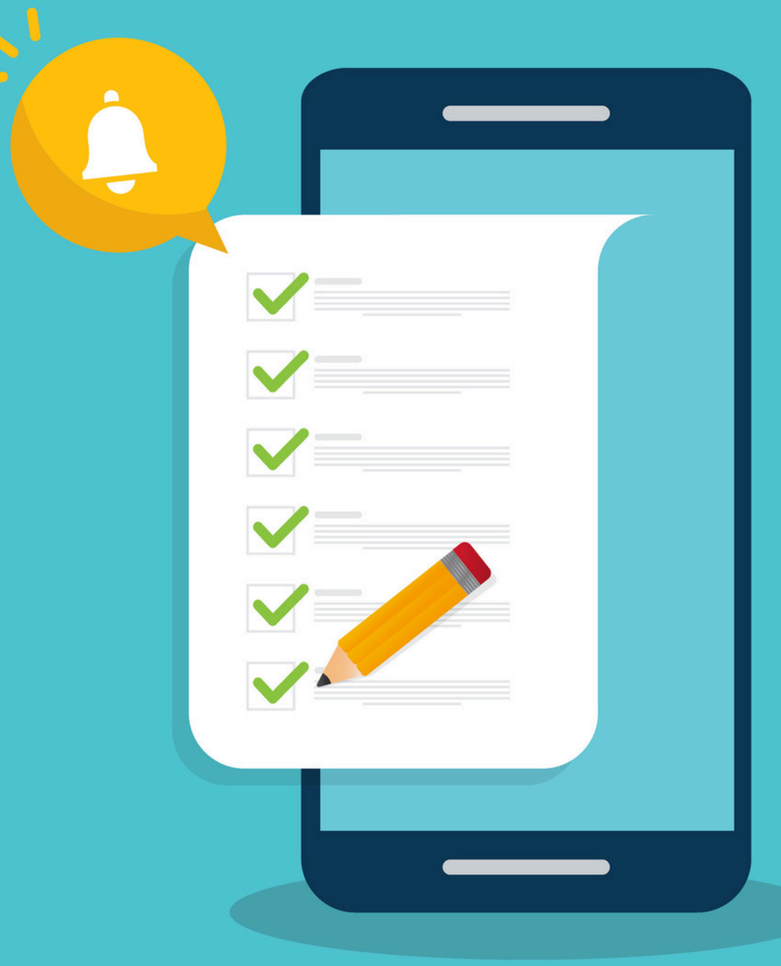
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Quick Quiz

?

The best course of action when threatened is almost always to:

- [ ] A. Escape the Situation
- [ ] B. Fight Back
- [ ] C. Scream for Help
- [ ] D. Call 911

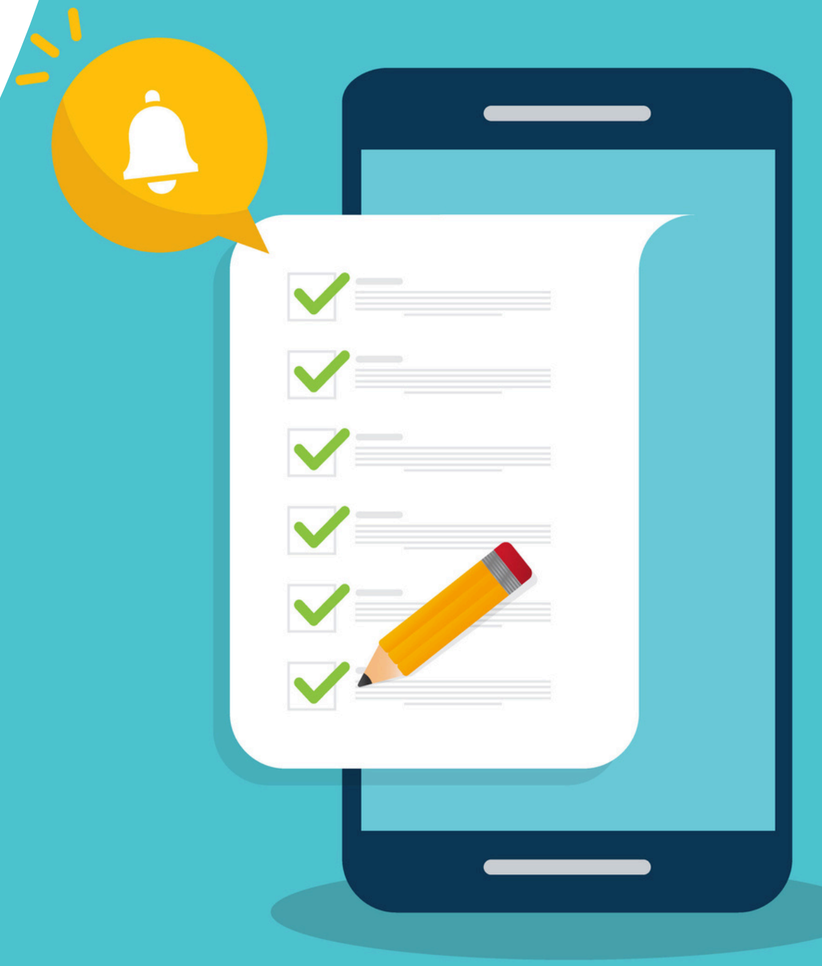


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Quick Quiz

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Think
like a Criminal

Do You Know the Caller?



- You can be tricked into a conversation with someone you don’t know
- Scammers feed off your reactions
- Listen to your instincts
- If you don’t remember the caller, you’ve probably never met

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Calls to 911

YOU SHOULD KNOW



- Where do 911 calls go?
- Response time?
- Can the emergency system locate you?
- Is the system GPS enabled?
- Can the emergency operator call back?
- Can police provide extra patrols during open house events or around vacant properties?
- How/when should you report non-emergencies?

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8 Criteria for Choosing Safety Products

01 Supports behavioral and cultural change

02 Designed for prevention

03 Rooted in behavioral science

04 Alerts emergency contacts based on proximity

05 Two types of alerts: **uncomfortable** vs. **emergency**

06 **Unobtrusive -** Will not make legitimate prospects uncomfortable

07 Helps identify “Red Flags”

08 Integrated with 911

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- Drive separately or be the driver
- Keep your car in top operating condition
- Store breakdown essentials in trunk
- Know where you are going
- Avoid aggressive drivers on road rage situations



AUTO SAFETY

- No texting or multitasking while driving
  - The average time your eyes are off the road while texting is 5 seconds (enough time to cover the length of a football field - ***blindfolded)***

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PARKING LOT SAFETY

- Keep keys our and ready to open the car door
- Unlock only the driver-side door
- Lock all doors immediately upon entering and get moving
- Keep car keys on a separate key ring from house and office keys

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MORE SAFETY TIPS



- Know who is calling
- Keep your cell phone ready to use
- Personal location devices: GPS wearables
- Know where you’re going
- Roadside service
- Cold weather essentials
- **Stalking is a predatory crime**

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Module 2

Your Office Safety Team

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REALTOR® SAFETY PROGRAM

While working late or alone, keep extra lights on in the office and turn on the radio. This way, it won't look like you are alone. And make sure someone knows where you are and when you will be home.

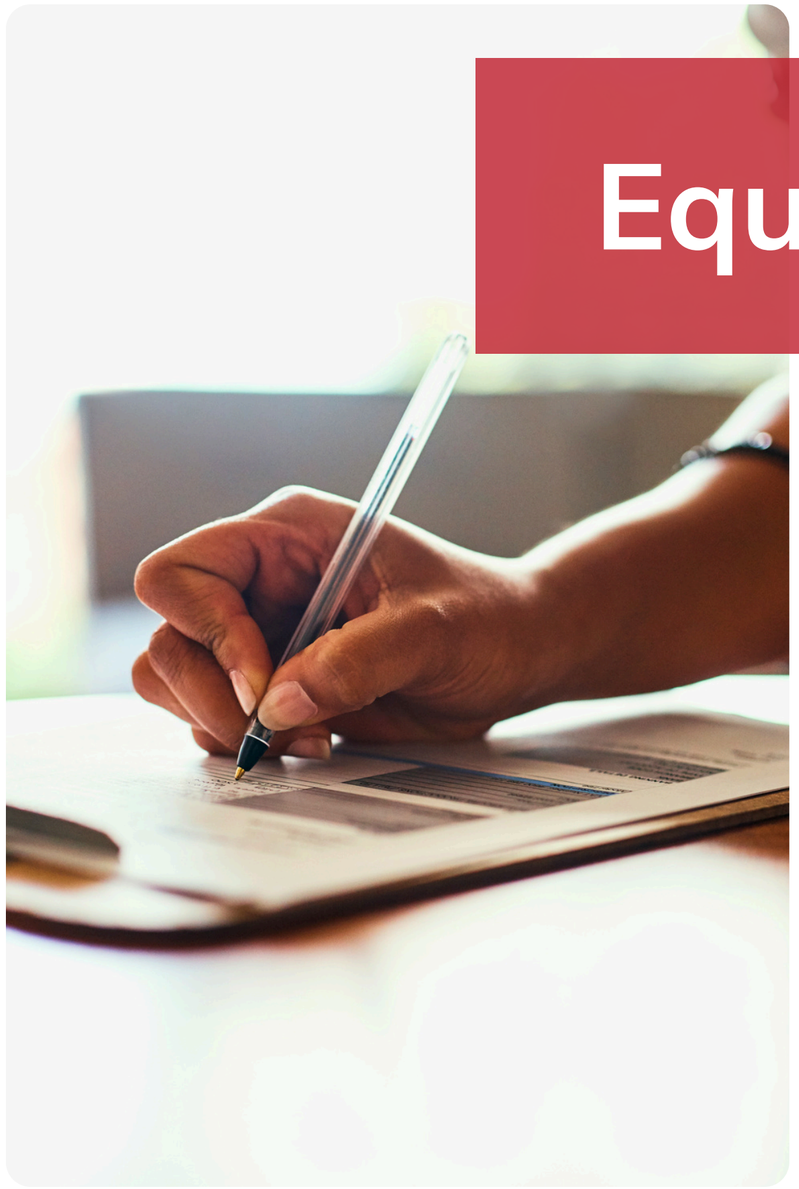
FOR MORE SAFETY TIPS FROM NAR, VISIT WWW.REALTOR.ORG/SAFETY



First Meetings

- **CITO: C**ome **I**nto **T**he **O**ffice
- Standard Office Policy
  - Prospect Identification Form
  - Photocopy the ID and attach it to the form
  - Snap a photo of the prospect’s ID and send it to the office
- Beware of email contacts who refuse to provide a full name

