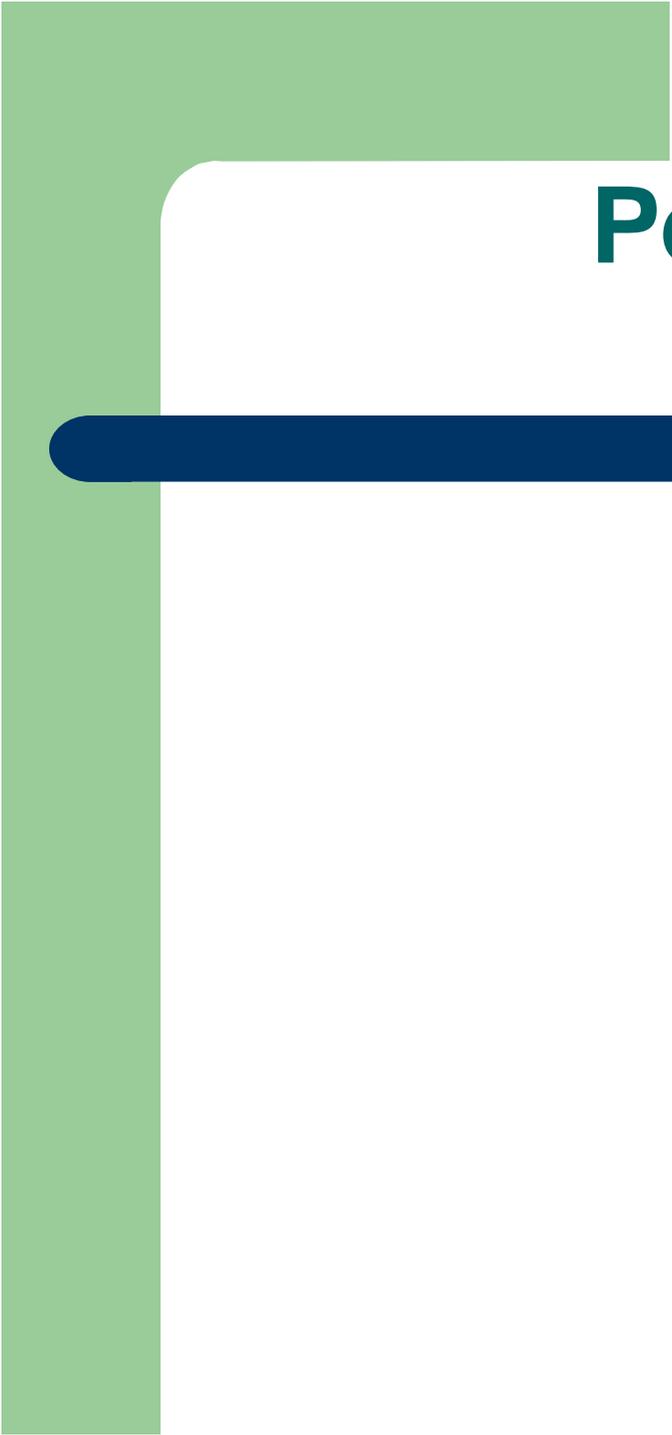


**Winston Salem Police Department
Crime Prevention Unit**



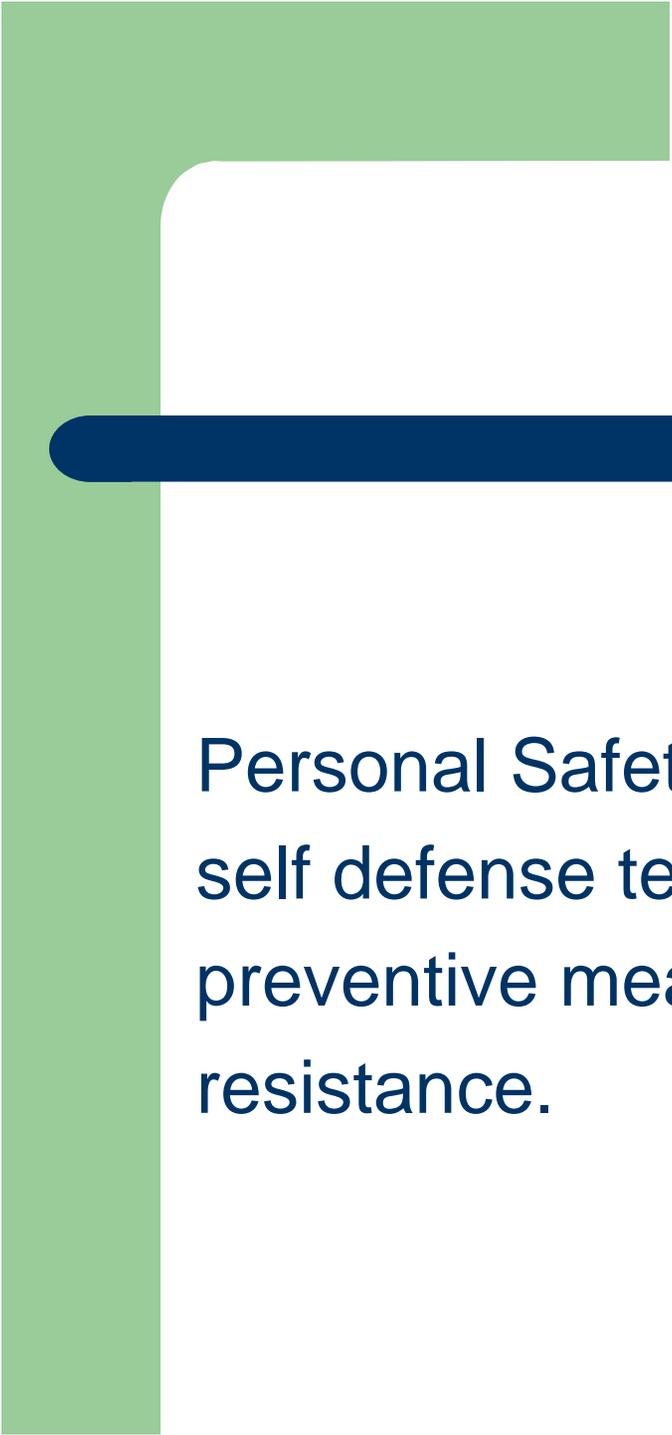


Personal Safety



Presented by:

Winston Salem Police Department



Introduction

Personal Safety involves common-sense self defense techniques that advocates preventive measures...not physical resistance.

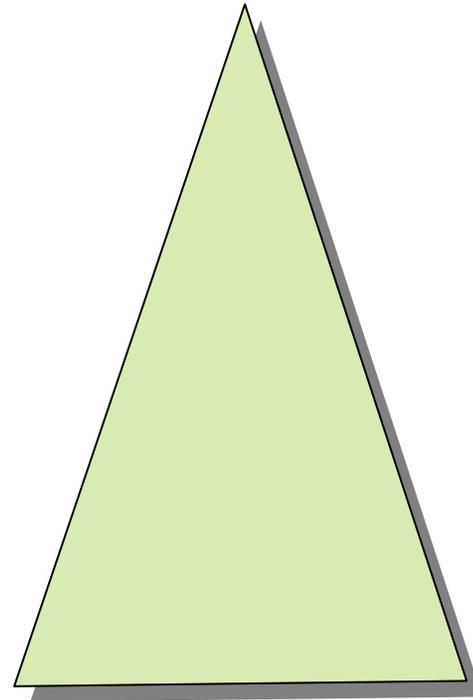
Topics Covered

- Three Basic Rules to Avoid Victimization
- Personal Safety at Work
- Personal Safety in Public Areas
- Personal Safety in Your Vehicle
- Personal Safety at Home
- Responding to an Attack
- Reporting the Attack

The Crime Triangle

Three things needed to
commit a crime:

- Desire
- Skill
- Opportunity



The Three Rules

- Stay Alert
 - Referred to as Situational Awareness
- Avoid Risky Situations
 - No need to be a Hero
- Trust Your Instincts
 - If it does not feel right...avoid it

Safety at Work

- Keep your work area organized and secure
- Lock pocketbooks in desk drawer or locker
- When entering or exiting the building look for suspicious activity
- Always travel in groups
- Report all suspicious vehicles and people
- Know the location of the nearest exit

Questions



Safety in Public/Shopping

- Go in groups
- Walk in well-lighted areas
- Be alert to suspicious activity
- Never carry more items than necessary
- Provide route to friend or family member
- Carry pocketbooks and briefcases securely
- Always carry identification

Safety in Public/Shopping cont...

