

# SAFETY TIPS FOR WOMEN



## TRAVELING ON FOOT

- Stay alert and aware of your surroundings no matter where you are.
- Stand tall; let your appearance send the message that you are calm, confident, and know where you are going.
- Know your neighborhood. Be aware of the locations of police and fire stations, and hospitals. Also, know what restaurants and stores in your area are open late.
- Stay in well-lit areas and on heavily traveled streets. Avoid routes that take you through parking lots, alleys, or other dark vacant areas.
- When carrying a purse hold it close to your body. Always carry a wallet in an inside coat or front pant pocket, never in a back pant pocket.
- Stay clear of areas where an attacker could lurk such as parked cars or shrubs.
- If you think that you are being followed, cross the street. If you continue to suspect that you are being followed, be prepared to defend yourself by screaming and running for some place safe or flagging down a passing car.
- Be prepared with your house key before you reach the door.
- Call police immediately if you notice anything suspicious, or if anything happens to you.

## COMMUNITY RESOURCES

**Emergency/Crimes in Progress**  
9-1-1

**Police Non-Emergency**  
(801) 799-3000

**Fire Department Non-Emergency**  
(801) 799-4231

**Police General Information**  
(801) 799-3100

**Community Information Line**  
2-1-1

**Neighborhood Watch**  
(801) 330-0224

**Victim Advocacy Line**  
(801) 799-3756

- If it is possible, carry a cell phone in case of an emergency.
- If you are traveling alone, do not stop to help a disabled motorist. Call from your cell phone for help, but do not stop.
  - Avoid isolated areas when parking.
  - Lock your car no matter how long you intend to be away from it.
  - Check your back seat for uninvited passengers before entering your car.
  - If you receive a ride home, ask the driver to wait for you to enter your house before they leave.

## SAFETY AT HOME

- Before moving someplace new, have the locks changed.
- If you live alone, have your phone number listed only as your last name and first initial. Do not list your address. You may also consider requesting that your number not be listed at all.
- Use a peep-hole when someone comes to the door. Never open the door for someone you do not know.
- Keep windows and doors secured. Limit open windows to 6 inches and install a security device to prevent them from being opened further.
- When arriving home, do not enter if it looks like someone has forced entry while you were away. Go to a neighbor's house and call the police immediately.
- Call the police if you observe a suspicious stranger. Observant neighbors can keep a neighborhood safe.
- Be proactive about fixing safety issues around your home, such as burnt out outdoor lights, broken windows, or defective security systems.

## DRIVING

- Keep to well-lit areas when possible.
- If you think you are being followed, do not go home. Head somewhere that you can get help.