

STAY SAFE - PERSONAL SAFETY TIPS

AT HOME

- CLOSE AND LOCK ALL DOORS.
- IF YOU LOSE A KEY, HAVE THE DOOR LOCKS CHANGED.
- INSTALL A VIEWING PEEPHOLE.
- KEEP DRAPES CLOSED AT NIGHT.
- NEVER REVEAL TO A TELEPHONE CALLER OR SOMEONE AT THE DOOR THAT YOU ARE ALONE.
- IF YOU RECEIVE AN OBSCENE CALL - HANG UP AND USE CALL TRACE FEATURE (*57).
- USE ONLY YOUR FIRST INITIAL AND LAST NAME IN THE TELEPHONE DIRECTORY AND MAILBOX.
- IF YOU LIVE ALONE, ADD DUMMY NAMES TO THE MAILBOX TO GIVE THE IMPRESSION YOU HAVE A ROOMMATE.
- NEVER OPEN YOUR DOOR TO A STRANGER.
- IF THERE ARE SIGNS OF A BREAK-IN WHEN YOU RETURN - DO NOT ENTER OR CALL OUT - CALL THE POLICE FROM A NEIGHBOUR'S HOME AND WAIT UNTIL THEY ARRIVE BEFORE YOU ENTER.
- REQUEST I.D. FROM REPAIRMEN BEFORE YOU OPEN THE DOOR IF YOU HAVE NOT REQUESTED THEIR ATTENDANCE. CONFIRM THE I.D. BY CALLING THE COMPANY.
- DO NOT LET CHILDREN ANSWER THE DOOR.
- AVOID VACANT LOTS, PARKS AND DARK ALLEYS.
- REPORT ALL STRANGERS LOITERING IN THE AREA TO POLICE.

WHILE WALKING

- AVOID WALKING ALONE.
- TAKE THE BUSIEST AND MOST POPULATED ROUTE POSSIBLE.
- IF YOU NEED HELP, GO TO A STORE OR RESTAURANT, ANY PUBLIC PLACE, OR HOME DISPLAYING THE BLOCK PARENT SIGN.
- CARRY A FLASHLIGHT AT NIGHT.

- WALK NEAR THE CURB AND AVOID CONCEALED AREAS. (I.E. BUSHES, DARK DOORWAYS)
- WEAR CLOTHING THAT ALLOWS FOR FREEDOM OF MOVEMENT.
- DON'T HITCHHIKE (LIKE PLAYING RAPE ROULETTE).
- IF YOU SUSPECT YOU ARE BEING FOLLOWED, DON'T WASTE TIME WONDERING. FIND OUT IMMEDIATELY BY CROSSING THE STREET. IF YOUR SUSPICIONS ARE CONFIRMED, RUN AND SCREAM.
- IF BEING FOLLOWED BY A CAR, RUN IN OPPOSITE DIRECTION. A COMMON PLOY OF ATTACKERS IS TO PULL THE FEMALE INTO THE CAR.

IN YOUR CAR

- HAVE YOUR KEYS READY IN YOUR HAND WHEN YOU LEAVE YOUR HOME OR OFFICE.
- CHECK THE FLOOR AND BACKSEAT FOR INTRUDERS BEFORE GETTING IN.
- KEEP CAR DOORS LOCKED AND WINDOWS UP.
- NEVER PICK UP HITCHHIKERS OF EITHER SEX.
- HAVE YOUR HOUSE KEYS IN YOUR HAND BEFORE GETTING OUT OF YOUR CAR AT HOME.
- AVOID STOPPING TO AID OTHERS. AT EARLIEST OPPORTUNITY, CALL THE POLICE AND INFORM THEM ASSISTANCE IS REQUIRED.
- MAKE SURE YOU HAVE ENOUGH GAS BEFORE STARTING YOUR TRIP.
- UNDERGROUND PARKING LOTS ARE PARTICULARLY DANGEROUS, AVOID WHERE POSSIBLE.
- IF SOMEONE IS FOLLOWING YOU, DRIVE TO THE NEAREST POLICE STATION, RESTAURANT, GAS STATION (WHERE THERE WILL BE OTHER PEOPLE AND SOUND HORN).

