

Personal Safety





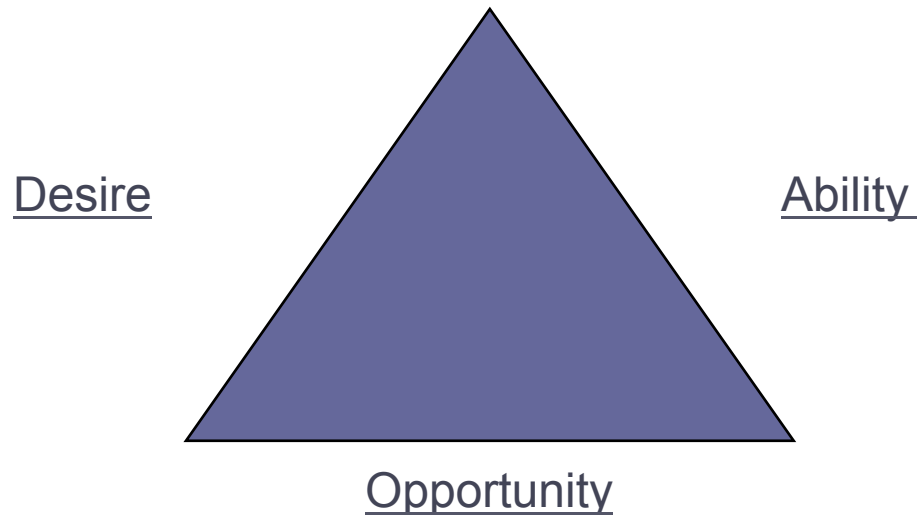
Crime Statistics

Every 3 1/2 minutes, a violent crime occurs in Texas.

- www.spotcrime.com
- https://records.txdps.state.tx.us/DPS_WEB/SorNew/index.aspx

What is Crime Prevention?

- Crime Prevention is the attempt to reduce victimization and to deter crime and criminals.
- What is needed for a crime to occur



What does a Criminal Look Like?



**Dangerous Dorothea
Puente**



Bubbly Betty White

What does a Criminal Look Like?



Terrible Ted Bundy



David Do-Right



Three Rules of Personal Safety

- Stay Alert - Be aware of your surroundings.
- Communicate the message that you are calm, confident, and know where you are going.
- Trust your instincts.



Be Aware

- Crime can happen any place any time!
- Often people that live or work in an environment with a low crime rate think that they will not become a victim of a crime.
- This “mind set” can provide a “false sense of security,” causing people to let down their guard.



Walking to Your Office

- Walk in an open area, not between the cars.
- Use sidewalks or marked paths.
- Avoid areas near thick shrubs and hedges.
- Walk with your head up and eyes open, scan the area for potential threats.
- Limit Distractions – Cell phones
- Have safety devices ready to use.
- Report suspicious activity to the police.



Driving Alone

- Keep a cell phone handy in case your vehicle breaks down. Know who to call. (Roadside Assistance number is on back of Driver License).
- Keep vehicle doors locked at all times.
- Lower windows only slightly, so no one can reach inside.
- Maintain a relatively full tank of gas.
- Choose a well-lighted, well-traveled route even if it's a little out of the way.



Driving Alone

- Do not pick up hitchhikers.
- ***Don't stop to help strangers - get to a phone and call help for them.***
- If someone follows you, don't go home. Drive to an open business, police station, or fire station. If possible, record the license plate number of the other vehicle.



Parking Your Vehicle

- Park in a well-lighted area.
- If parking during the day and returning at night, check for street and building lights.
- Always lock the vehicle doors.
- When using valet parking, leave only the ignition key in the car. Do not give anyone a chance to duplicate your house keys.
- Put valuables in the trunk.
- Be cautious when parking next to a van.



Returning to a parked vehicle

- Have your keys in your hand, ready to unlock your vehicle.
- Limit distractions – Cell phones
- Look around the area to see if someone is loitering around your car.
- Check the front and back seat areas of the car to see if someone is hiding.
- If possible, walk with someone to your vehicle.
- Be cautious of any van parked next to your car.