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Equal Professional Services

- Procedures or forms used to collect information from prospects must be applied consistently
- Inconsistent application could be viewed as discriminatory

REALTORS® shall not deny equal professional services to any person for reasons of race, color, religion, sex, handicap, familial status, national origin, sexual orientation, or gender identity.

National Association of REALTORS®, Code of Ethics, Article 10

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Background Checks?

Yes or No?

- No national database with complete and accurate criminal records
- Inconsistent classification and delayed reporting
- Percentage of crimes reported
  - **46%** robberies
  - **37%** simple assaults
  - **52%** aggravated assaults
  - **33%** rape and sexual assaults

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Question:

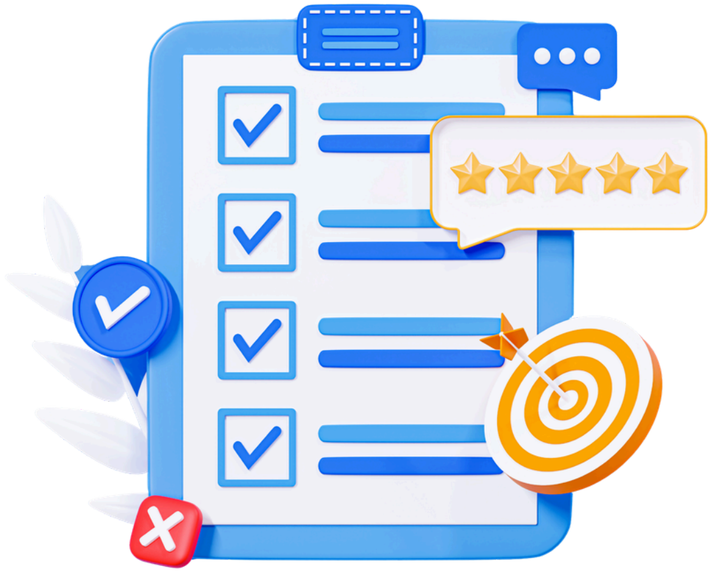
The manager of Dan’s brokerage told him that CITO is company policy when meeting new prospective buyers. What should Dan do?

A. Call a home inspector today before showing any homes.

B. Create a customized individual tour itinerary.

C. Inform prospective buyers that earnest money should be cash in total.

D. Ask prospective buyers to come into the office before looking at homes.



Question:

One of the highest risks that real estate professionals take is:

A. Taking a self-defense course.

B. Meeting prospects they do not know at a property.

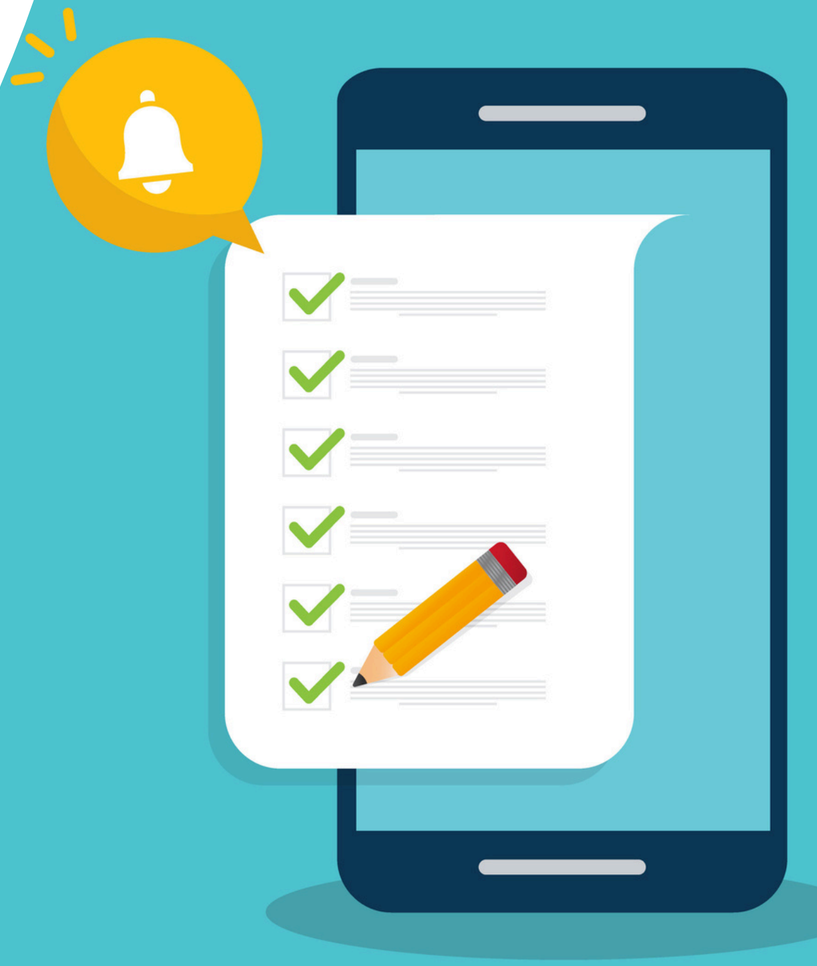
C. Checking the perimeter of a vacant property before going inside.

D. Shredding unwanted credit card applications.

Quick Quiz

3-1 One of the highest risks that real estate professionals take is:

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- [ ] B. Meeting prospects they do not know at a property
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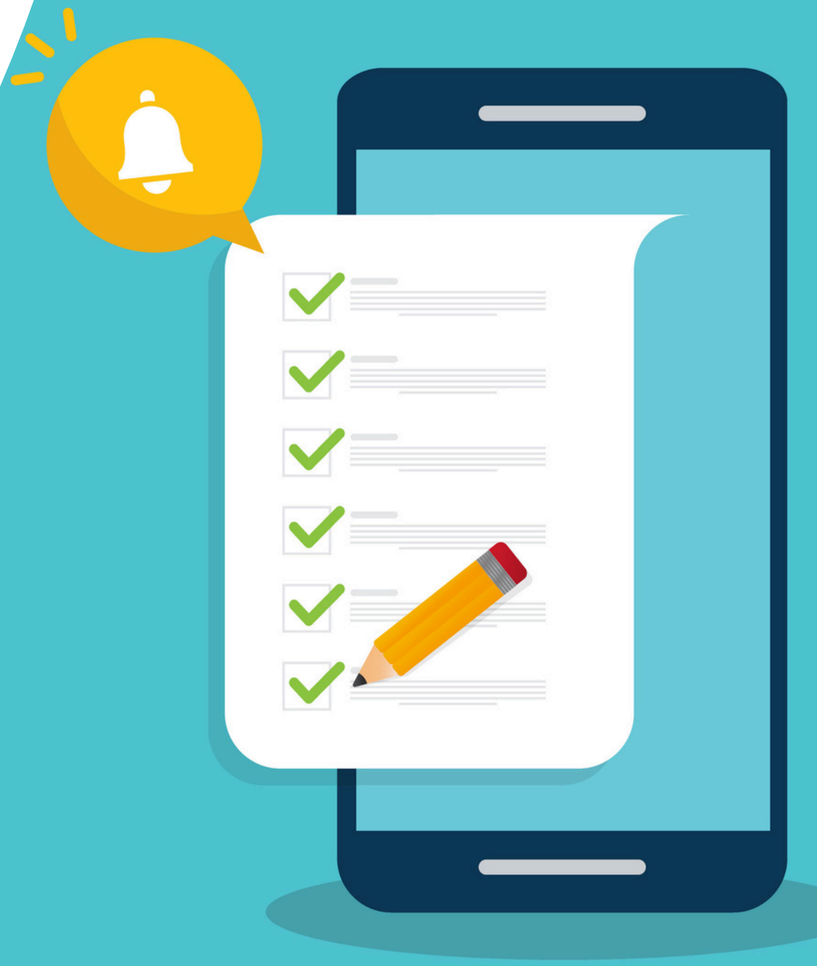
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Answer

