

CHARLOTTESVILLE POLICE DEPARTMENT



PERSONAL SAFETY GUIDE
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Date Rape

Most rapes are not committed by strangers but by men who know their victims, who often have gone out with them previously and are supposedly their friends. This phenomenon is called "acquaintance" or "date" rape.

Acquaintance rape is forced, unwanted intercourse with a person you know. It is a violation of your body and your trust. It is an act of violence. It can be with someone you have just met, or dated a few times, or even with someone to whom you are engaged. The force can come from threats or tone of voice, as well as from physical force or weapons.

Unfortunately, it cannot always be prevented but the more you know about it, however, the more likely it is that you can avoid being put in a situation where it could occur.

For more information Please call the Charlottesville Police Department Crime Prevention Unit 970-3883.

In an emergency call 911.

Teen Dating Advice

Are you going out with someone who...

- Is jealous and possessive, won't let you have friends, checks up on you, won't accept breaking up?
- Tries to control you by being very bossy, giving orders, making all the decisions, not taking your opinions seriously?
- Puts you down in front of friends, tells you that you would be nothing without him or her?
- Scares you? Makes you worry about reactions to things you say or do? Threatens you?
- Uses or owns weapons?
- Is violent? Has a history of fighting, loses temper quickly, and brags about mistreating others?
- Grabs, pushes, shoves, or hits you?
- Pressures you for sex or is forceful or scary about sex?
- Gets too serious about the relationship too fast?
- Abuses alcohol or other drugs and pressures you to take them?
- Has a history of failed relationships and blames the other person for all the problems?
- Makes your family and friends uneasy and concerned for your safety?

*If you answered **yes** to any of these questions you could be the victim of dating abuse. Dating violence or abuse affects one in ten teen couples. Abuse isn't just hitting. It's yelling, threatening, name-calling, saying I'll kill myself if you leave me, obsessive phone calling, and extreme possessiveness*

What if your partner is abusing you and you want out of the relationship?

- Tell your parents, a friend, a counselor, a clergyman, or someone else whom you trust and who can help. The more isolated you are from friends and family, the more control the abuser has over you.
- Alert the school counselor or school resource officer.
- Keep a daily log of the abuse.
- Do not meet your partner alone. Do not let him or her in your home or car when you are alone.
- Avoid being alone at school, your job, on the way to and from places.
- Tell someone where you are going and when you plan to be back.
- Plan and rehearse what you would do if your partner became abusive.

How to be a friend to a victim of teen dating violence

- Most teens talk to other teens about their problems. If a friend tells you he or she is being victimized, here are some suggestions on how you can help.
- If you notice a friend is in an abusive relationship, don't ignore signs of abuse. Talk to your friend.
- Express your concerns. Tell your friend you're worried. Support, don't judge.
- Point out your friend's strengths. Many people in abusive relationships are no longer capable of seeing their own abilities and gifts.
- Encourage them to confide in a trusted adult. Talk to a trusted adult if you believe the situation is getting worse. Offer to go with them for help.
- Never put yourself in a dangerous situation with the victim's partner. Don't be a mediator.
- Call the police if you witness an assault. Tell an adult – a school principle, parent, guidance counselor or school resource officer.

What you can do

- Start a peer education program on teen dating violence.
- Ask your school library to purchase books about living without violence and the cycle of domestic violence.
- Create bulletin boards in the school cafeteria or classroom to raise awareness.
- Perform a play about teen dating violence.

Domestic Violence

As many as four million women in this country suffer some kind of violence at the hands of their husbands or boyfriends each year. Very few will tell anyone – a friend, a relative, a neighbor, or the police. Victims of domestic violence come from all walks of life, all cultures, all income groups, all ages, and all religions. They share feelings of helplessness, isolation, guilt, fear, or shame.

The state of Virginia has very strict laws against domestic violence that will allow the police and The Commonwealth to help you help yourself.

Are you being abused? Does the person you love...

- "Track" all of your time?
- Constantly accuse you of being unfaithful?
- Discourage your relationships with family and friends?
- Prevent you from working or attending school?
- Criticize you for little things?
- Anger easily when drinking or using other drugs?
- Control all finances and force you to account in detail for what you spend?
- Humiliate you in front of others?
- Destroy personal property or sentimental items?
- Hit, punch, slap, kick, or bite you or the children?
- Use or threaten to use a weapon against you?
- Threaten to hurt you or the children?
- Use or threaten to use a weapon against you?
- Force you to have sex against your will?
- If you find yourself saying yes to any of these - it's time to get help.