- Never carry more money than you are willing to lose
- Carry money, credit cards, and ID in pants pocket...separate from pocketbook
- Stay alert at ATM machines
- Carry a fully-charged cell phone
- Avoid uncomfortable situations

Questions



Safety in Your Vehicle

- Keep doors locked at all times
- Park in well-lighted area or potential for light
- Do not park between two full-size vehicles
- Scan the area before exiting the vehicle
- Remember where you parked
- Place valuables in trunk or take with you
- Park near the front of the business

Safety in Your Vehicle cont...

- Scan parking lot before returning to vehicle
- Walk with others
- Have your keys out as you approach
- Look for signs of forced entry
- Scan interior of vehicle before you enter
- Quickly enter your vehicle and lock the doors
- Do not exit your vehicle for strangers

Safety in Your Vehicle cont...

- Have your cell phone ready for use
- Look to see that you are not being followed
- If you are being followed
 - Change direction and return to the business
 - Drive to a busy convenient store
 - Call 911 from you cell phone
 - DO NOT GO HOME

Safety in Your Vehicle cont...

- Avoid driving to the police department after business hours
- Do not become boxed-in
- Avoid isolated areas
- If bumped from behind...remain in your vehicle
- Open car window on 1-2 inches
- Dial 911 to report the accident

Safety in Your Vehicle cont...

- Do not exit your vehicle
- Get the License Plate number of the other vehicle, if it leaves the scene
- Get a description of the driver, if possible
- Remain where you are until police arrive

Questions



Safety at Home

- Have neighbors or friends collect mail or newspapers when you are away
- Keep bushes and shrubbery trimmed to no more than 3 feet high
- Keep the lowest limb on trees to no lower than 6 ft from the ground

Safety at Home cont...

- Keep window and doors locked at all times
- Use dead bolt locks
- Install auxiliary locks on your windows if the current locks are not sufficient
- Use solid-core exterior doors
- Use motion sensor lights on the exterior of your home

Safety at Home cont...

- Use light-timers to give the appearance of an occupied home
- Less than one percent of all house breakings occur when the house is occupied
- When working in the yard, keep your house secure
- Participate in Operation ID

Safety at Home cont...

- Keep Jewelry/money/valuables in non-conspicuous location...in other words...not in the master bedroom
- Do not provide personal information over the phone unless you initiated the conversation
- If you list our phone number...use only your initials, not your full name

Safety at Home cont...

- Use Caller-ID to screen your calls
- Report Harassing Phone calls to the phone company
- Report threatening phone calls to the police
- Use *69 to obtain the phone number of the caller, if you do not have caller ID...make sure you do this before using the phone to call police

Questions



Responding to an Attack or Robbery

- First, decide if you are being robbed or attacked
- If you are being robbed...do not resist
- Give the robber what he or she wants
- Remember...your goal is to avoid injury
- Do not carry anything of value that you are not willing to lose

Responding to an Attack or Robbery cont...

- Second, if you are being attacked...decide NOW how you are going to respond
- Safety in these situations is a personal choice
- Only you can decide how to respond

Points to Consider if Being Attacked

- What is the intent of the suspect?
- Determine if a weapon is involved
- Is there one suspect or two?
- How do you normally respond to threats?
- What is your physical ability?
- Where is the suspect trying to take you?
- Do you really want to go?
- YOUR GOAL HERE IS **SURVIVAL**

After an Attack or Robbery

- Do not feel guilty or embarrassed
- Go to a safe place to report the crime
- Preserve all physical evidence
- Call the police IMMEDIATELY
- IF needed, seek counseling...from professional or church official
- Remember...you can do everything right and still become the victim of a crime

SUMMARY

- Self-protection and survival are an attitude
- Knowledge breeds confidence
- Confidence is the best deterrence
- Learn to recognize and trust your instincts
- Do not become a willing victim

FINAL QUESTIONS