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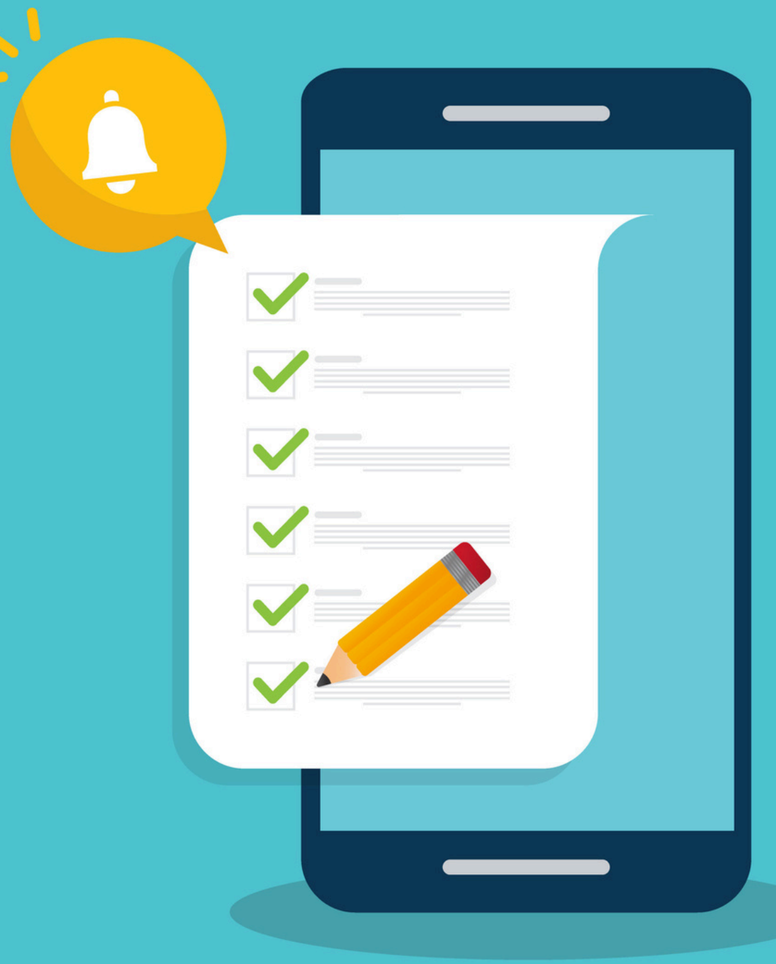
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3-2

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- [x] D. Ask prospective buyers to come into the office before looking at homes.



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WHO KNOWS YOUR LOCATION?

- Office should know your property showing itinerary
- Take a showing buddy
- Calls and alerts
  - Call or text the office to confirm your arrival
  - Ask for a call back
  - Set an alarm
- Ask the prospect to step outside while you secure the property
- Notify office when showing is finished and state where you are going next



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DISTRESS CODES



- Secret word or phrase to signal danger
  - *“Could you email me the easement file?”*
- What code words do you use?

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Arriving at the Property

PREPARE THE HOME

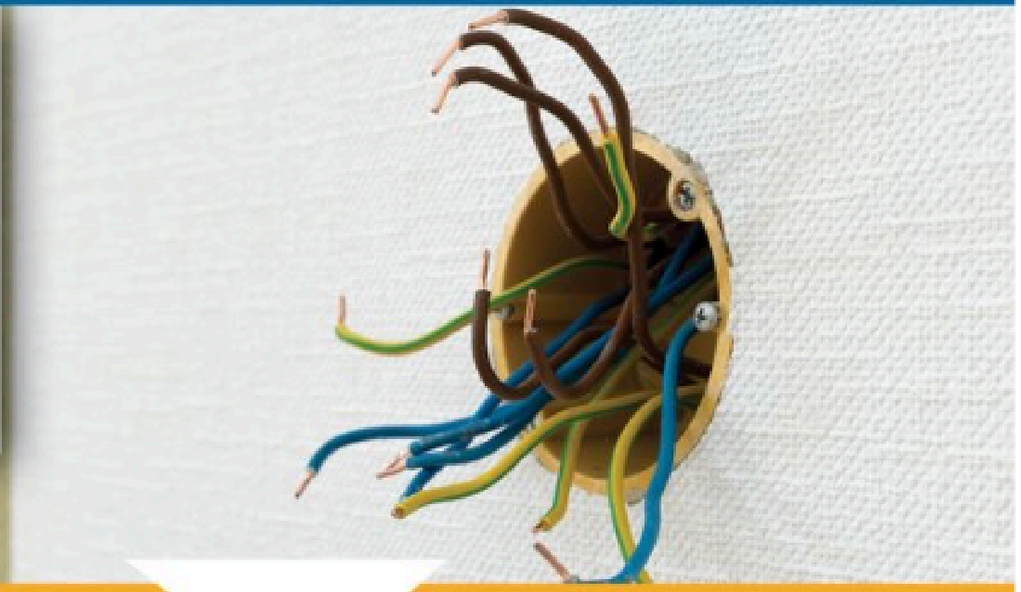
- Turn on all the lights
- Open drapes and blinds
- Unlock exterior doors
- Open interior doors
- Open garage door
- Clear obstructions
- Put away dangerous objects
- Position surveillance cameras



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REALTOR® SAFETY PROGRAM



If you notice a safety concern at a property, such as a loose floor board, exposed wire, or broken step, document and report the matter to the appropriate authority — whether that's your broker or the police.

FOR MORE SAFETY TIPS FROM NAR, VISIT **www.NAR.realtor/Safety**



Set the Tone

- How and where you greet arriving prospects
- Set an authoritative and in-control tone
- Maintain a social distance of about 5-7 feet from a prospect

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Risky Locations

- Bedrooms and bathrooms
- Closets and pantries
- Out buildings
- Garages
- Basements

- Stairs:
  - Prospect goes up or down the stairs first
  - Maintain a four-stair difference
  - Prospect moves away from the top or bottom of the stairs before you complete the ascent or descent
  - Keep a grip on the handrail

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Question:

Areas of a home that present heightened risk include:

A. Bathrooms.
B. Kitchen.
C. Front yard.
D. Patio.

Showing Vacant Properties



- Learn the house before you show it
- **Squatter inside?** Leave immediately and call the police
- **Angry former homeowner?** Apologize for the disturbance and leave
    - Call lender, asset management company, or listing agent
- Meet the neighbors
- No after-dark showings

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ASHLEY OAKLAND 2026 UPDATE

You may know this case, but the development this year makes it especially compelling. In 2011, 27-year-old Iowa REALTOR® Ashley Okland was working alone in a model townhome when she was shot and killed.

- The case remained unsolved for nearly 15 years.
- Then, in March 2026, police announced an arrest and a grand jury indictment for first-degree murder.
- The charge is an allegation; the criminal case is ongoing.
- Ashley wasn't showing a creepy abandoned building at midnight.
- **It was approximately 2 p.m.**
- She was working in a model home.
- That's important because agents mentally classify situations:
- Dark + vacant + stranger = dangerous.

But:

- Daylight + beautiful model home + professional setting = safe.

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Commercial Properties

- Schedule showings of vacant commercial sites during daylight hours
- Thick walls and remote locations may interfere with cell phone reception

Showing a Property After Dark



- Ineffective way to show a property
- Turn on all lights as you go through
- Open all shades, curtains, or blinds
- Advise your supervisor of the appointment time
- Take a showing buddy

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Red Flags

- Is an attack imminent?
- Predator “testing the waters”
- Attempt to isolate the victim
- Escalation from professional to personal
- Invasion of body space
- Uninvited touching
- Personal questions



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Body Language

- Looking out the Window
- Lack of Eye Contact
- Hands in the Pockets
- Cool Weather Clothing in Warm Weather
- Dilated Pupils
- Changes in Breathing or Facial Expression
- Visible veins
- Wiping Hands
- Fidgeting

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VERBAL SIGNALS



- More interest in you than in the house
- Issuing orders
- Asking you to move closer
- Sharing excessive personal information
- Suggestive language that is too familiar or intimate
- Inappropriate compliments
- Speaking louder, faster, or in a sharper tone

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More Safety Tips

- Quick exit
- Carry essentials only
- Take a photo
- Check your surroundings
- Lock up

- Use your car key fob
- Hold Keys
- Don’t say vacant in description
- Wear flat-heeled shoes
- Evaluate the risk

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More Safety Tips

- Use a key ring
- Hold Keys
- Open Palm Strike
- College dorm story
- Evaluate the risk

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Question:

When greeting prospects at a property, an agent should:

A. Lead the prospects through the property.

B. Establish an authoritative and in-control tone.

C. Make the prospects feel that they are in charge of the showing.

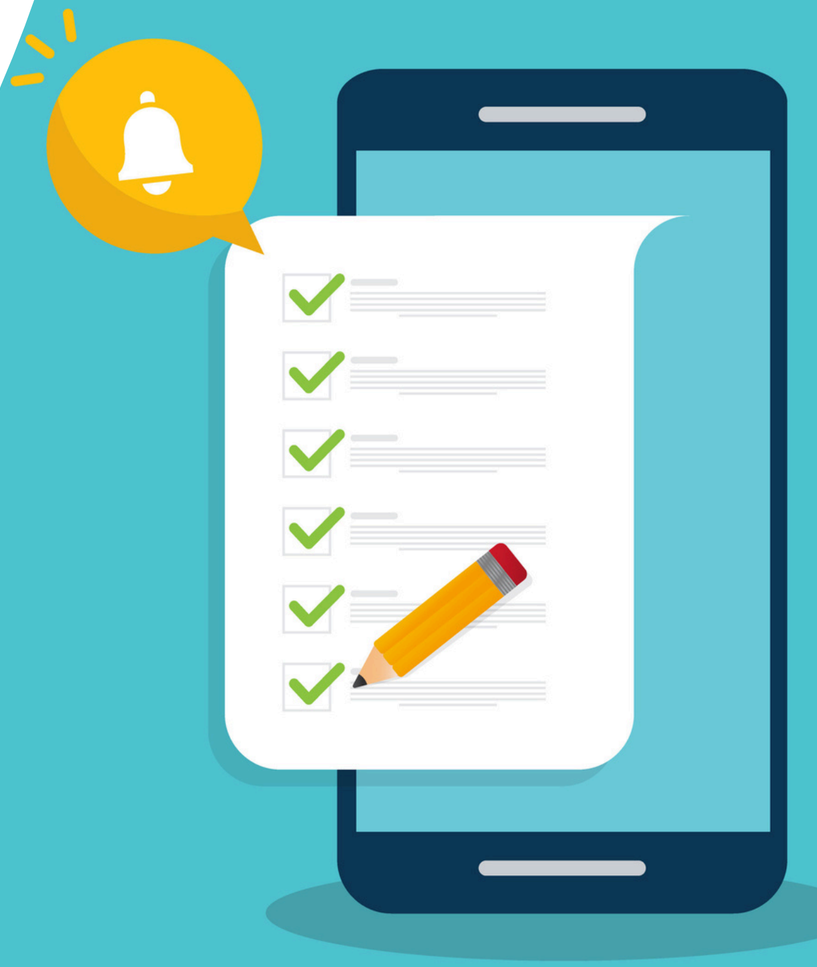
D. Compare personal connections in common with the prospects.

Quick Quiz

4-1

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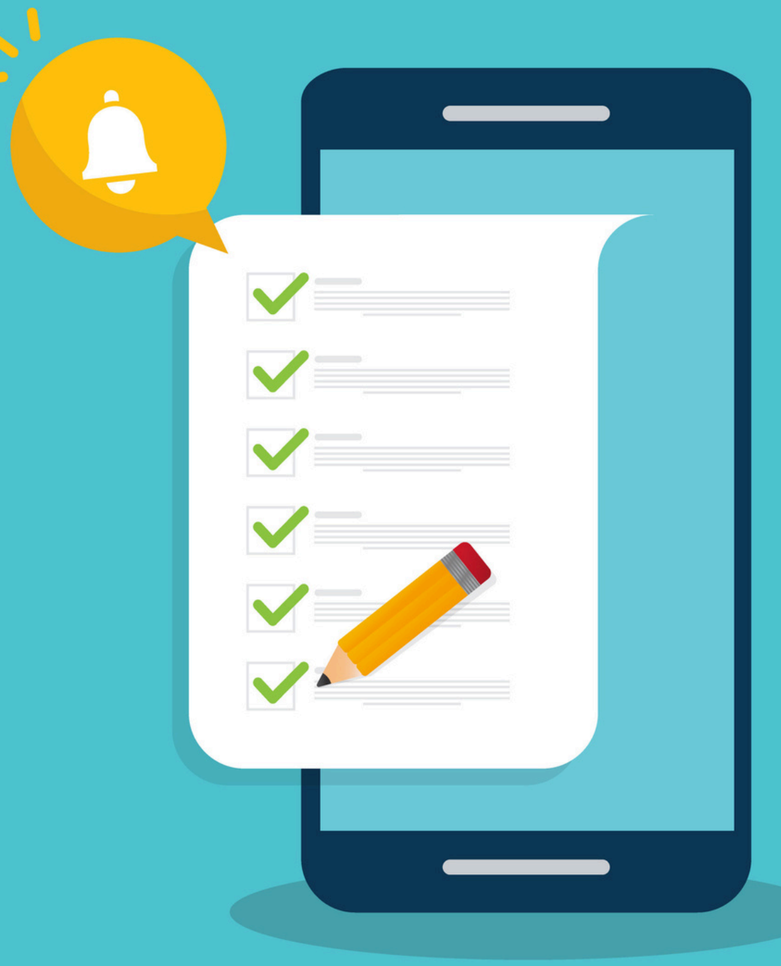
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Answer

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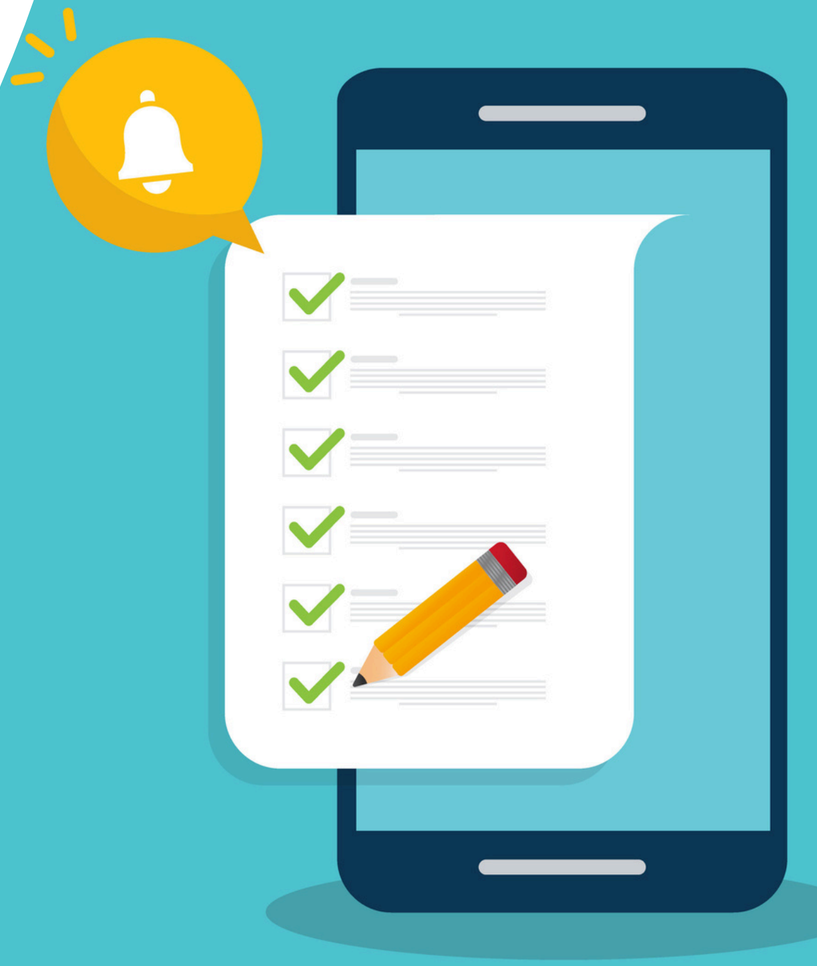
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Quick Quiz

4-2

While Dorothy is showing a property to a new prospect, he compliments her hairstyle and clothes and asks if she has a husband or boyfriend. Should she be concerned?

- [ ] A. No, the prospect is likely just trying to establish a rapport.
- [ ] B. Yes, inappropriate compliments and asking personal questions are red flags.
- [ ] C. No, the prospect is probably interested in Dorothy and would like to ask her out.
- [ ] D. Yes, the prospect is probably trying to decide if Dorothy is the best agent to find the right property for him.



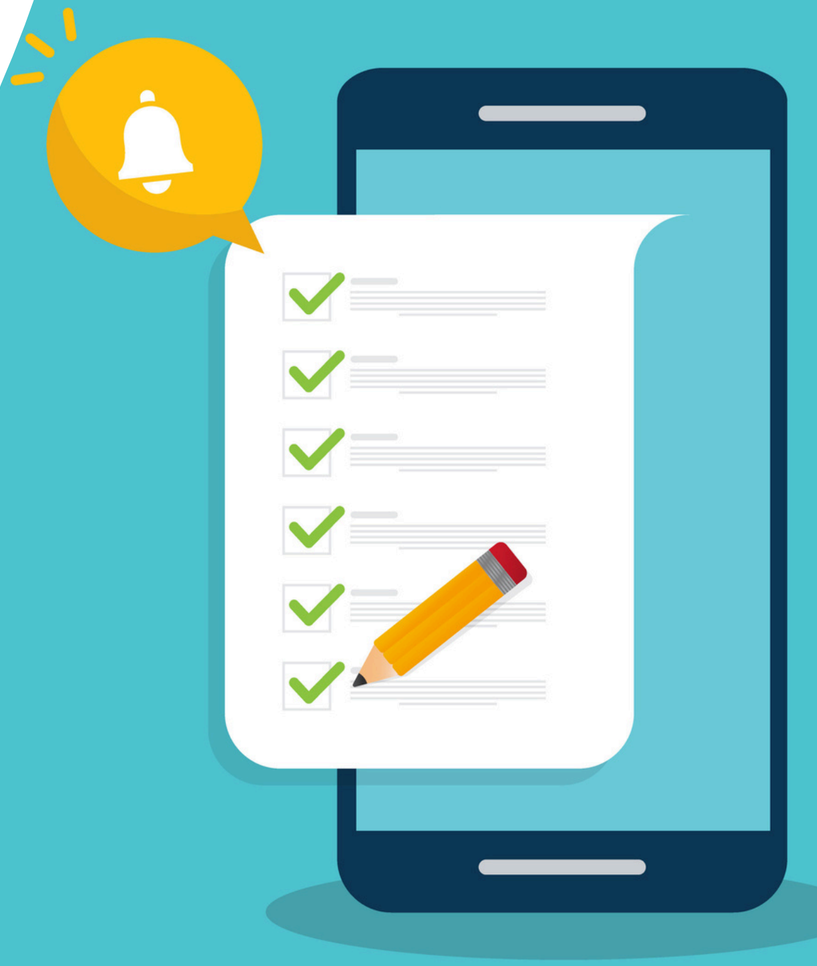
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Module 3

Safety with Sellers and Buyers

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Listing Appointment Safety

- Could be a lure
- Who referred the caller?
- Check out the property, prospect, and neighborhood
- **Use the Evaluate, Assess, React Worksheet**
- Watch for “red flags”
- If it doesn’t feel right, leave immediately

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Showing Safety for Sellers

- Include seller safety awareness in listing presentation
- Provide tips and suggestions for safeguarding valuables and information
- Caution that other agents may not take the same precautions

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- Remove objects
- Secure or temporarily remove pets
- Safeguard valuables, personal information - credit cards, bills, checkbooks, mail, bank statements, family photos, and schedules
- Lock up firearms, ammunition, weapons, and knives - *including the kitchen knife block*
- Increase security while on the market

STAGING FOR SAFETY

OPEN HOUSE & MODEL HOME SAFETY

No opportunity to screen prospects

Model homes in isolated locations

Use the buddy system

Familiarize yourself with the property - inside and outside

Keep your office, family, or a friend informed of your whereabouts and schedule

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SITTING/SENIORS



AGENT RISING
Strong. Smart. Ready.

