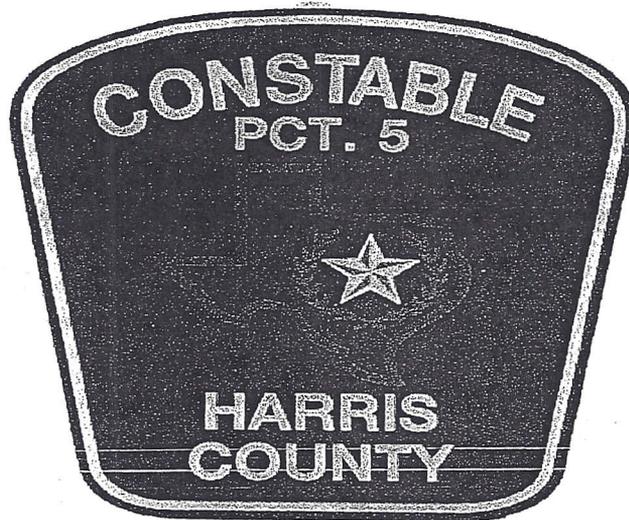


# STAYING SAFE



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## Home and Neighborhood

Good locks, simple precautions, neighborhood alertness and common sense can help prevent most property crimes.

### LOCKS, DOORS AND WINDOWS

- Install good deadbolt locks in your doors, and use them. (About half of burglars enter through unlocked doors and windows.)
- Use double-key deadbolts, and remove the key from the lock.
- Make sure outside doors, including the one between your house and garage, are solid, 1 3/4-inch metal or wood and fit tightly in their frames. Hinges should be inside.
- Secure sliding glass doors with locks or a rigid wooden dowel wedged in the track.
- Lock double-hung windows by sliding a bolt or nail into a hole drilled at a downward angle through the top of each sash and into a frame.

### OUTSIDE

- Trim back shrubbery that hides doors or windows. Cut back tree limbs that could help a thief climb to second story windows.
- Make sure all porches, entrances and yards are well lighted.
- Keep the neighborhood up. Dark alleys, litter and rundown areas attract crime.

### KEY SENSE

- Do not hide house keys in mail boxes, planters or under doormats.

- Do not put personal identification on key rings.
- Leave only your ignition key with mechanics or parking attendants.
- If you lose the keys to your home or move, change the locks immediately.

### ANSWERING THE DOOR

- Install a peephole or viewer in all entry doors so you can see who is outside without opening the door.
- Do not trust door chains; they can be easily broken.
- Don't open the door to anyone you don't know. Insist that service personnel verify their identity before allowing them in.

### ANSWERING THE TELEPHONE

- Don't give any information to "wrong number" callers.
- Check references of any person calling about a survey or credit check before offering information.
- Hang up immediately on threatening or harassing calls.

### GOING AWAY?

- Make your home appear occupied when you go out - leave lights on and the radio playing.
- Keep your garage door closed and locked.
- Use timing devices to turn inside lights on and off.
- If you will be gone for several days, arrange to have the mail and papers stopped or picked up. Half of all home burglaries occur during the day when alert neighbors could spot and report the thieves.

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## Personal Safety

Knowing how to protect yourself - and joining with your neighbors to make your streets safer - can reduce the opportunity for muggers, purse snatchers and other street criminals to strike.

### 3 BASIC RULES

- Do stay alert. Keep your mind on your surroundings, who's in front of you and who's behind you. Don't get distracted.
- Do walk purposefully, stand tall and make quick eye contact with people around you.
- Do trust your instincts. If you feel uncomfortable in a situation, leave.

### WHEN WALKING

- Plan the safest route. Choose well-lit busy streets and avoid passing vacant lots, alleys and construction sites.
- Know your area - police and fire stations, and what establishments are open late.
- Make sure you know where your children are going when they go out. Show them safe places in the neighborhood.
- Carry your purse close to your body. Carry your wallet inside your coat rather than in a rear trouser pocket.
- Don't flaunt expensive jewelry or flash cash.
- Don't overburden yourself with large packages or groceries that make it hard to react.
- If you suspect you're being followed on foot, cross the street and head for the nearest well-lit, populated area.

- If you're being followed by someone in a car, change direction immediately and make a visible point of writing down the license number.

