

Staying Safe Practical Tips for Personal and Home Safety



If you think you are being followed, go to the nearest service station or public building such as a fire station or office and call the police.

Personal Safety

If you have to travel alone at night, there are some steps you can take to make sure you arrive safely.

Plan your route in advance. Make sure someone knows the route and the times you will be coming and going.

Use well-lit, populated areas. Don't take short cuts through parks, vacant lots or unlit streets or alleys.

Hold your head up and walk with purpose and confidence.

Look strangers in the eye. Walk near the curb and away from alleys and doorways.

If you are carrying a purse, put it over your shoulder. If it is carried across the body, someone could pull on it and knock you off balance—making you more vulnerable to an attacker. Better still, wear a money belt or carry your purse inside your jacket so it isn't visible and easy to grab.

If someone confronts you looking for your purse, dump the contents on the street. If the thief is interested only in your wallet, he or she will take it and run, giving you time to get help.

If you think you are being followed, go to the nearest service station or public building such as a fire station or office and call police.

If you're travelling by bus, sit near other people, or near the driver.

If someone is bothering you, tell the bus driver immediately. If you're concerned someone will follow you if you get off, stay on and tell the bus driver your concerns.