Don't Ignore the Problem

Talk to someone. Part of the abuser's power comes from secrecy.

Plan ahead and know what you will do if you are attacked again.

*Learn to think independently. **You are not alone.***

24 hour Domestic Violence Hotline 800-799-safe (7233) or 434-293-8509

911 is always there for you.

Vacation/Road Safety

Sightseeing out of town

- Ask for directions at the hotel or motel to those attractions you want to visit.
- Looking lost may make you look like an easy target for crime.
- If you get lost, find a business and ask for directions.
- Be wary of strangers who seem overly anxious to help you.
- Visitors are major targets for pickpockets in many cities throughout the world. Stay alert to and be aware of what is going on around you.
- Alcohol, glass and cans are illegal at many beaches, boardwalks, and parks.
- If you go to the beach, always check with lifeguards about tides, currents and wave action. Don't go in over your head or swim beyond your capability.

On the road

- Use traveler's checks and credit cards. Keep a record of their serial numbers in a separate and safe place in case they are lost or stolen.
- Carry only the cash you will need and in small denominations.
- Be aware of your surroundings and never discuss your plans or the amount of money you are carrying.
- If you must carry large sums of money, do not display it openly. Carry your purse close to your body and your wallet in your front pocket.
- Keep track of your plane, train or bus tickets, for they are as good as cash.
- Photocopy all documents, including passport, credit cards and tickets before leaving home and store them in the hotel safe.
- Never pick up hitchhikers.
- Leave non-essential papers, such as local credit cards and irreplaceable photos at home.
- If your car breaks down, turn on your flashers and raise the hood. If you must abandon your car, park safely and keep all passengers together.

Hotel & Motel Security

- Determine the most direct route to and from your room to the fire escapes, elevators and nearest telephone.
- Use all auxiliary-locking devices on the doors and windows.
- Use the door viewer to identify anyone requesting entry.
- Open the door only if you are certain the person has a legitimate reason to enter your room.
- Report any lost or stolen property to the management and to the police.
- Report to management any suspicious movements in the corridors or rooms. Remember the only way to stop crime is to get involved in crime prevention.

- Never leave money, checks, credit cards or keys in the room. Take them with you or leave them in the hotel safety deposit box.

Vehicle Security

- Do not advertise that you are a visitor. Place maps, travel brochures, and valuables in the glove compartment or in the trunk before you get to your destination. Carry wallets, checkbooks, and purses with you.
- Check the back seat before getting into the car.
- Always lock your car and take the keys with you. Don't hide a spare key in your vehicle. A thief can always find it.

Conventions

- Walk "smart" when you leave your convention site. Know your destination and the best way to reach it. Travel along sidewalks in lighted areas at night. And don't walk alone.
- Establish a buddy system with another delegate to the convention, share schedules, and check up on each other periodically.
- Build your awareness of unknown surroundings by reviewing information on the community that you are visiting. This information may be included in your registration packet and in maps and guides.
- Jackets with pockets provide a convenient alternative for women to lessen the chance for lost or stolen handbags.

Robbery Prevention

Robbery is the unlawful act of taking personal property from a person or in his presence, by means of force or fear of injury. Robbery is a violent crime. This may include the use of a weapon. Robbers often case for likely victims. Therefore, take measures to make your business less attractive to robbers. Keep in mind that robbers look for these elements: Surprise, Lack of Witnesses, and Cash on Hand

Reduce your risk

- Keep window and counters clear.
- Use a drop safe. Keep very little cash in the register.
- Display signs indicating employees do not have access to safe.
- Be unpredictable about moving money from the store to the bank.
- Keep doors to unauthorized areas locked.
- Never REOPEN your business for anyone after you have closed.
- Avoid working alone. If you must, keep a TV or radio playing in a back room to suggest someone else is present.
- Use "Bait Money" and list serial and series numbers. Do not use these bills to make change.

Robbery prevention

- Know what is happening outside the store or place of business.
- Record descriptions of suspicious persons or vehicles.
- Be alert to your customers and surroundings, especially at opening and closing.
- Greet all customers (make eye contact) as they enter the business.
- Move away from the register when there are not customers at the sales counter.
- Well-trained, highly visible security guards also seem to be a deterrent.
- Place colored height marks at all exists.
- Develop a mutual aid system. Form an agreement with nearby merchants to keep an eye on each other's businesses and watch for suspicious activities.
- Install a holdup alarm video camera surveillance system with signs in visible locations.
- Train your employees on what to do during a robbery.

