

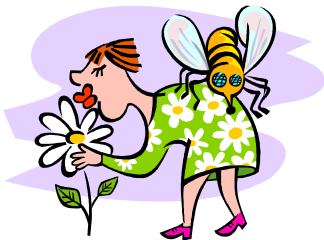
# Safety Tips

## for You and Your Family



Knowing how to protect yourself can lessen the chance of you or your family members becoming victims of street crimes. There are three basic rules that should always be followed to ensure your safety:

1. **Stay Alert** – Keep your mind focused on your surroundings and pay attention to the people in front of you and behind you.
2. **Be Confident** – Communicate that you are calm, confident, and that you know where you are going. Make eye contact with others and walk with a purpose.
3. **Trust Your Instincts** – If you feel uncomfortable in a place or situation, leave.



## Safety Tips...

### When Walking

- \* \* Choose well-lit, busy streets and avoid vacant parking lots, alleys, and construction areas.
- \* \* Find out where your neighborhood police and fire stations are.
- \* \* Make sure you know where your kids are going. Show them safe places in the neighborhood where they can go if they feel scared.
- \* \* Carry your purse close to your body and keep a firm hold on it. Keep your wallet in an inside coat or pants pocket.
- \* \* Don't flaunt expensive clothes or jewelry.
- \* \* Walk facing traffic so you can see oncoming cars.
- \* \* Bring change for cab or bus fare or a payphone.
- \* \* Never hitchhike
- \* \* If you think you are being followed by someone on foot, cross the street and head for the nearest, well-lit and populated area. Quickly walk or run to a house or store to call the police. If you are really scared, scream for help.
- \* \* If you think you are being followed by someone in a car, immediately change direction and make a visible point of writing down the license plate number.



## For the Car

- \* \* Avoid breakdowns by keeping your car in good running condition.
- \* \* Have enough gas and money when taking trips and plan your route early – especially on unfamiliar trips.
- \* \* Lock the doors and keep windows rolled up.
- \* \* Park in well lighted areas that will remain well lighted when it is time for you to leave.
- \* \* If your car breaks down, raise the hood or use flares to signal that you need help. Stay in the locked car. When someone stops, ask them to phone for help.
- \* \* Stay very alert and be extra careful when using underground or enclosed parking garages.
- \* \* If you are being followed, drive to the nearest police or fire station, open gas station (or open business), or a well-lighted residence where you can safely call the police. Try to get the car's license plate number and description. If there are no safe areas near you, honk the horn repeatedly and turn on your emergency flashers.
- \* \* Never pick up hitchhikers.



## For Outdoor Activities

- \* \* Choose your route in advance – one that is safe and well populated.
- \* \* Vary your schedule and route.
- \* \* Avoid going out at night.
- \* \* Know businesses that are open and the locations of police and fire stations.
- \* \* Consider not wearing headphones. It's safer to be alert.

# What if it Happens to You...

- \* \* Stay calm. Try not to show signs of panic, anger, or confusion.
- \* \* Make a conscious effort to get an accurate description of your attacker: age, race, complexion, body build, height, weight, and type and color of clothing.
- \* \* Call the police immediately, identifying yourself and telling your location.
- \* \* To help you deal with the trauma that all crime victims experience, talk to someone – friends, family, a counselor, etc.