

Safety While Walking

The choice whether or not to physically resist attack can only be made by you. If the assailant is armed, your options are limited. Remember, there is no way to predict an attacker's actions. The following are some measures you can take to limit your chances of becoming a victim of a crime.

- Avoid walking, jogging, or biking alone at night unless absolutely necessary.
- Plan the safest route to your destination. Choose well lighted busy streets and avoid short cuts through parks, vacant lots, behind shopping centers or unlit areas.
- Vary your route and schedule.
- Always walk near the curb and out away from alleyways and doorways.
- Walk facing traffic so you can see approaching vehicles.
- Consider not wearing headphones while out walking or jogging. You cannot hear what is going on around you.
- If you suspect you're being followed by someone on foot, cross the street and head for the nearest well lighted, populated area. Walk quickly or run to a house or store to call police.
- If you need to attract attention, scream "fire!"
- Do not use automated teller machines (ATM's) at night. Use them during the day. Have your card ready and scan the surrounding area before approaching the machine. You may consider driving completely around the bank before parking and getting out of your car.
- Do not overburden yourself with packages or a bulky purse. They can take your attention away from your surroundings.
- Always remain alert to your surroundings and walk with purpose, head up, making quick eye contact with everyone that you pass by.