Babysitting Safety

Baby-sitting is a great way to earn money, help neighbors, and gain some job experience. But it's also a big responsibility to be in charge of someone else's children in an unfamiliar home, and it can be a bit scary.

Here are some guidelines to help you be a first-rate baby-sitter:

Getting the job done

- Baby-sit for people you know or who have been referred by a friend.
- When someone asks you to baby-sit, find out what time the parents expect to be back, how much you charge, and whether you have a curfew. Discuss how you'll get there and back safely.
- Leave the name, address, and phone number of where you'll be sitting with your parents or a trusted friend. Tell them what time your employer expects to be home.

On the job

- Before they leave, have them write down the name, address, and phone number of where they will be. Also, you should have the phone numbers to the local police, fire and rescue if other than 911. In addition to, the Poison Control Center, a neighbor or relative, and the family doctor.
- Have the address of where you are sitting next to the telephone(s).
- Know the locations of all the telephones within the house. If there is an alarm system, learn how to use it.
- Know how to work the window and door locks in the house, not all are latches. Use them and make sure the outside lights are on.
- Know where the smoke alarms and fire extinguishers are.
- Ask about the children's bedtimes and what they eat.
- Check on food allergies and medication. Find out what you are allowed to eat and drink.
- Be sure to clean up after yourself and the children.
- Get permission and instructions on using the television, stereo, and other appliances.
- Don't tie up the phone talking to your friends. Your employer may want to check in or call about a change in plans.
- A friend should not come over to keep you company unless your employer agrees in advance that it's okay.

In an emergency

- If you suspect a fire, get the children and yourself out. Go to a neighbor's or public phone and call the fire department. Then call your employer.
- Stay calm. Children probably won't panic if you don't

When the job is done

- Tell your employer if anything unusual happened – a strange phone call, noises, and a stranger at the door.
- Call your parents to let them know if your employer is going to be late coming home.
- Be sure you are escorted home. If your employer cannot walk or drive you home, or if he or she seems intoxicated, ask someone from your family to come for you. Never travel home alone at night from a baby-sitting job.
- If your employers are unreliable – don't sit for them anymore.

Special considerations for daytime babysitters

- If you have children out in the back yard, make sure the front door is locked and vice versa.
- If you take the children for a walk or the park, lock all doors and windows before you leave. Be sure to take the keys and some change with you.
- Never take the children to a deserted park or out alone after dark. Be wary of friendly strangers.
- If you feel uncomfortable in a situation, trust your instincts – take the children and leave.
- If anything seems unusual when you return to the home – like a broken window, a screen ripped, a door ajar – don't go in. Go to a neighbor's home or public phone and call the police. You do not need a coin to dial 911 or the operator.

Home Alone

A Parents' Guide

Your ten-year-old comes home from school at 3:00, but you don't get home from work until 5:00. He's at home alone for those two hours every day. What does he do until you arrive?

Most likely, he gets a snack or plays on his phone. Maybe he watches TV or has begun his homework. But since you're not there, you worry.

Just like the majority of American parents who work and have to leave their children on their own after school every day, you are anxious about your child's safety.

But by following the safeguards listed below, you can help ease some of this worry and take measures that will protect your kids even when you're not around.

What you can do

- Make sure your children are old enough and mature enough to care for themselves.
- Teach them basic safety rules.
- Know the three "W's": **W**here your kids are, **W**hat they're doing, and **W**hom they're with.
- Do not forget to check on state law about the age at which children can be left at home alone.

Are they ready? Can your children:

- Be trusted to go straight home after school?
- Easily use the telephone, locks and kitchen appliances?
- Follow rules and instructions well?
- Handle unexpected situations without panicking?
- Stay alone without being afraid?

A word about curiosity...

Are there things you don't want your children to get into? Take the time to talk to them about the deadly consequences of guns, medicines, power tools, drugs, alcohol, cleaning products, and inhalants. Make sure you keep these items in a secure place out of sight and locked up, if possible.

Teach your children

- To check in with you or a neighbor immediately after arriving home.
- How to call 9-1-1 or your area's emergency numbers, or calls the operator.
- How to give directions to your home, in case of emergency.
- To never accept gifts or rides from people they don't know well.
- How to use the door and window locks, and the alarm system if you have one.
- To never let anyone into you're home without asking your permission.
- To never let a caller at the door or on the phone know that they're alone. Teach them to say "Mom can't come to the phone (or door) right now."
- To carry a house key with them in a safe place (inside pocket or sock). Don't leave it under a mat or on a ledge outside the house.
- How to escape in case of fire.
- To not go into an empty house or apartment if things don't look right – a broken window, ripped screen, or opened door.
- To let you know about anything that frightens them or makes them feel uncomfortable.