## **PUBLIC TRANSPORTATION**

- Try to use well-lighted and frequently used stops.
- Try to sit near the driver or conductor.
- Avoid sitting near exits. An attacker can reach in and grab a purse or jewelry as the bus or subway pulls away.
- Be alert to who gets off the bus or subway with you. If you feel uncomfortable, walk directly to a place where there are other people.

## **IN ELEVATORS**

- Look in the elevator before getting in.
- Stand near the controls.
- Get off if someone suspicious enters. If you're worried about someone who is waiting for the elevator with you, pretend you forgot something and don't get on.
- If you're attacked, hit the alarm and as many floor buttons as possible.

## **OUTDOOR ACTIVITIES**

- Choose routes you know well and that are well populated.
- Know businesses that are open, and the location of police and fire stations.
- Consider not wearing headphones - it's safer to be alert and completely aware of your surroundings.

## **WHAT IF YOU'RE ATTACKED?**

- Remain calm, try not to panic or show signs of anger or confusion.
- If the attacker is only after your purse, wallet or valuables, don't resist.
- Make an effort to get an accurate description of your attacker: age, race, complexion, build, height, weight, type and color of clothing.
- Call the police immediately, identifying yourself and your location.

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## **Sexual Assault**

One in four women in America is raped at some time in her life. Knowing the facts about rape can help you prevent it.

- Rape is an act of violence, not sexual passion.
- In over half of reported rapes, the victims know their attackers, and approximately one-third are attacked in their own homes.
- Police believe that rapists tend to prey on women who look frightened, easily intimidated or who seem to be daydreaming.

## **REDUCE THE RISK OF RAPE AT HOME**

- make sure all windows and doors in your home lock securely, and keep them locked whether you're at home or away.
- Install a peephole in the door and use it.
- Verify the identity and legitimacy of any sales or service person before letting him in.
- Never let a stranger into your home while you're alone - no matter what the reason.
- Never give the impression that you are home alone if strangers call or come to the door.

- If you live alone, use only your initials and last name on mail boxes or directories.
- If you live in an apartment, avoid being in the garage or laundry room by yourself, especially at night.
- If you come home and find a door or window open or signs of forced entry, don't go in. Call the police.

### WHILE WALKING

- Be alert to the people around you.
- Stay in well-lighted areas as much as possible.
- Walk confidently at a steady pace, facing traffic.
- Walk close to the curb. Avoid doorways, bushes and alleys.
- Don't walk alone at night. Always avoid areas with few people.
- Be careful when people stop you for directions. Reply from a distance, and don't get too close to the car.

### WHILE DRIVING

- Keep your car in good condition, and the gas tank at least half full.
- Park in well-lighted areas and lock your doors, no matter how long you'll be gone.
- Check front and rear seats and floorboards before entering your car.
- Drive with all doors locked and windows rolled up. Never pick up hitchhikers.
- If your car breaks down, put the hood up, lock the doors and turn on the flashers. If someone stops to help, roll down the window slightly and ask them to call the police or a tow truck.
- Avoid underground and enclosed parking garages if possible.
- If you're being followed, don't drive home. Go instead to the nearest police station, or an open service station or business where you can call the police. don't leave your car unless you are certain you can get inside safely.

### IF YOU'RE ATTACKED

- Keep your head. Stay as calm as possible and evaluate your options and resources.
- It may be more advisable to submit than to resist and risk severe injury or death. You will have to make this decision based on the circumstances. But don't resist if the attacker has a weapon.
- Keep assessing the situation as it is happening. If one strategy doesn't work, try another. Possible options include negotiating, stalling for time, distracting the assailant and fleeing to a safe place, verbal assertiveness, screaming, and physical resistance.
- You may be able to turn the attacker off with bizarre behavior such as throwing up, acting crazy or picking your nose.

### AFTER AN ASSAULT OR RAPE

- Go to a safe place and call the police. The sooner you report the crime, the greater the chances your attacker will be caught.
- Do not shower, bathe, douche or destroy any clothing you were wearing. do not disturb any physical evidence.
- Go to a hospital emergency room for medical care.
- Call someone to be with you. You should not be alone. Contact a rape treatment or crisis center to help you deal with the consequences of the assault.