# Forensic Psychology Student Reveals How Walking Patterns Can Impact Vulnerability to Predators



Alex, a forensic psychology student, shared insights on TikTok about how certain walking patterns could potentially make individuals more susceptible to attacks by predators. Citing a 2013 study by Brock University, Alex explained that convicted predators often selected victims based on perceived signs of vulnerability discerned from their walking style and body language.

The study involved showing videos of women walking to incarcerated males, who were then asked to identify whom they would likely target. Predators typically chose women who exhibited certain characteristics such as walking with heads down, small or overly large strides, and arms held tightly to the body or swinging excessively. These behaviors were interpreted as signs of fear, anxiety, and lack of awareness of surroundings, traits that could make them appear as easier targets.

Alex outlined that the way a person carries themselves could convey a lot about their vulnerability. Conversely, those who maintained a natural gait and posture, akin to their body size, and displayed awareness of their surroundings were less likely to be chosen as potential victims.

In her TikTok video, Alex cautioned viewers and provided advice on how to potentially reduce their risk by maintaining a confident posture and being aware of their environment. She introduced the "STAAR" method, advising people to Stride naturally, Stand tall, Avoid keeping Arms close to the body, be Aware of their surroundings, and Relax.

This information aligns with statistics from the Rape, Abuse & Incest National Network (RAINN), highlighting the frequency of sexual assaults in the US and the low percentage of predators who are incarcerated, underscoring the importance of vigilance in personal safety.