5 SELF-DEFENSE MOVES FROM A SITTING POSITION

THE GOAL:
- Protect yourself.
- Create space.
- Get to your feet.
- Get away.

1 HANDS-UP PROTECTIVE FRAME



Raise both hands, palms out, forearms protect your head and upper body. Use a loud command: **"BACK UP!"**

2 TWO-HAND PUSH-AND-RISE



Place both palms on the upper torso or shoulders. Push to create space while standing up and moving toward an exit.

3 WRIST-GRAB RELEASE



Rotate your wrist toward the opening (thumb side) and pull through. Bring hands back up, stand and move away.

4 SEATED KNEE/SHIN BARRIER



Raise your knee or shin as a barrier to keep distance. Push the chair back or angle away, get your feet under you and stand.

5 CHAIR-AS-BARRIER ESCAPE



Use the chair between you and the other person. Stand and move the chair as a barrier while you move toward the exit.

REMEMBER:

- Stay aware.
- Make noise.
- Create space.
- Get out and get to safety.

PRACTICE. TRUST YOUR INSTINCTS. YOU ARE STRONGER THAN YOU THINK.

BEFORE THE OPEN HOUSE

- Carry only essentials
- Familiarize yourself with the house and note confined areas to avoid
- Plan two escape routes
- Unlock the deadbolt locks for quick access to the outside
- Check around the outside of the house
- Keep basement and garage exits locked from inside
- Check mobile phone strength and signal
- Complete safety routine before admitting any visitors

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NATIONAL ASSOCIATION *of* REALTORS®

REALTOR® SAFETY PROGRAM



Make sure your phone is fully charged before arriving to an open house, showing, or meeting a client. Carry a portable charger or power bank to charge your phone on the go.

FOR MORE SAFETY TIPS FROM NAR, VISIT **www.NAR.realtor/Safety**

2025 PEARL MISSISSIPPI OPEN HOUSE

In 2025, according to authorities, a real estate agent was preparing for an open house in Pearl, Mississippi when a man entered saying he wanted to see the property.
Prosecutors allege he produced a firearm, attacked and sexually assaulted her, took her phone and car keys, and fled.
He was subsequently charged with capital kidnapping, sexual battery, armed robbery and use of a deadly weapon.

SHE WAS PREPARING FOR THE OPEN HOUSE.
That's exactly the time we tend to think:
"I'm not really working yet."
Putting out signs.
Turning lights on.
Unlocking doors.
Checking the kitchen.
Setting out brochures.
But you're already alone in a publicly advertised location.

BEFORE THEY SIGN-IN

SIGN POSTED BEFORE THEY ENTER THAT YOU REQUIRE:



Identification



State in publicity that identification is required

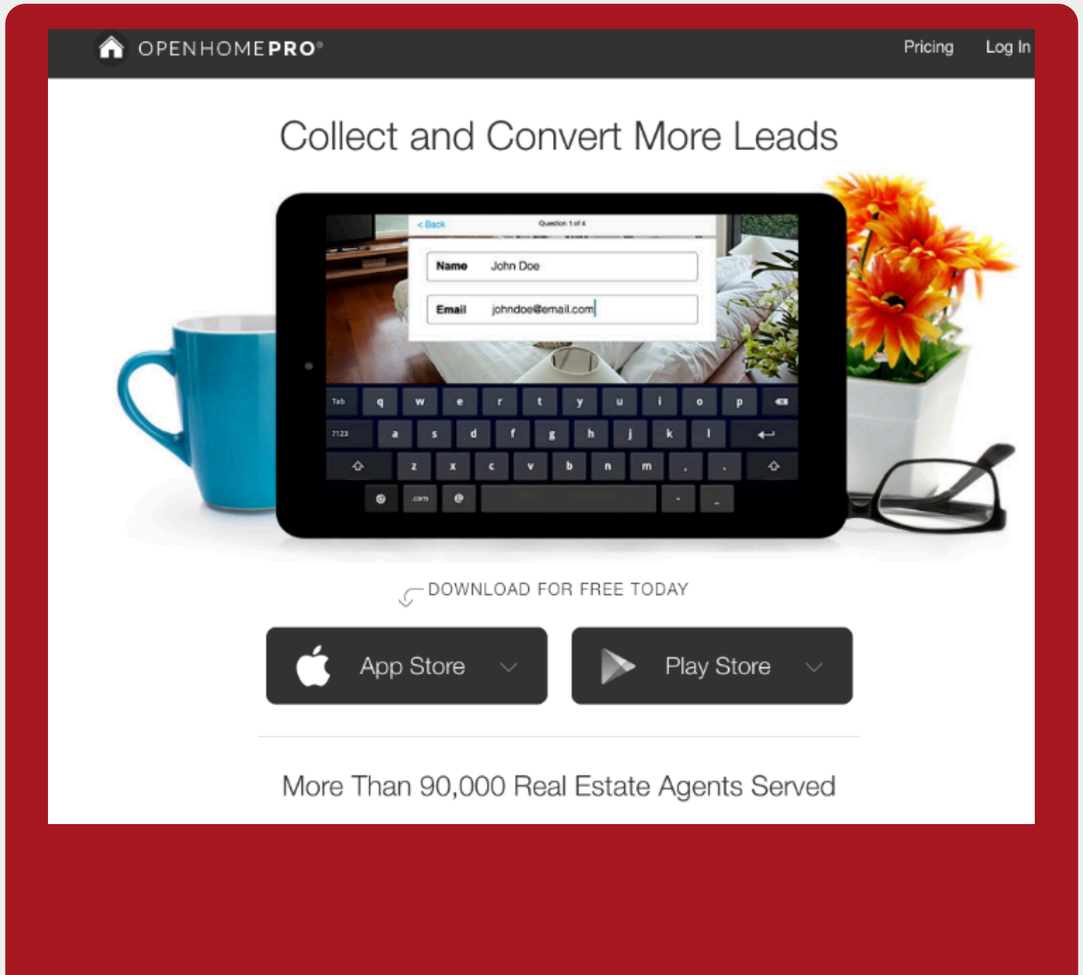


Maintain separate sign-in and registration lists at model homes

Visitor Sign-in

1 **REQUIRE SIGN-IN**

2 **ASK FOR IDENTIFICATION**



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Question:

When an unaccompanied real estate professional sits an open house event from noon to 4:00p.m., the most vulnerable time for the real estate professional is:

A. Right before noon.

B. 1:00 p.m.

C. 2:30 p.m.

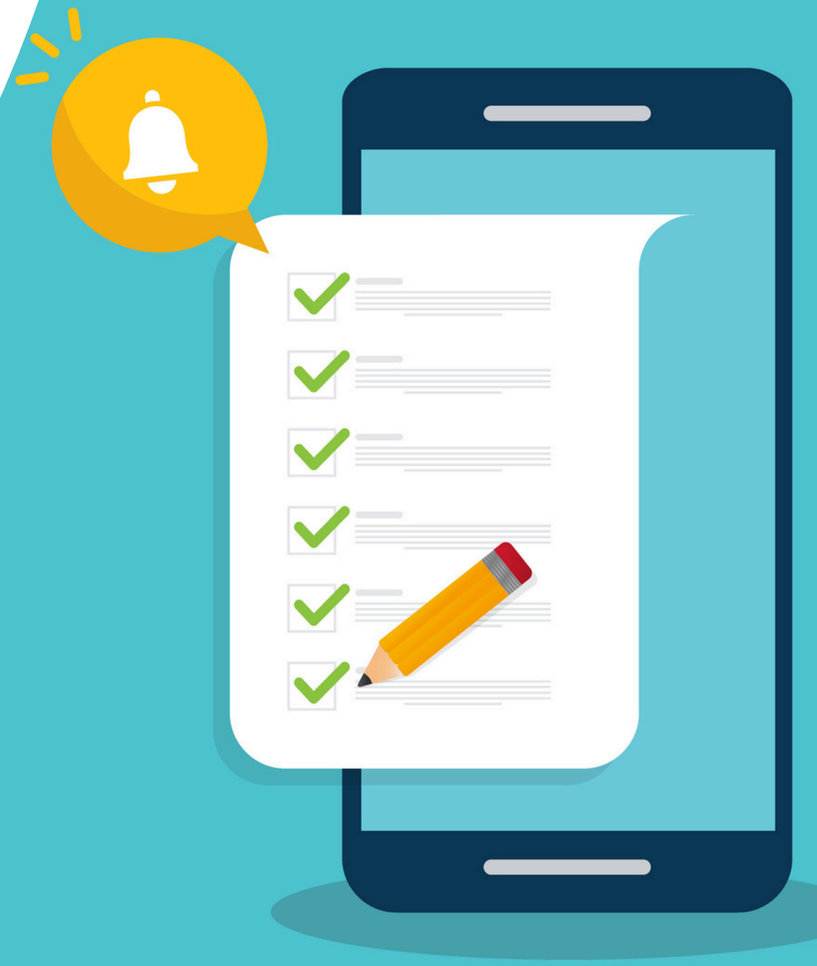
D. 4 p.m.—when the real estate professional is closing the open house.

