

CRIME PREVENTION INFORMATION:

District Offices, Calgary Police Service

Your Community Liaison Officer can help with safety and security concerns in your community.

Community Liaison Officers are available through Calgary Police Service District Offices, which are listed on the Calgary Police Service Blue Page in the Telus White Pages Telephone Directory.

Register for Police and Community Awareness Program (PCAP)

Call 403-645-2990 or go to calgarypolice.ca to register for PCAP, the Police and Community Awareness Program.

PCAP lets you know by telephone or email message if there's a community crime concern that police would like you to know about. It's free and it is a great way to keep informed about concerns in your neighbourhood.

Additional Crime Prevention Information Please visit calgarypolice.ca



Quick Guide to Personal Safety in Calgary



Easy safety and security tips
for you and your family.

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Calgary Police Service, Crime Prevention Unit,
Calgary, Alberta, Canada



ALBERTA MOTOR ASSOCIATION

Keeping Yourself Safe

It can be surprisingly easy to help prevent crimes from happening to you. While it's not possible to prevent every single crime from happening, you can reduce the opportunities for it to happen.

QUICK TIPS

- Avoid being out alone at night; or at least stay in busy, well-lit area. Avoid dark, deserted areas.
- If you are suspicious of someone, trust your instincts.
- Scream or use a personal emergency alarm to attract attention if you feel threatened.
- Do not accept a ride from someone you just met.
- If you're meeting a stranger, arrange to meet at a public place, not their home.
- Wait for the bus or C-Train with other people in a well-lit area.
- Carry your valuables securely. Hold your purse or use a fanny pack. Don't leave your wallet or purse unattended or in a bag on your wheel-chair, scooter or shopping cart.
- If someone demands your money, give it to them. Avoid carrying large amounts of money.
- Record your credit and debit card numbers and report lost or stolen cards right away.
- Use the bank or bank machine during daylight.
- Be wary of sales and contests offered over the telephone or the Internet. Remember, if something sounds too good to be true, it probably is.
- If you are a victim of crime, report it at once so police will have a better chance of arresting the criminal.

Stay Safe On the Internet

Protect yourself and your family on the Internet as you would in your home, to avoid scam artists and sexual predators.

- Update virus protection regularly and use fire-walls and other electronic security measures to protect against computer hackers and e-mail viruses.
- Be suspicious of emails asking for personal information: legitimate banks and other companies don't send emails asking you to verify personal details or passwords over the Internet.
- Only bank or shop on the Internet using trusted websites that use up-to-date encryption and security technology.
- Never give out personal information such as address, telephone number, parents' work address or telephone number, school name and location.

Keeping Your Children Safe

- Always inform you (or a teacher if they're at school) right away, if they find a website that makes them feel uncomfortable.
- Never agree to meet in person with someone they met online.
- Don't put personal photos or information in emails.
- Gossiping, crude jokes, swearing, bullying and plagiarizing are as wrong in cyberspace as they are in the real world.
- Agree on rules about what time of day, for how long, and from what areas of the house they can go online.

Easy tips keep you *safe*.



CALGARY
POLICE
SERVICE



Stay Safe When Driving

When getting into your vehicle:

- Know your route and have a map available.
- Ask someone to walk with you to your vehicle if you're concerned about where it's parked.
- Have your keys ready when you return to your vehicle. As you approach, look around for someone who could be near, in, or under your vehicle, or who may have broken into it.
- Also look for broken locks or windows; if you see signs of a break-in, don't approach the vehicle. Leave the area and call police.
- Look into the vehicle before getting in to make sure no one is hiding in it — check the back seat.
- Lock doors as soon as you get into the vehicle. Keep windows rolled up enough to keep any-one from reaching inside.
- Place purses and other valuables out of sight.

While you are driving:

- At stop signs and lights, keep your vehicle in gear and stay alert.
- Don't pick up hitchhikers.
- If you think you are being followed, drive to a 24-hour gas station, convenience store or any other location that's open. If you can't find one, attract attention by sounding your horn and flashing your lights. Report the incident to police, describing the vehicle as best you can.
- Don't stop for stranded motorists; call for help.

When leaving your vehicle:

- Park in a well-lit area close to the building. Avoid deserted areas in parking lots.
- Lock all vehicle doors and close all windows.
- Take packages or valuables with you; if you have to leave them in the vehicle, place them in the trunk before you park at your final destination (so that criminals watching parking lots don't see you place packages in the trunk before you walk away from your vehicle.)
- Have someone meet you if possible.

If your vehicle breaks down:

- Try to coast off the road to the shoulder so your vehicle will not be hit by traffic (even if you have to drive on a flat tire). Use emergency flashers, flares or other warning devices.
- Use your cell phone to call for help: pull over or have a passenger make the call.
- If you don't have a cell phone, or it's not working, use a pay phone or emergency roadside phone if one is nearby at a safe location. If not, stay in your locked vehicle and wait for help.
- Stay in your vehicle even if someone stops to help you. Don't roll down your window: Just ask them to get help for you.

Stay Safe When Out Walking

- Use the buddy system — walk with a friend.
- If you're walking alone, tell a neighbour or friend where you are going and when you expect to return, and carry a personal safety alarm or "screamer."
- Try to walk in daylight hours or in well-lit, busy areas. Avoid shortcuts through parks and dark or deserted areas.
- Always walk in the middle of the sidewalk.
- Walk with confidence, and do not carry too many parcels.

Keep Your Identity Safe

- Be cautious with your personal information and dispose of it properly, so that it doesn't fall into the hands of a criminal. Shred all bank statements and credit card applications.
- Remove mail from your mailbox immediately.
- Format or remove your hard drive prior to selling or disposing of your computer.
- Limit the personal documentation in your wallet or purse.
- Be cautious of telephone/online surveys that request personal information.
- Protect your personal identification number (PIN) when entering it into a bank machine
- Review your credit bureau report annually to ensure all credit information is correct and up to date.
- Report lost or stolen credit cards immediately.

Recognize Scams & Cons

If a deal sounds too good to be true, it probably is. Be suspicious of unusual offers, free prizes for contests you haven't entered, sales pressure to rush into a decision, and requests for your credit card number at your door, over the telephone or ON the Internet.

Con artists will try to convince you that a scheme is valid by making it look like a very good deal for you. Be skeptical if you hear any of the following:

- A quick profit or special medical cure is guaranteed.
- It's a limited time offer.
- We'll send a courier to pick up your cheque.
- This is a free prize with only a handling and tax fee.
- You have been specially selected (especially if the offer is a postmarked with a bulk mail stamp).
- We can put this on your charge card:
- Say "No" to anyone who sends you a card or calls asking for money or offering:
 - A free prize or travel that requires a fee for handling or taxes, or requires you to call a phone number to claim a prize.
 - Contests requiring you to send money to enter higher and higher prize levels.
 - Information about how to repair your credit or get a special credit card.

Easy tips keep you safe