ON A DATE

- JUST BECAUSE SOMEONE TAKES YOU OUT IT DOESN'T MEAN YOU OWE THEM ANYTHING. NO MEANS NO.
- BEFORE THE DATE, TELL A FRIEND WHO YOU ARE GOING OUT WITH, AND YOUR PLANS FOR THE EVENING.
- BE ASSERTIVE. IF YOU DO NOT WISH TO GO OUT WITH SOMEONE, SAY SO.
- ASSERTIVE BEHAVIOUR - IDEAS TO KEEP IN MIND:

- ASSERTIVE BEHAVIOUR INVOLVES EXPRESSING YOUR LEGITIMATE RIGHTS AS AN INDIVIDUAL. YOU HAVE A RIGHT TO EXPRESS YOUR OWN WANTS, NEEDS, FEELING AND IDEAS.
- ASSERTIVE BEHAVIOUR NOT ONLY IS CONCERNED WITH WHAT YOU SAY, BUT HOW YOU SAY IT.
- MAINTAIN DIRECT EYE CONTACT.
- MAINTAIN ERECT POSTURE.
- SPEAK CLEARLY AND AUDIBLY.
- MAKE SURE TO TRY AND MAINTAIN A CONFIDENT TONE OF VOICE.
- USE FACIAL EXPRESSIONS AND GESTURES TO ADD EMPHASIS TO YOUR VOICE.
- DO NOT GO ANY PLACE WHERE YOU DO NOT FEEL COMPLETELY COMFORTABLE.

SELF DEFENCE

- THE BEST DEFENCE IS TO AVOID ASSAULT SITUATIONS. THE FIRST LINE OF DEFENCE IS TO ESCAPE OR RUN.
- IF YOU ARE GOING TO RESIST, MAKE SURE YOU DO SO LOUDLY, FIRMLY AND EARLY. THIS CERTAINLY DOES NOT NECESSARILY MEAN FIGHTING HAND TO HAND.
- BEFORE SCREAMING, BE SURE THAT SOMEONE WILL HEAR YOU AND THAT RELIABLE ASSISTANCE IS CLOSE AT HAND. (CARRY A PERSONAL SAFETY DEVICE THAT MAKES NOISE.)
- WE DON'T ADVOCATE USING WEAPONS FOR FEAR THEY MAY BE USED AGAINST YOU IF ATTACKED.
- YOUR NATURAL RE-ACTION WOULD PROBABLY BE TO FIGHT AND THIS IS WHAT THE ASSAILANT EXPECTS.

IF YOU ARE GOING TO RESIST OR FIGHT BACK BE SURE:

1. HE/SHE HAS NO WEAPON
 2. YOU ARE AS QUICK AND YOU CAN FIGHT AS WELL AS HE/SHE.
 3. BEING SURPRISED WON'T DISSIPATE YOUR ABILITY TO FIGHT.
 4. HE/SHE DOESN'T HAVE AN ACCOMPLICE.
- FIGHTING DOES NOT APPEAR TO BE YOUR BEST ALTERNATIVE.
 - THE OBJECT IS TO GET AWAY SO USE YOUR HEAD, TRY AND REGAIN YOUR COOL.
 - IF THE ASSAILANT HAS A WEAPON, BE CAUTIOUS IN USING PHYSICAL RESISTANCE. TO DO SO MAY RESULT IN SERIOUS INJURY OR DEATH.

WINNIPEG POLICE SERVICE



STAY SAFE PERSONAL SAFETY TIPS

VICTIM SERVICE UNIT

151 PRINCESS STREET • P.O. BOX 1680 • WINNIPEG • MANITOBA • R3C 2Z7

986-6350