Quick Quiz

5-1

When an unaccompanied real estate professional sits an open house event from noon to 4PM, the most vulnerable time for the real estate professional is:

- [ ] A. Right before noon
- [ ] B. 1:00 PM
- [ ] C. 2:30 PM
- [ ] D. 4:00 PM - When the real estate professional is closing the open house



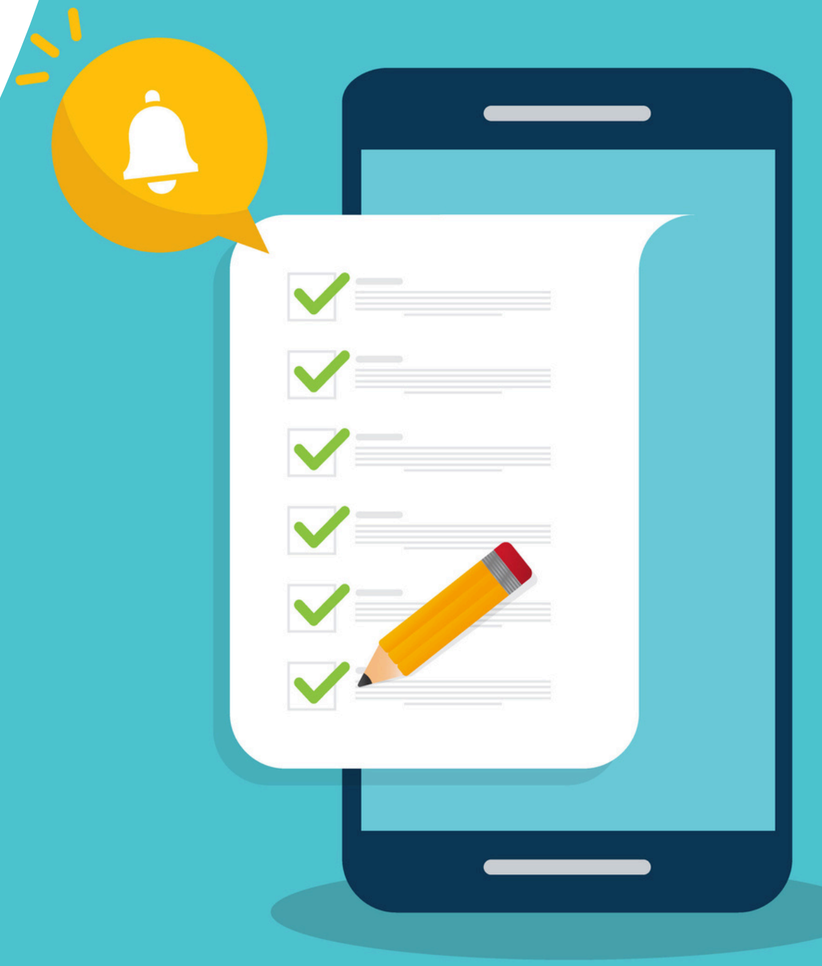
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Quick Quiz

5-1

When an unaccompanied real estate professional sits an open house event from noon to 4PM, the most vulnerable time for the real estate professional is:

- [ ] A. Right before noon
- [ ] B. 1:00 PM
- [ ] C. 2:30 PM
- [x] D. 4:00 PM - When the real estate professional is closing the open house



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Agency Disclosures

- Disclose/ Discuss with the seller the agency relationship of the open house agent with the seller
- Designated Seller Agents vs. Facilitator Role
- Explain the Difference

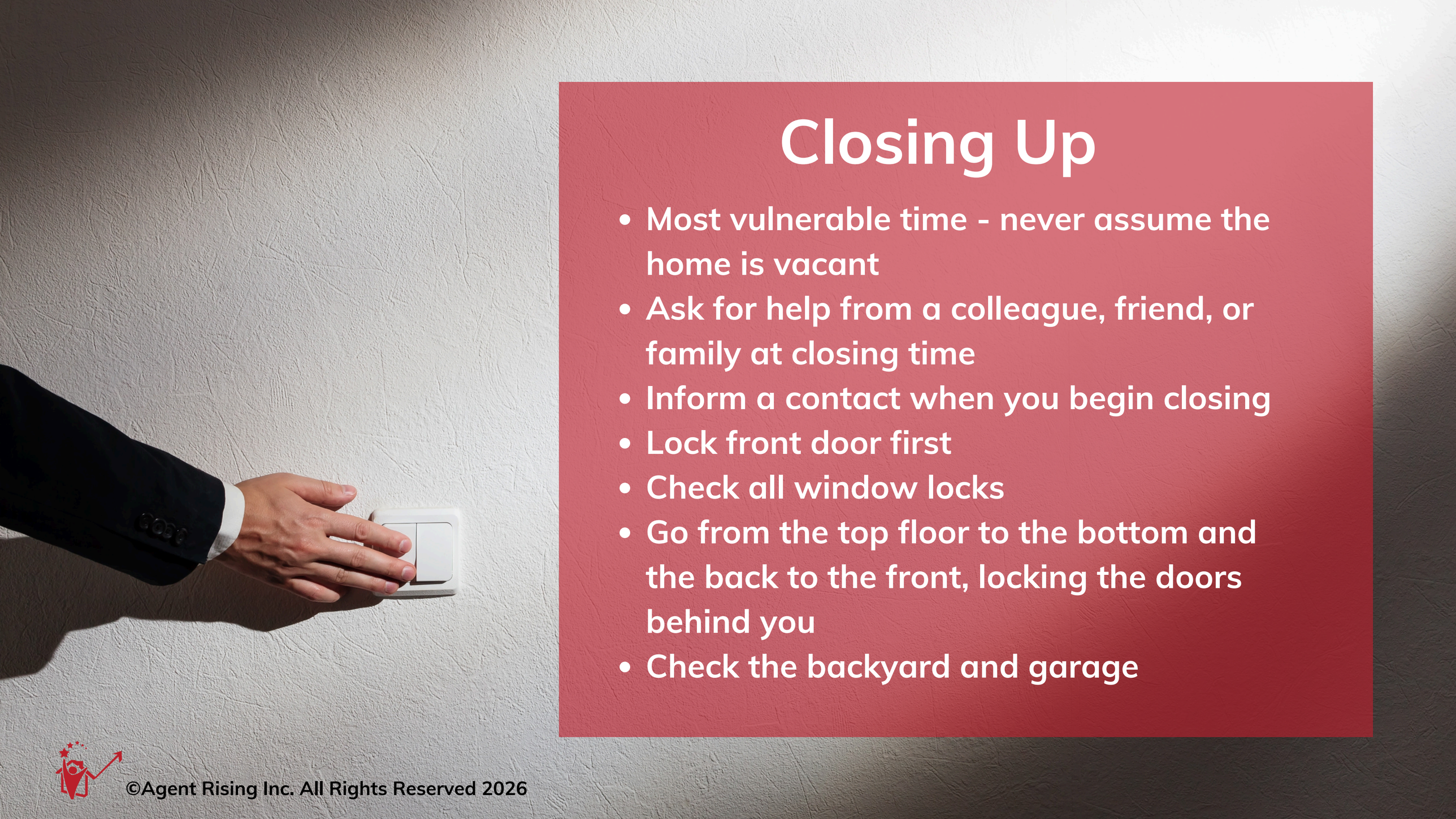
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Agency Disclosures

- Don’t forget who you are representing in all communication with visitors
- Obtain written consent from the seller for a non-designated agent to conduct an open house
- Have your placard regarding your Representation Agreement conspicuously Posted.

