General Safety Tips

• **Stay Alert** – awareness is your best self-defense. Know what is happening around you. Be especially careful if you are alone. Watch where you are going and what is going on around you. Look for potential problems and be prepared to react to them.

• **Trust your instincts** – don’t assume a false sense of security because you are in a group or in a remote area. If you think something is wrong, remove yourself from the situation. Trust your gut – if it doesn’t feel right, it probably isn’t.

• **When walking, plan the safest and most direct route.** Use well-lit, busy streets. Walk with friends or a group. When out at night, don’t go alone. Let someone know where you will be going and when you plan to return. Avoid shortcuts and alleys, deserted streets and wooded areas.

• **Project Confidence.** Walk as if you know where you are going. Stand tall. Walk in a confident manner, and hold your head up.

• **Have everything you need ready.** Hold your keys when going to and from your car, home and office. This will save you time and give you some security. Be wary of self-defense products. Any device you carry can be used against you. If you do carry a device, know how to use it and be prepared to use it if necessary. Don’t carry more money than what you will need.

• **If you are being followed on foot** or feel threatened, cross the street, change direction and go to a safe, busy area where you can ask for help or call the police.

• **If a car is following you,** turn around and walk the opposite direction. Get the license plate number and description of the car and occupants.

• **REPORT INCIDENTS OF VIOLENCE OR HARASSMENT WHEN THEY HAPPEN. IF YOU DON’T REPORT IT WE CAN’T HELP TO STOP IT.** Often times a victim will deal with several incidents of harassment without notifying the police, and only call the police when a more serious threat or act of violence occurs.