

PERSONAL SAFETY



Adopted from: Texas State University – San Marcos Police

USING COMMON SENSE

- **Be aware of what is happening around you. You have to see danger to avoid it.**
- **Trust your instincts-if something feels wrong to you, then it is wrong.**
- **Don't be too trusting. It is easy to get complacent on a college campus (most people are friendly) but be careful. A little paranoia can be a good thing.**
- **Listen - If you hear someone approaching you from behind, look around.**

USING COMMON SENSE

- **Keep your distance from strangers. Maintain a safe distance from people to give yourself time to react or avoid an attack. Don't be tricked into giving up this safety cushion.**
- **Avoid using alcohol or illicit drugs. Their use can impair your judgment, slow reaction times, as well as expose you to some less than desirable social situations and people.**
- **Let someone know where you are going and when you expect to return.**

WALKING

- **Be alert! - Being alert to what and who is around you is the best defense.**
- **Walk with a self- assured stride, with your head up, and look around. (persons who look strong and in control are less attractive targets.)**
- **Avoid walking alone at night.**
- **Avoid using short cuts or other routes that are less traveled and may obscure you from being seen by others.**

WALKING

- **Avoid walking close to bushes and structures that could offer concealment to an attacker. Have your keys or ready in your hand. This prevents you having to fumble with your keys at the doors.**
- **If someone is following you or you even think someone is following you, go immediately to a house or phone and contact the police.**

SAFETY IN PARKING GARAGES

- **Always park in a well lit area of the garage.**
- **Avoid parking next to a van's sliding door.**
- **At night, leave your office or building in the company of others. Don't leave alone after dark. If possible, have someone from your building security escort you , or call for police assistance.**

SAFETY IN PARKING GARAGES

- **Change from high heels to low flats or even sneakers when leaving work. They are better to run in.**
- **Approach your vehicle looking for any suspicious activity. If you see someone loitering around your vehicle, do not go to it.**
- **Do a quick scan of your vehicle's interior before unlocking the door. Be sure to look in the back seat.**

USING AN AUTOMATED TELLER MACHINE

- **Try to avoid using an ATM by yourself. Either take someone with you or only use an ATM when others are around.**
- **If possible, avoid using an ATM after dark. If you must, choose one that is well lighted and does not have tall bushes nearby.**
- **When you arrive at an ATM, look around. If you are uncomfortable, do not stop.**

USING AN AUTOMATED TELLER MACHINE

- **Have everything you need ready when you approach an ATM.**
- **When using the ATM, stay alert to your surroundings. Look up and around every few seconds while transacting your business.**

USING AN AUTOMATED TELLER MACHINE

- **Protect your personal identification number (PIN). Do not enter your PIN if anyone else can see you enter it. Shield your PIN from onlookers by using your body.**
- **When your transaction is finished, be sure you have your card and your receipt and leave immediately. Do not count your money at the machine.**

SAFETY WHILE SHOPPING

- **Avoid shopping alone.**
- **Park your vehicle in a well-lighted area. Put personal valuables (Cell-Phones, purses, ETC) out of sight.**
- **Know your surroundings. Keep an eye on people in front as well as behind you.**

SAFETY WHILE SHOPPING

- **Carry your bags close to your body.**
- **Walk with confidence. Avoid talking to strangers.**
- **If you see anything suspicious or if something just doesn't feel right, leave immediately and contact security or the police.**

PREVENT VEHICLE BURGLARIES

- **Always lock your car door.** (Never leave your car unlocked or running..... This is an invitation to a burglar or car thief.)
- **Keep valuables out of sight.** (Place items such as CD's, Cellular phones, book bags, and purses in the trunk or take them with you.)
- **Report all suspicious activity or persons.** (Call the police immediately. don't hesitate to call the police..... Its better to call and find out that the activity is nothing)

Some Tips for Home



Some Tips for Home

- 1. Lock all outside doors before you leave or go to bed.**
- 2. Lock all windows.**
- 3. Leave lights on when you go out. If you're going away for any length of time, connect some lamps to automatic timers so your lights turn on and off at preset times.**

Some Tips for Home

- 4. Keep your garage door closed and locked. A lot of visible items in your garage may be an invitation to a burglar.
Don't allow daily deliveries to accumulate.**
- 5. Either suspend delivery or have a neighbor pick up the mail, newspaper, etc.
Arrange to have your lawn kept. If you leave for an extended period have your**
- 6. lawn maintained while you are gone. This gives the appearance that someone is home.**

Some Tips for Home

Unwanted Calls

Don't give out personal information such as your name and address unless you know exactly who you are talking to.

If you have an answering machine, use it to screen incoming calls. DON'T put your name on the outgoing message. And DON'T let everyone that calls know you are out of town.

Some Tips for Home

Know your neighbors.

If you can, try and meet the people that live near you. Also, try and know the vehicles common to the neighborhood. If you see a strange person or vehicle staying in the area, Call The Police! 911