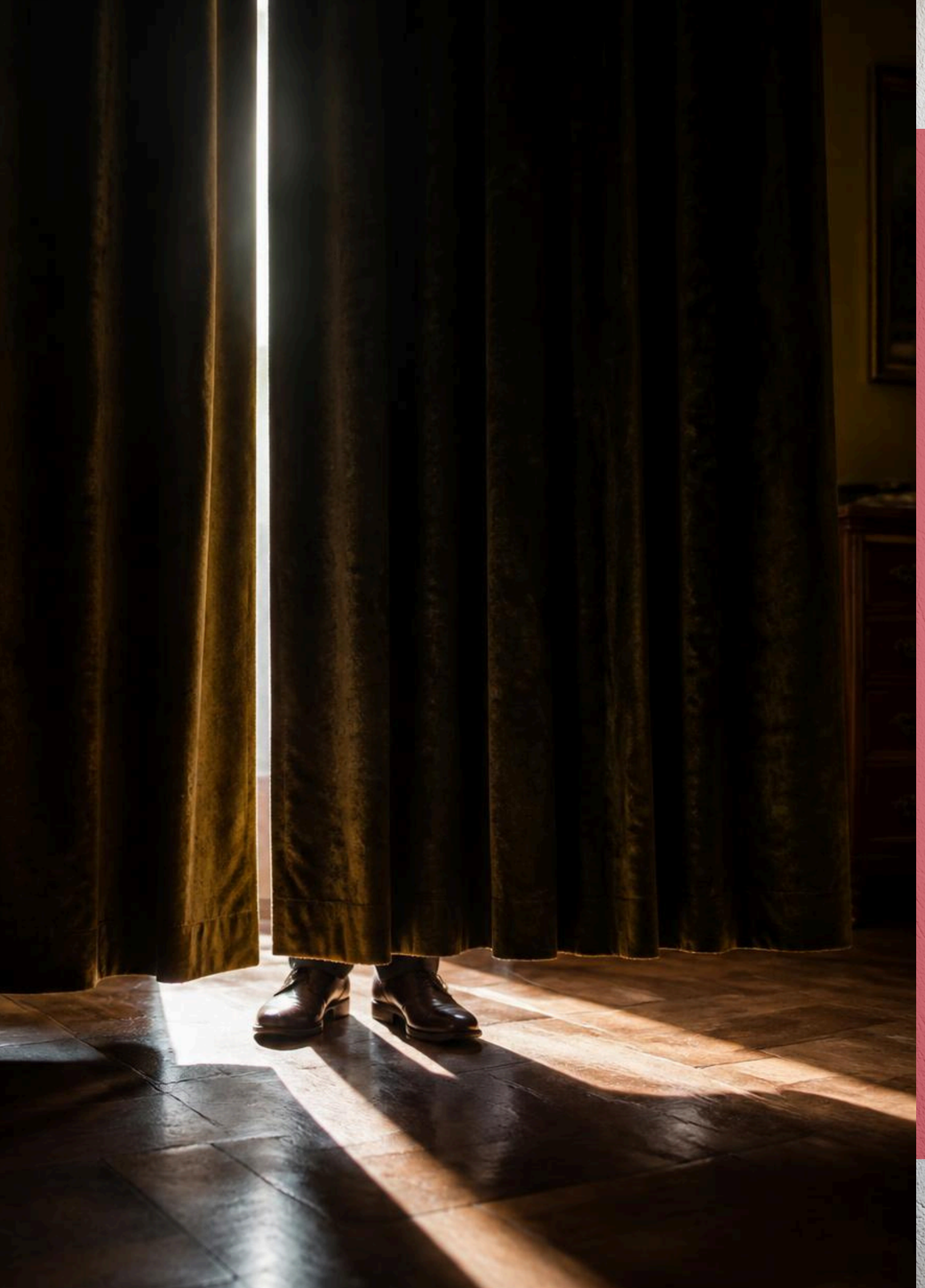
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Closing Up

- Most vulnerable time - never assume the home is vacant
- Ask for help from a colleague, friend, or family at closing time
- Inform a contact when you begin closing
- Lock front door first
- Check all window locks
- Go from the top floor to the bottom and the back to the front, locking the doors behind you
- Check the backyard and garage

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Dudes Too!

- Realtor® in his 60's
- Open House
- It was Busy
- Locking Down House
- Goes to ‘attic area’
- Notices something under the window treatments...

Photograph & Virtual Tours



Virtual tours can be used to case a home

Items that will be removed for showing should be kept out of sight when shooting a video tour

Geotagging:

- Embeds GPS metadata with digital photos
- Location data posted with photo
- Disable metadata on phones, cameras, but not GPS location tracking

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More Safety Tips

- Identification required
- Inform neighbors
- Control open house traffic
- Watch out for the “white glove” test
- Perform post-showing check
- Place a “not for rent” sign in the window
- Increase surveillance
- Protect children’s identity
- Know the agent

- Warn others (and children) not to show their home by themselves
- Lock up personal information
- Lock up prescription medicines
- Take a tour from a “stranger’s viewpoint”
- Strategically place observers throughout the property to ensure proper security.

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Question:

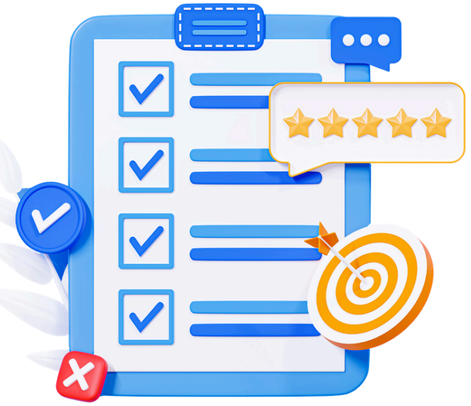
Ryan received an email that looked like it was from his bank. The email asked him to verify his checking account by supplying an account number and social security number. Ryan deleted the
email because it was probably an example of:

A. Sorting.

B. Phishing.

C. Adware.

D. HTTPS messaging.



Question:

Jennifer set up separate Facebook pages for personal and business. Her business page includes a profile of her and her kids.

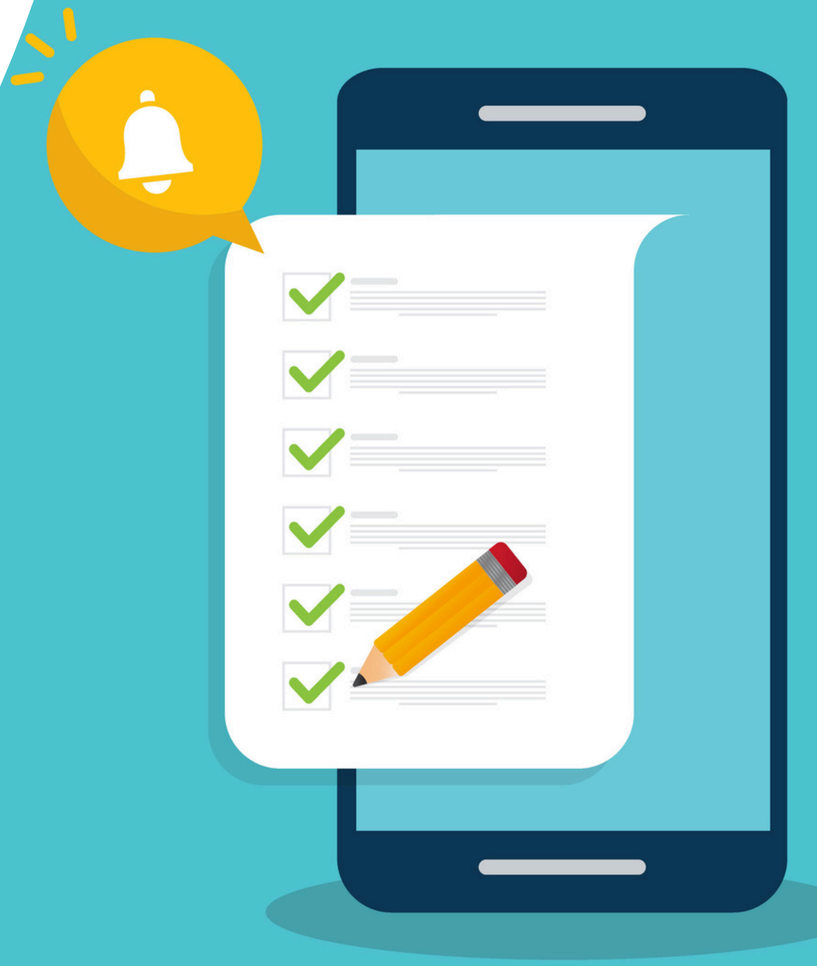
Jennifer frequently posts about her kids' soccer teams as she wants others to know that she is an avid soccer mom and because it could help build her business network. Is this a safety issue?

A. Yes. Personal information on public social media sites could be used by predators to target her and her family.
B. No. As long as she doesn't post her home phone number, it's okay to post news of her kids' soccer games.
C. Yes. Posting personal information increases the chances of being targeted for email scams.
D. No. It's a good way to build a network with other soccer moms and her colleagues like to keep up-to-date on her kids' games.

Quick Quiz

6-1

Jennifer set up separate Facebook pages for personal and business. Her business page includes a profile of her and her kids. Jennifer frequently posts about her kids' soccer teams as she wants to know that she is an avid soccer mom and because it could help build her business network. Is this a safety issue?



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Quick Quiz

6-1 CONT. Is this a safety issue?

- [ ] Yes, personal information on public social media sites could be used by predators to target her and her family
- [ ] No, as long as she doesn't post her home phone number, it's okay to post news of her kids' soccer games.
- [ ] Yes, posting personal information increases the chances of being targeted for email scams.
- [ ] No, it's a good way to build a network with other soccer moms and her colleagues like to keep up-to-date on her kids' games.



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Quick Quiz

6-1

CONT. Is this a safety issue?

- [x] Yes, personal information on public social media sites could be used by predators to target her and her family
- [ ] No, as long as she doesn't post her home phone number, it's okay to post news of her kids' soccer games.
- [ ] Yes, posting personal information increases the chances of being targeted for email scams.
- [ ] No, it's a good way to build a network with other soccer moms and her colleagues like to keep up-to-date on her kids' games.



