

PERSONAL SAFETY TIPS



Walk alertly, confidently and pay attention to your surroundings.

GENERAL SAFETY TIPS

- Pay close attention to your surroundings, avoid "automatic pilot"
- Walk with a purpose; project an assertive, business-like image.
- Use common sense; plan your route to avoid uninhabited parks, parking lots, garages and alleyways.
- Stick to well-lit areas.
- Develop a plan before you see trouble. Crossing a street or entering a store may get you out of a potentially bad situation.
- If a car follows you or beckons you while you are walking, do not approach it. Instead, turn and quickly walk the opposite direction.
- Consider wearing clothing and shoes that you can move freely and quickly in, especially when walking or waiting for the bus.
- Carry minimal items; overloading yourself can make you appear vulnerable.

SAFETY ON THE STREET

- Before you leave home decide what you actually need to take with you rather than automatically taking your entire handbag or wallet out of habit. For example, if you are going to the grocery store for a few items, you can carry cash, a single check, or credit/debit card, I.D. and keys in a pocket.
- Wear clothing and shoes that are comfortable, low profile and appropriate for the weather. This may not be the most fashionable choice but it is the safest.



Neighborhood Watch
Lansing Police Department
740 May Street
Lansing, MI 48906
517.483.6812 or lpdcsu@lansingmi.gov

- Always plan your route and stay alert to your surroundings. Avoid shortcuts. Walk confidently. Scan your surroundings and make eye contact with people.
- If you must carry valuables like important papers, jewelry, cash etc., chose to wear clothes with inside pockets or use a small bag with a long thin strap to be worn under your coat or clothes.
- Never carry a wallet in back pocket of pants or jacket or sweater pocket. All cash should be carried in front pockets of pants.
- Carry your keys and ID separately. If someone gets your keys and ID, they may go to your home or business and access that location with the keys.
- If you must make a large, cash purchase, plan ahead and take a companion along. There really is safety in numbers. If you do not drive or cannot get a ride use a taxi rather than a bus to minimize waiting time.
- If you use bank machines (ATM's) choose one located in a well-lit, busy spot like inside a grocery store. Put your card and cash away before leaving the machine.
- Don't display large sums of cash and don't carry any more cash than is necessary. Use checks where possible. Most stores accept checks, check cards and debit cards as well
- Never leave your purse unattended, even if it is in a shopping cart.
- Carry your purse very close to you preferable with the strap over your shoulder and the purse to the front of your body. Don't dangle it from your arm.
- Avoid walking alone at night. As much as possible, walk or travel with a friend, even during the daytime.

SPOT AND AVOID POTENTIAL TROUBLE

- Be aware of your surroundings and know who is nearby.
- Pay attention to the uncomfortable feelings that often warn us of potential danger.
- Don't be afraid to cross the street, return to a business, or ask for help based on a "funny feeling". You may be right!

RESPONDING TO A CONFRONTATION

- If a robber grabs your bag, resist the impulse to play tug of war. If you hang on, chances are you will be knocked down, hit or kicked and the robber will get your bag anyway.
- If someone demands your property and displays or implies in any way that they have a weapon, hand the bag or wallet to them.



PERSONAL SAFETY TIPS

The New Year has sprung and with it countless resolutions of health, fitness and overall well-being. For some, these vows are a part of everyday living; however, for others, these changes may bring a person into uncharted territories. With spring not too far off, these territories may include outdoor excursions of sidewalks, parks, and paths that bring with them not only diversity of exercise, but also of potential danger. Below are a number of suggestions to guide the excursions of the new or even experienced adventurer:

- ❖ Role-play what you would do if you are confronted by someone intending to harm you.
- ❖ Have a "worst-case scenario" plan. **The best defense against an attack is awareness and action.** If you are faced with an uncomfortable or dangerous situation and you can escape, do so immediately. Only you can determine what you can or will do when faced with an attacker.
- ❖ Walk in the light and stay in well-lit areas. Do not walk in dark parking lots, dark alleys, dark lanes, dark trails, or any other dark areas. A well-lit path in a well-populated area is your safest route to any destination, even if it takes longer. Stay where there is traffic and other people on foot.
- ❖ Do not shut yourself off from the world. **Headphones isolate you from your surroundings and make it very easy for an attacker to surprise you.**
- ❖ Carry a cell phone to have handy for 911 and other minor emergencies. Do not make and take calls while walking - you will appear distracted. Calling someone before you leave to notify them of your plans or talking with someone to give them the play-by-play until you are safe is okay. This ensures someone knows where you are if something happens.
- ❖ **Let others know.** Always leave notice of where you are going and when you are expected to return. If you live alone, leave a note.
- ❖ Keep your head up and look confident. **Posture can make all the difference in how a potential attacker perceives you.** If you are looking down, seem distracted or appear afraid, you make a more likely target.
- ❖ If you think you are being followed, head into an open store, restaurant or lighted home. **Follow your gut feelings.** If someone gives you a bad feeling, tell him/her clearly to leave you alone...and walk away.
- ❖ Yell if you are under attack. Keep yelling. Yell as loud as you can. Scream. Be noisy. This may spook off the attacker.
- ❖ **Your best weapon is your brain.** Use common sense, imagination and good judgment.

