

## SAFETY TIPS FOR WALKING

- Be aware of your surroundings. Look to see who's in front and behind you. If you're concerned about crime, ask a friend to accompany you.
- Walk with confidence. The more confident you look, the stronger you appear.
- Avoid walking alone and at night. Stay in well-lit, populated areas: away from bushes, alleys and parked cars.
- Don't take short cuts through vacant lots, parks or fields.
- Always walk facing traffic so you can observe oncoming vehicles.
- Wear reflective clothing at night that can be seen at a distance.
- Keep your eyes on the road. Wet or slick spots often cannot be seen until it's too late.
- Carry a cell phone and don't carry cash.
- Carry identification in case of emergency.
- Have your house key in hand before reaching the door.
- If someone is following you, cross the street or switch directions.



## IF A VEHICLE FOLLOWS YOU

- Do not go home.
- Do not go to the police station — it is not manned by officers 24 hours a day.
- Call 911 and meet an officer at a well-lit public location such as a 24-hour service station.
- If you are on foot and being followed by a vehicle, turn and run in the opposite direction. The driver will have to turn around before he can continue following you.

## IF YOU ARE ATTACKED

Never resist if you are the victim of a robbery. Do exactly as you are told to do in order to minimize your chances of being injured and to speed the departure of your assailant before he gets other ideas. The assailant, in most cases, doesn't want to hang around much longer than you want him to. Your money and other valuables can hopefully be replaced. You certainly cannot be replaced.

Try to obtain a good description of the suspect(s) and the direction and mode (on foot, vehicle) of escape. If you are robbed or assaulted, report the crime to the police. Try to describe the attacker accurately. Your actions can help prevent someone else from becoming a victim.

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## CRIME PREVENTION TIPS

from the Winston-Salem Police Department

# PERSONAL SAFETY

*Follow these tips to help you avoid becoming a victim.*



# PERSONAL SAFETY

## SAFETY TIPS WHEN HOME ALONE

- Keep your doors locked at all times (day or night).
- Install a door viewer so you can see who's there without opening the door.
- Don't leave notes on your door or newspapers on your porch. They advertise that you're not home.
- Close the drapes or blinds at night.
- Ask for identification from any repairman. If you are not expecting anyone, or you're suspicious for any reason, call his firm to verify before letting him in.
- If a stranger asks for help, don't open the door – make the call for him.
- If asked whether your husband is home, reply, "Yes, but he's asleep," etc., etc.
- If you return home and you suspect forced entry, do not go inside. Call the police to help you check the house.
- Do not give your name, phone number, address, or other personal information to a telephone solicitor.
- Use your initials rather than your first name in the phone book and mailbox.
- Have your locks re-keyed or changed when you move into a new residence so previous tenants won't have access to your home.

## SAFETY TIPS FOR OUTINGS

- Plan your outing and make sure others know where you are going and are informed of your routine.
- Don't overload yourself with too many packages or other items.
- Carry bags or your purse close to your body and not loosely dangling on straps. Put your wallet in an inside coat pocket or in a front pants pocket.
- Wear comfortable fitting clothes and shoes for freedom of movement.

- Walk towards a well-lit, populated area if you are frightened or feel that you are being followed.
- Know where telephones are located.
- If the surroundings or a certain person make you feel uneasy, leave the area or avoid the person.
- Be alert when giving directions to pedestrians or motorists. Stay a safe distance to avoid being grabbed or dragged into an automobile.
- Have your car key in hand before reaching the door.



## PROTECT YOURSELF FROM SEXUAL ASSAULT

- Don't let drugs or alcohol cloud your judgment.
- Be assertive. Don't let anyone violate your space.
- Trust your instincts. If you feel uncomfortable in your surroundings, leave.
- Don't prop open self-locking doors.
- Lock your door and your windows, even if you leave for just a few minutes.
- Watch your keys. Don't lend them. Don't leave them. Don't lose them. And don't put your name and address on the key ring.
- Watch out for unwanted visitors. Know who's on the other side of the door before you open it.

- Be wary of isolated spots, such as underground garages, offices after business hours, and apartment laundry rooms.
- Park in well-lit areas and lock the car, even if you'll only be gone a few minutes.
- Drive on well-traveled streets, with doors and windows locked.
- Never hitchhike or pick up a hitchhiker.
- Keep your car in good shape and keep plenty of gas in the tank.
- In case of car trouble, call for help on your cell phone. If you don't have a phone, put the hood up, lock the doors, and put a banner in the rear window that says, "Help. Call police."

## IF YOU ARE SEXUALLY ASSAULTED

- Get away from the attacker and to a safe place as fast as you can. Then call 911 or the police.
- Call a friend or family member you trust. You also can call a crisis center or a hotline to talk with a counselor. One hotline is the National Sexual Assault Hotline at (800) 656-HOPE (656-4673). Feelings of shock, fear, guilt and shame are normal. It is important to get counseling from a trusted professional.
- Go to your nearest hospital emergency room as soon as possible. You need to be examined, treated for any injuries, and screened for possible sexually transmitted diseases (STDs) or pregnancy.
- Do not wash, comb, or clean any part of your body. Do not change clothes if possible, so the hospital staff can collect fibers, hairs, saliva, semen, or clothing that the attacker may have left behind and that can be used as evidence. Do not touch or change anything at the scene of the assault.
- You or the hospital staff can call the police from the emergency room to file a report.