Bicycle Safety

Four and five year old children can be extremely daring. They may be learning to ride two-wheeled bikes; probably using training wheels, but Big Wheels, skateboards, in-line skates, scooters, and roller skates can be just as dangerous. With these, children can speed down sidewalks, behind parked cars, and into streets in a flash. Teach the children proper safety rules and remind them to wear protective pads and helmets during all of these activities.

Where are some safe places to ride your bikes, skateboards, roller skates, and in-line skates?

Discuss such places as parks, school grounds, bike trails, and sidewalks. You should not ride or skate in the street unless there is very little traffic and an adult is watching you closely. If you are riding or skating on the street with an adult, pay attention to traffic. Never ride or skate on busy roads or driveways. Just because you can see the driver of a car does not mean that the driver can see you.

What should you wear when you are doing these things?

- If you ride bikes or other things on wheels, your helmet should be on your head with the chin straps fastened.
- Helmets protect your brain, the part of your body that lets you make good decisions and grow strong and healthy.
- Wear bright colors during daylight and reflective material after dark.
- Use Velcro, metal or rubber bands to keep loose pant legs out of the chain.
- Is it a good idea to give a friend a ride on your bike?
- One to a bike is the only safe way to ride. Take turns if you need to.

Should you ride your bike (etc.) after dark?

- When it's dark, it's time to go inside. It's difficult for drivers to see you when it's dark.
- Put your bike away in a safe place and ride again tomorrow.

Virginia Vehicle Laws Bicyclists Must Obey:

- All traffic regulations must be obeyed. Including traffic signs, signals, markings and lights.
- Ride with the flow of traffic.
- Ride as close as practical to the right hand curb or edge.

Exceptions are:

- When overtaking and passing another vehicle
- When preparing for a left turn
- When people, animals, parked cars or other objects make traveling unsafe
- When narrow lane widths do not provide sufficient room for a motor vehicle and bicycle to share the lane
- Ride single file on highways. Riding two or more abreast is permitted on paths or parts of highways exclusively for bike use.

Stranger Danger

Let the children participate as much as possible this way they will not feel as if they are being lectured to. Never say an answer is wrong or use the word "no" in response to an answer. Always be positive. Make sure they are involved.

Who is a stranger?

A stranger is someone you have never met before; a person you may have seen before, but whom you don't know anything about (for example, someone you've seen walking in your neighborhood); or a person whom your parents don't know well.

Are all strangers bad? What do strangers look like?

Strangers can be men or women, young or old. They can have any color skin. Some are tall and skinny; some are short and fat. Some are pretty and some are not so pretty. They can speak different languages. Most strangers are nice, but some strangers are mean. Because you don't know if someone is a good stranger or a bad one, you should not talk to anyone you don't know.

True or false, everyone who dresses nice is a nice person.

False

What do you do if a stranger comes up to you?

Run Away

What do you do if someone follows you?

- Go inside a store
- Go to where there are a lot of people
- Go to an adult you can trust

Who can you trust?

- Neighbors that your parents know pretty well
- Police Officers
- Firemen

What do you do if you lose track of your mom or your dad or whoever you are with inside a store or while you are at a park?

You may be scared, but your Mom or Dad (or the grown-up you were with) will come looking for you. Walking around makes it harder for them to find you. Stay where you are and tell a Police Officer, Security Guard or store employee (in uniform or name tag) that you are lost and need help. If you are inside a store, library, etc. do not go outside; stay inside so that you can be found.

Do you know your Mom or Dad's first and last names?

Do you know your address and phone number by heart?

What do you do if someone knocks on the door?

Do you ever answer the door to a stranger?

Tell an adult who is at home. If a grown-up is not at home, do not open the door.

Don't even ask who it is. Ignore the knock, and wait for an adult who lives with you. If it's important, the person will come back later. If a grown-up is there but is busy (in the yard, in the shower, asleep), tell the grown-up and let him or her answer the door. Do not open the door yourself?

When someone calls and asks for your mom or your dad or an adult that you live with and that adult is not there, what do you say?

