

# Personal Safety for Adults



## Safety At Home

- Use the locks that you have on your home.
- Lock your car when it is parked and unattended.
- Don't leave valuables in your car.
- Don't answer the door unless you can see the person outside. Install a peephole, if you don't have one.
- If you are consistently receiving hang-up telephone calls or obscene telephone calls, call the police and report the incidents.
- Use an answering machine to screen unwanted telephone calls and provide evidence to the police if the calls warrant a police report.

## Safety With Lights

- Use the outside lights on your home.
- Use timers on your interior lights when you are away from home or get a neighbor to turn on your lights.

## Safety Away From Home

- Park in well-lit parking lots.
- Avoid isolated areas.
- Lock your car at all times, when it is attended and unattended.
- Don't try to get in your car if someone is standing near. Wait until that person leaves before approaching your car.
- Look inside your car before getting in.
- Look to see if someone is sitting in the car next to you. Make eye contact but don't stare. Let the person(s) know that you see them before getting into your car.

## Safety Walking

- Walk with a purpose, i.e. head up, alert, steady pace.
- Pay attention to your surroundings.
- Avoid walking in the dark and in isolated areas.
- If you suspect a car is following you, turn around and walk in the opposite direction, then get help.
- Walk with a buddy.
- Unfortunately, there are no guarantees. Make yourself a "tough target" and be a role model for children.