

Personal Safety

Awareness of the following crime prevention pointers, combined with your own common sense, can help make crime-proofing your way of life.

- Trust your instincts. If your sixth sense tells you to be wary, pay attention.
- Be careful where you walk. Avoid lonely or unlit streets and unfamiliar short cuts. Walk on the curb side, away from alleys and doorways.
- It is dangerous to hitchhike and to involve yourself with strangers who are hitching a ride. Once trapped inside the car, it is difficult to call for assistance.
- Inform others when and where you are going and check in with them when you reach your destination.
- Don't let strangers into your house. Insist on proper identification from service personnel. If someone asks to use your phone, offer to make the call for them instead.
- If you suspect you are being followed, cross the street, go to the nearest house or store and call the police. Scream if necessary.
- If you live alone, use first initials only on mail boxes, apartment directories or the phone book.
- Remember to report crimes or suspicious activities. Putting crime prevention into action helps contribute to your peace of mind and enjoyment of your community.

If you have been sexually assaulted it is important you call the police immediately. DO NOT bother to change clothes. Remember, sexual assault is ANY unwanted act of a sexual nature imposed by one person on another. It is a crime, even if it happens in a marriage or dating relationship. Sexual assault happens to men as well as women. The following precautions will help you to prevent sexual assault. They are preventive measures to enhance your safety generally.

Residence:

- Entrances and garages should be well lit.
- Never stay alone in apartment laundry rooms, mail rooms or garages.
- If you return home and find your windows or doors tampered with, DO NOT ENTER OR CALL OUT. Go to a neighbor and call police.
- Never admit, on the telephone or at your door that you are alone.

Public Transportation:

Try to avoid waiting or getting off at isolated stations if alone. Arrange for a family member to escort you to and from station.

Not all sexual assaults happen in "dangerous" places such as dark alleys or parking lots. Many sexual assaults are committed by persons known to the victim. The following tips will also help prevent a sexual assault;

Public Places:

Use caution in conversations with a person you have just met. Avoid giving your address or place of employment. It is risky to accept a ride home and an invitation for a late night offer of a drink from someone you just met.

Private Places:

If you feel menaced in a one-on-one situation, act at once, even if you must leave your home.