This is something that each family might have their own rule about. One suggestion is to answer the phone politely. If Mom or Dad is close by, ask the caller to wait while you get them. If an adult is not available (in the yard, in the shower, asleep) say, "Everyone is busy. Please call back."

NEVER SAY YOU'RE ALONE.

What if someone says that your mom or dad or brother or sister or aunt or uncle told him or her to pick you up and you don't know them? Do you go with them?

Have a secret code word that only you and your parents know, if that person were really there to pick you up then they would know the code word. A secret code word is a word that only you and your parents know. If there is an emergency and someone you don't know has to pick you up from school or from a friend's house, ask that person the secret code word. If he or she doesn't know the secret code word, don't go. Get away and go to a grown-up you know and trust for help.

Bullies

Fear of bullies is a major concern of young children. One out of every seven children is either a bully or the victim of a bully at some time.

Is it ever okay to be mean or nasty?

No. You need to treat everyone nicely – the way you want to be treated.

Should you call people names that make them feel bad?

No. Name-calling is not okay. Some names you think are funny may hurt other people's feelings.

What is a bully?

A bully is a person who picks on you or pushes you around.

What does a bully do?

Bullies tease, act tough, and sometimes hurt your feelings. Bullies try to scare you. Sometimes they push you around, hurt you, call you mean names, or take things from you.

Through discussion, bring out the importance of such ideas as:

- Walking straight and tall as though he or she is not afraid.
- Sticking with a group of friends. Because bullies may be less likely to act out in a crowd.
- Saying, "I don't like it when you do that!"
- Telling a trusted adult

PARENTS - KEEP IN MIND THE GUIDELINES LISTED ABOVE ARE FOR YOUNG CHILDREN. You should always report any problems that occur at school or the bus stop to the appropriate school official or law enforcement agency.

For further information or a presentation on this subject please call the
Charlottesville Crime Prevention Unit 970-3883.

Senior Citizen Safety

BE ALERT WHEN OUT AND ABOUT

- Go with friends or family, not alone.
- Carry your purse close to your body, not dangling by the straps.
- Put a wallet in an inside coat or front pants pocket.
- Don't carry credit cards you don't need or large amounts of cash.
- Use direct deposit for social security and other regular checks.
- Whether you're a passenger or driver, keep car doors locked. Be particularly alert in parking lots and garages. Park near an entrance.
- Sit close to the driver or near the exit while riding the bus, train, or subway.
- If someone or something makes you uneasy, trust your instincts and leave.

MAKE YOUR HOME SAFE AND SECURE

- Install good locks on doors and windows. Use them! Don't hide keys in mailboxes and planters or under doormats. Instead, leave an extra set of keys with a neighbor or friend.
- Ask for photo identification from service or delivery people before letting them in. If you are the lease bit worried, call the company to verify.
- Be sure your street address number is large, clear of obstruction, and well-lighted so police and other emergency personnel can find your home quickly.
- Consider a home alarm system that provided emergency monitoring for burglary, fire, and medical emergencies.

WATCH OUT FOR CON ARTISTS

- Don't fall for anything that sounds too good to be true – a free vacation, sweepstakes prizes, cures for cancer and arthritis, cheap home repairs and/or gardening.
- Never give your credit card, phone card, Social Security, or bank account number to anyone over the phone. It's illegal for telemarketers to ask for these numbers to verify a prize or gift.
- Don't let anyone rush you into signing anything – an insurance policy, a sales agreement, a contract. Read it carefully and have someone you trust check it over.

- Beware of individuals claiming to represent companies, consumer organizations, or government agencies that offer to recover lost money from fraudulent telemarketers for a fee.
- If you're suspicious, check it out with the police, the Better Business Bureau, or your local consumer protection office. Call the National Consumers League Fraud Information Center at 800-876-7060.
- Do not pay for handy work in advance.

NEVER SIGN A BLANK CHECK

- Use direct deposit for monthly pensions, or Social Security checks.
- Do not use ATM machines that are isolated and don't let yourself be distracted using them.

GET INVOLVED IN THE COMMUNITY

- Report any crime or suspicious activities to law enforcement.
- Join a Neighborhood Watch to look out for each other and help the police. Get to know your neighbors, and work out a "buddy" system to look out for each other daily.
- Work to change conditions that hurt your neighborhood. Volunteer as a tutor for children, office aide in the police or fire department, mentor for teens, escort for individuals with disabilities.

OTHER TIPS

- In addition to the previous tips, senior citizens on doors and windows. When you are out, make your home appear occupied by leaving some lights on and a radio playing.
- Keep bonds, stock certificates, and coin collections in a safe deposit box.
- Don't keep large sums of money in your home.
- Don't discuss your finances with strangers.