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safety toolkit

- 🚗 Vehicle Safety Checklist
- 🏠 Open House Checklist
- 🔑 Showing Checklist
- 📱 Phone Safety Setup Guide
- 🛡️ Office Safety Policy Template
- 🚩 Red Flag Reference Card
- 👀 "What's Wrong With This Picture?" exercises
- 📋 Prospect Identification Form
- 📍 Showing Itinerary
- ❤️ Emergency Contact Card
- 🎒 REALTOR® Go-Bag Checklist
- ❄️ Winter Showing Checklist (very Massachusetts!)
- 🌊 Coastal Showing Checklist (for Cape Cod & South Coast)
- 🏢 Commercial Property Safety Checklist
- 🌙 After-Dark Showing Checklist
- 🤖 AI & Cyber Safety Checklist (new)

- **"If I had to survive the next hour using only what's on this table...**

- **How prepared am I?"**

"The ~~MacGyver~~ MacGregor Award."

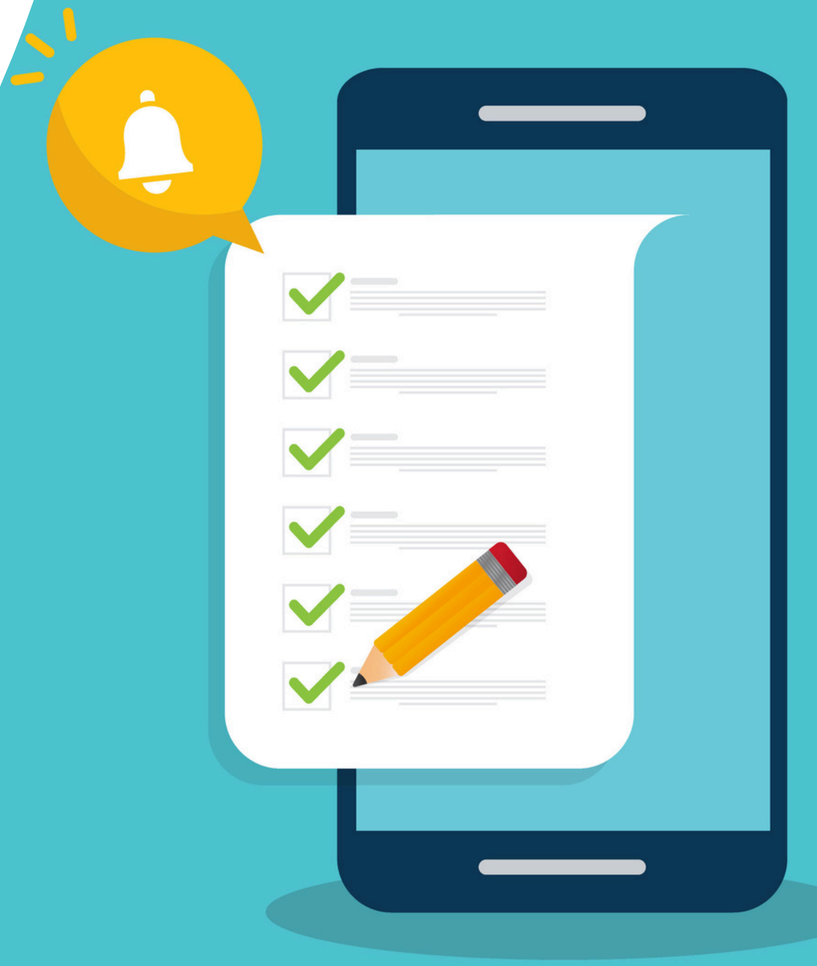
Who brought the most unexpectedly useful safety item?

FOR EXAMPLE:

- A tiny flashlight.
- Window punch.
- Portable battery.
- Emergency blanket.
- Hand warmers.
- Dog whistle.
- Seat belt cutter.
- Personal alarm.
- Small first aid kit.

FINAL Quiz

1. Biggest AHA
2. Highlight



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Thank you for participating in this course!

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SELF-PRESERVATION DAILY 10

10 simple movements to help your body stay ready to move, react and recover

Your body is part of your safety equipment. Practice the movements you may someday need quickly - before adrenaline asks for them.

#	MOVE	HOW	WHY IT MATTERS
1	**RESET & SCAN**	Stand tall. Slowly look left/right, then make 5 gentle shoulder rolls each direction.	*Neck/shoulder mobility + awareness*
2	**ARM CIRCLES**	10 small-to-large circles forward, then 10 backward. Keep ribs down and shoulders relaxed.	*Shoulder range + upper-body readiness*
3	**HANDS & WRISTS**	5 wrist circles each way. Open fingers wide, make a fist, then touch thumb to each fingertip x 5.	*Grip, dexterity + hand readiness*
4	**ISLAND PUSH-UPS**	Hands on a sturdy kitchen island/counter. Body straight. Lower with control and press away. 5-10 reps.	*Push strength + ability to create space*
5	**ISLAND SQUATS**	Hold the island lightly. Sit hips back as if reaching for a chair, then stand tall. 5-10 reps.	*Leg strength + getting up and moving*
6	**HIP CIRCLES**	Hands on island. Make 5 slow hip circles each direction, staying tall and controlled.	*Hip mobility + directional change*
7	**HEEL-TO-SEAT + TUCK**	Hold island. Bend one knee and bring heel toward seat; hold ankle only if comfortable. Gently tuck pelvis. 15-20 sec/side.	*Front-of-hip/thigh mobility + posture*
8	**HEEL + TOE RAISES**	Holding island lightly, rise onto toes 10x, then lift toes while keeping heels down 10x.	*Ankle strength + balance + trip recovery*
9	**CLOCK STEPS**	Imagine a clock around you. Step to 12, 3, 6 and 9 o'clock, returning to center each time. 2 rounds/side.	*Balance + reaction + lateral movement*
10	**MARCH -> QUICK FEET**	March comfortably for 30 sec. Then, if steady, add 5 sec of quicker feet at about 50-70% effort. Repeat once.	*Endurance + safe introduction to speed/power*

THE GOAL: Move with control first. Build speed gradually. Consistency beats intensity.

Safety note: Use a stable surface, stay within a comfortable range, and stop for pain, dizziness, chest pain, unusual shortness of breath or loss of balance. Modify or skip any movement that is not appropriate for you; ask your health professional if you are unsure.

Thank you!

Kate Lanagan MacGregor

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SAFETY RESEARCH STUDY

A safety research study found the following commonalities among reported crimes involving real estate professionals:

- Crimes occurred most frequently on Tuesday and Thursday, less frequently on Sunday and during daylight hours.

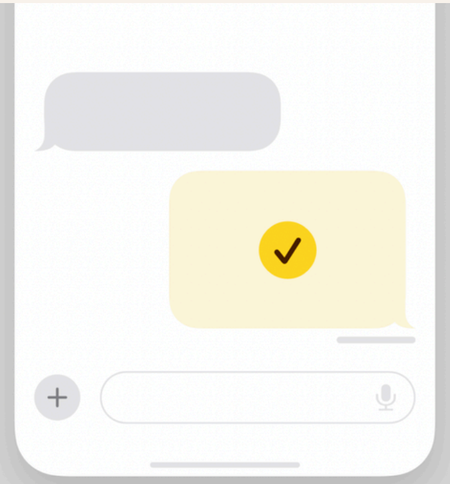
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SAFETY RESEARCH STUDY

- About one in three crime victims were men.
- Crimes that start out as robberies often progress to murder or sexual assault.
- Guns were the most frequently used weapon followed by physical force.
- The majority of attacks occurred in the suburbs and rural areas, not major metro areas.

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iPhone Check-In Feature:



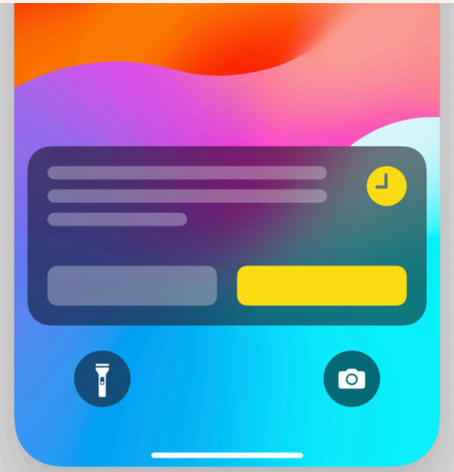
Let your friend know you've arrived.

You can notify a friend automatically when you get to your destination.

Check In allows you to share information about your progress to a destination with a friend. You can also set it up for a time duration. See how your data is managed...

Continue

Not Now



iPhone will keep up with your progress.

If you aren't making progress towards your destination, you'll be prompted and have 15 minutes to respond.

Continue

Not Now

Back

Choose the data you'd like to share if you don't arrive.

If you don't arrive as expected, iPhone will prompt you. If you don't respond, iPhone will notify your friend and share the data you've chosen.

Show Example

Limited
Includes current location and details about battery and network signal for iPhone and Apple Watch.

Full
Includes all data from Limited plus route traveled and location of last iPhone unlock and Apple Watch removal.

Continue

Not Now

Back

They'll be notified when...

You send the Check In
Your destination and approximate arrival time will be shared.

You arrive at your destination
They will be notified automatically and the Check In will end.

You are delayed and do not respond when prompted
If you are delayed or if iPhone places an Emergency SOS call, you will be prompted. If you do not respond within 15 minutes of being prompted, they will be notified.

Your iPhone is offline
If your iPhone is offline for an extended period of time, they will be notified.

Send a Check In

Not Now