Crime increases during the holidays

- Holidays do not stop criminals
- Burglaries to residences and businesses, as well as theft and shoplifting increase during the holidays.



Limit the opportunity and harden the target.



Home Safety

- Keep your doors locked at all times (day or night).
- Install a door viewer so you can see who's there without opening the door.
- Don't leave notes on your door, or newspapers on your porch - they advertise that you're not home.
- Close the drapes or blinds at night.
- Don't automatically open the door - have the person identify himself.
- Ask for identification from any repairman. If you are not expecting anyone, or you're suspicious for any reason, call his firm to verify before letting him in.



Home Safety

- If a stranger asks for help, don't open the door - make the call for him.
- If you return home and you suspect forced entry, DON'T GO IN! - Call the police to help you check the house.
- Do not give your name, phone number, address, or any other personal information to a telephone solicitor.
- Use your initials rather than your first name in the phone book and mailbox.
- Have your locks re keyed or changed when you move into a new residence so previous tenants won't have access to your home.
- **Neighborhood watch – know your neighbors!**



Holiday Safety Shopping Tips

- Shop during daylight hours whenever possible. If you must shop at night, go with a friend or family member. There is safety in numbers.
- Avoid wearing expensive jewelry.
- Wear comfortable clothes and walking shoes.
- Do not carry a purse or wallet, if possible. Be extra careful if you carry a wallet or purse. People with wallets and purses are prime targets of criminals in crowded shopping areas, transportation terminals, bus stops, on buses and other rapid transit.
- Don't carry lots of cash.



Holiday Safety Shopping Tips

- Avoid overloading yourself with packages. ***It is important to have clear visibility and freedom of motion to avoid mishaps.***
- Limit the distractions – don't text or talk on phones while shopping.
- Consider leaving small children at home with family or babysitter.
- Beware of strangers approaching you for any reason. During the holiday season, "con-artists" may try various methods of distracting you with the intention of taking your money or belongings.



If Attacked

- Remain as calm as possible. This will not be easy if you're attacked, but it's your first step towards an escape. Remember, your own initiative and imagination is your best defense.
- Two types of resistance can be used against an attacker:
 - Passive
 - Active



3 F's - Fight, Flight, or Freeze

- Body's reaction when attacked:
- Loss of Fine Motor Skills
- Can't think straight, tunnel vision and audio exclusion and vasoconstriction
- Slow Breathing – don't hold your breath –Yell
- Use Simple Gross Motor Skills



Passive Resistance

Using your imagination to delay the attack while continually looking for a chance to escape or attempting to talk the attacker out of assaulting you.

- Try to remain calm and show as little fear as possible.
- Talk to the attacker if possible. In some cases this will help calm both him/her and you down. Refrain from talking to the attacker if it aggravates him/her.
- Treat the attacker as a person and try to gain the attacker's confidence. The attacker may let his/her guard down and allow you to escape.
- Continually look for an opportunity to escape. If your first attempt to dissuade the attacker fails, try something else - different approaches work on different people.



Active Resistance

Involves using physical force to repel the attacker.

- Scream - if someone is near enough to hear you and provide help.
- If you're grabbed from behind, throw your head back hard against the attacker's face or throat.
- Crush down on top of the instep of the attackers foot with your heel.
- Press your thumbs very hard into the attacker's eyes.
- Run towards people and lighted areas.



Personal Safety

- No method is foolproof and no single method is the best one in every situation. All situations are different and every attacker is different. Passive resistance may not change the attacker's mind or offer a chance to escape. Active resistance may excite or cause the attacker to use more force than might otherwise been used.

Personal Safety

-Make Yourself A Tough Target-

Be **Aware** of your surroundings!
Stay Alert!

Trust Your Instincts!

Remember there is *Safety in Numbers!*

AWARENESS IS 'KEY' TO SAFETY!