General Personal Safety Tips

IN YOUR HOME OR APARTMENT

- Have lights at all entrances.
- Have a wide angle-angle door viewer on all exterior doors.
- Have good locks on all doors and windows--- and use them.
- Do not use your full name on the mailbox, in the telephone directory, or on your answering machine.
- Do not leave your times away from home on your answering machine.
- Know which of your neighbors that you can trust and depend on in an emergency.
- Check who is at the door before opening it, and do not open the door to an unexpected visitor.
- Don't hide keys in easy to locate places. Criminals will find them.
- Ask for identification of all repair people. If you are suspicious, call to verify employment.
- Never give personal information to telephone solicitors.
- Consider creating a "Safe room" with a separate phone line or cell phone, and strong locks. If someone breaks in you can retreat there and call for help.
- Do not let strangers into your home or apartment to use the telephone. Offer to make the call for them.
- Use security bars for added security on sliding windows and doors.

ON THE STREET

- Never hitchhike! It's not worth the risk!
- Be very careful using outside ATMs at night or in unfamiliar surroundings.
- When walking walk in the middle of the sidewalk and walk facing oncoming traffic. Walk with confidence.
- Try not to overload yourself with packages or other items. Keep your hands as free as possible.
- Do not wear music headphones while walking or jogging.
- Do not read while walking or standing on a sidewalk.
- If you wear a purse with a shoulder strap, be prepared to let it go if snatched. Otherwise you could be knocked down and hurt.
- A good suggestion for men is to carry a second wallet containing a few dollars and old expired credit cards. If confronted give the person the old wallet and concentrate on a good physical description of the person, which will help police.
- Avoid being on the street alone if you are upset or under the influence of drugs or alcohol.
- If you carry a purse, carry it close to your body, preferably in front. Carry only the amount of money or credit cards you need and no extra.

IN A VEHICLE

- Keep your vehicle in good working order and your gas tank at least half full.
 - When you approach your parked vehicle, visually check the area around the vehicle for any suspicious persons or activity. If you observe anything suspicious walk to where there are other people and call the police.
 - Always park in visible, well-lit areas.
 - If you drive a car, attempt to avoid parking next to a large pickup truck or van. They can be easy to hide behind.
 - Have your keys ready when approaching your vehicle to reduce the time needed to enter.
 - When operating your vehicle, keep the doors locked and the windows rolled up.
 - Place any valuables in the trunk or hide them out of sight.
 - Exercise care when in a parking garage and try not to go alone.
 - When stopped at a traffic light allow some space between your vehicle and the one in front of you, so you can drive away if necessary.
 - If someone approaches your vehicle and attempts to enter, blow your horn to attract attention and drive away.
 - Many people consider a cellular telephone to be a good investment in safety.
 - Do not pick up hitchhikers!
 - Do not open your window if someone approaches your vehicle to ask for directions, the time, etc. Keep the door locked.
 - Never leave house keys attached to car keys at service stations or parking facilities.
 - Do not stop for a stranded motorist. Instead, go to the nearest telephone booth and call the police for assistance.
 - If you have a flat tire, drive on it until you reach a safe, well-lit and well-traveled area.
 - For disabled vehicles – raise the hood, tie handkerchief on door, stay in locked vehicle, activate hazards or parking lights. If someone arrives, ask them to call the police.
- If you are involved in a minor accident, stay in your locked vehicle until the police arrive, if the circumstances or people appear to be suspicious.
- If you are being followed, don't drive home. Drive to a safe place like a gas station, fire station or the police department.
 - Carry a safety kit in your vehicle – flashlight, fix-a-flat, maps, extra clothing, fire extinguisher, first aid kit, empty gas can, white cloth.
 - Know your route. Check your map.

ON PUBLIC TRANSPORTATION

- Beware of overheard conversations and don't tell others where you are going.
- Stay awake and alert
- Have exact change ready
- Sit as close to the driver as possible
- If you sense someone is following you when you get off, walk toward other people or to an open business.

IN A BUILDING

- Avoid isolated corridors or hallways
- Be extra careful in stairwells and isolated or poorly lit restrooms.
- Avoid entering an elevator that is occupied by only one other person who is a stranger.
- In an elevator, stand near the controls and locate the emergency buttons.
- If you are assaulted while in an elevator, hit the emergency or alarm button and press as many floor buttons as possible.