

PERSONAL SAFETY WHEN WALKING

Tell someone where you are going, which route you are taking, and when you will be back.

Be aware of your surroundings. Notice everything that goes on near you and particularly in front of you. The earlier you notice a possible problem the greater chance you have of dealing with it.

Listen to your instincts. Something that doesn't look or seem right will probably cause a problem – so if you notice something like this, move yourself away from it as quickly as possible.

Walk facing the traffic.

Walk near the curb unless cars are parked in the street. Stay away from shrubbery, darkened doorways, and alleys where an assailant can be hiding.

Never assume parked cars are empty.

Avoid using headphones - you might not hear trouble approaching. If you use headphones, it is recommended that you keep the volume low enough to allow you to hear anyone approaching as well as any traffic coming in your direction.

Be wary of casual requests from strangers (someone asking for directions, a cigarette or change - they could have ulterior motives).

Be alert. Look over your shoulder once in a while.

Never accept rides with strangers.

If you carry a purse, briefcase, or bag, keep a tight grip on it so no one can steal it.

Enjoy your walk, but always remain aware of your surroundings.

If you suspect you are being followed by a pedestrian:

- Cross the street.
- Don't try to figure out if someone is following you by turning down an alley or dark side street.
- If you know you are being followed, go directly to the nearest well lighted business and call the police.

If you are being followed by a vehicle:

- Turn and walk in the opposite direction. The driver will have to turn around and drive on the other side of the street to keep following you.
- Get the license number and write it down.
- Never try to outrun a vehicle. Change directions whenever possible. You can make a u-turn faster than a vehicle.
- Seek help at a place of business.