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ANTI-CRIME MEASURES

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I. PROTECTING YOUR HOME AND PROPERTY

HOME SECURITY

1. Make sure your home looks like someone is living in it. Don't close curtains during daylight hours (this suggests the house is empty). Consider installing automatic time switches to turn lights on during dark hours.
2. Fit mortise locks or bolts to all outside doors and install locks on all ground level or easily accessible windows.
3. Cancel all milk or newspaper deliveries.
4. Mow the lawn before you go and trim any plants that burglars might hide behind.

Have a friend or neighbor look after your home. They can collect your mail, mow your lawn, and so on. This gives the impression that someone is living in your home. If you leave keys with a

II. PROTECTING YOUR FAMILY

PROTECTING YOUR CHILDREN

It has been said that children are our most valuable resource. Therefore, we must take positive measures to ensure their safety and prevent them from becoming victims of crime.

PARENTS:

1. **NEVER** leave children alone - not at home, not in a vehicle, not at play, or anywhere else!
2. **DEFINE** what a **STRANGER** is. Tell your children that just because they see someone everyday (e.g. mailman, paperboy, neighbor, etc.), it does not mean these people are not strangers.

TEACH your children their full name, your name, complete home address, and phone number, including area code. Teach them how to

IV. PERSONAL SAFETY

PERSONAL SECURITY

It seems we need to carry more personal possessions around with us these days. Cash in your wallet or purse, checkbooks, credit cards, personal organizers, and mobile phones are just a few of the everyday items that are sorely missed if they are stolen.

These possessions may seem invaluable, but according to the police the best advice for hanging on to your possessions is: ***take only what you need with you.*** Authorities also suggest that you learn to minimize the number of possessions you carry.

If you don't need a camera, don't take it. For cash and credit cards, only take the cash you need. Don't take all your credit cards with

PREVENTING SEXUAL ASSAULT

1. Always be aware of your surroundings.
2. Stay in well-lighted areas as much as possible.
3. Walk confidently and directly at a steady pace. A rapist looks for someone who appears vulnerable.
4. Walk on the side of the street facing traffic.
5. Walk close to the curb. Avoid doorways, bushes, and alleys where rapists can lurk without being seen.

If you think you are being followed, walk quickly to an area where there are people and lights. If a car appears to be following you,

PREVENTING RAPE

If you are in immediate danger of being raped, here are some things that you can do:

- **MAKE A LOUD NOISE** - Carry a whistle or scream **POLICE** to attract attention.
- **RUN** - Only run if there is somewhere safe to run to. If there is nowhere to go, you may further aggravate the assailant by running.
- **STALL** - Speak calmly and rationally. Try not to plead, cry, or show that you're scared - this just may be the reaction he's hoping for.
- **URINATE OR VOMIT** - Do anything you can to repulse the assailant. Tell him that **you have a STD or AIDS**.

FIGHT - Women who resist attacks and act quickly are less likely to be raped than those who are passive. The optimum time to react is in the first 20 seconds when the body releases chemicals in

SELF DEFENSE

Do everything possible to avoid a confrontation - **ANTICIPATION AND AVOIDANCE** are the key words. If you get caught in an uncomfortable situation, try to talk to the aggressor without provoking him/her. Practice relaxation; appearing fearful or stressed may provoke an attack. Try to remember that body language is important in aggressive situations. Maintain a comfortable distance between you and the aggressor.

Use a gas or electronic attack alarm; these produce a short piercing sound and will temporarily disorientate an attacker, giving you enough time to escape. Carry it on your person where you can get to it quickly - don't leave it buried at the bottom of your bag. If you