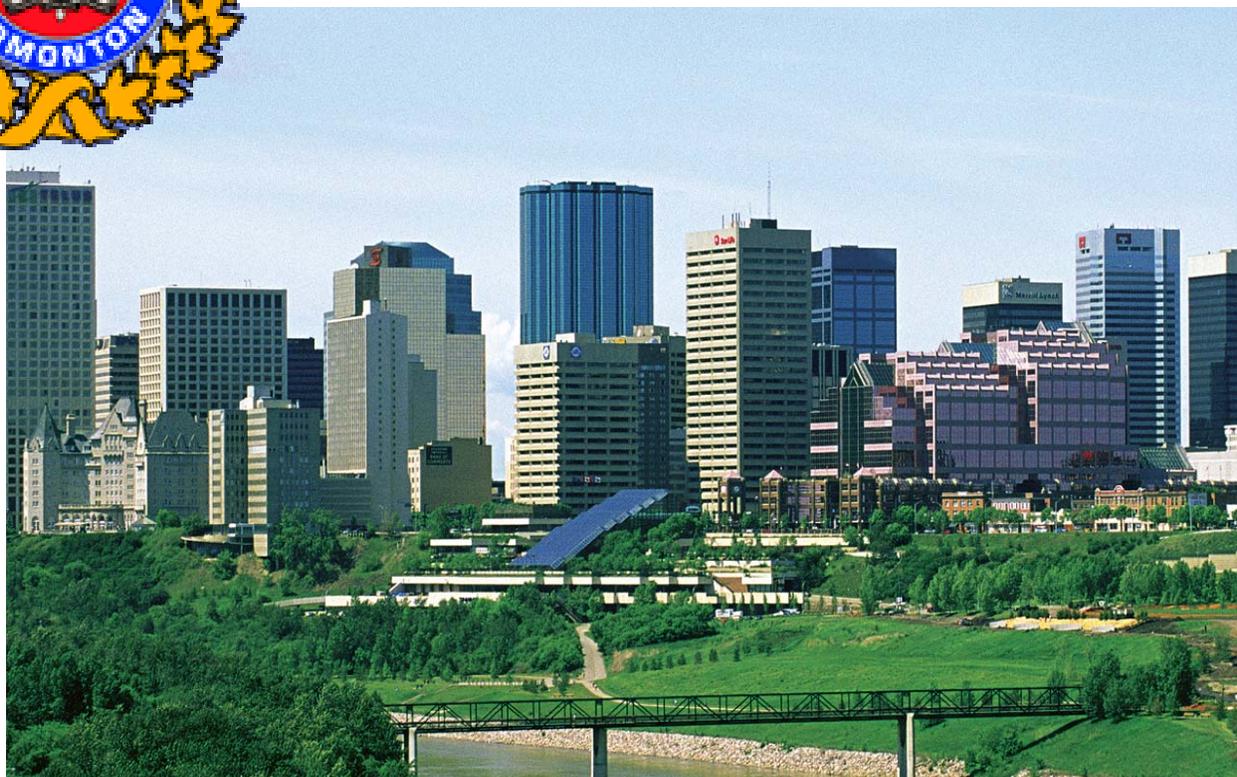




# PERSONAL SAFETY

## AN ISSUE FOR ALL AGES



***Working Together  
To Prevent Crime***

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### INSIDE

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A Guide for runners/joggers/cyclist	12
Child Abduction	9
Child Safety Check List	11
Child Sexual Abuse	10
If you are confronted by an Attacker	6
Personal Safety at Home	4
Personal Safety for Children	8
Personal Safety when Driving/Walking	3
Safety Tips at Home	5
Suspicious/Harassing Phone Calls	7
Think Safety at All Times	2
When you Arrive at your Destination	4

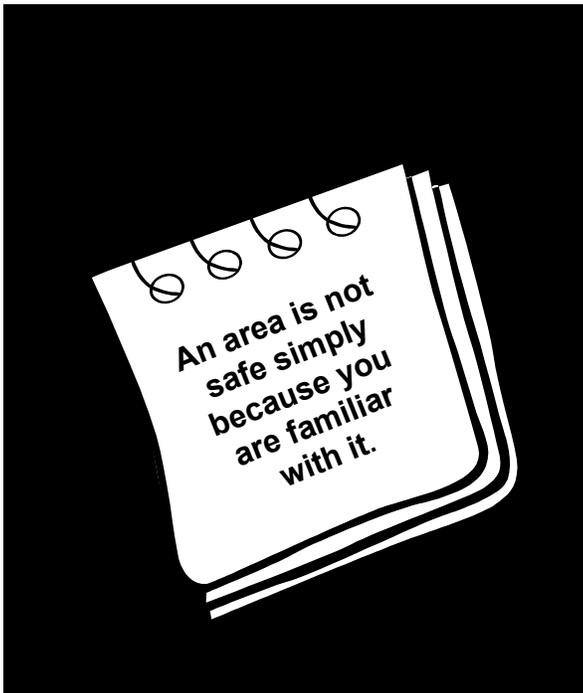
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# THINK SAFETY AT ALL TIMES

## When you go out alone.

If you are not comfortable going somewhere alone, plan ahead with your safety in mind. Here are some suggestions:

- Try to take a bus or taxi.
- Arrange to walk with or meet a friend or co-worker.
- Whenever you can, call ahead and let someone know when you expect to arrive.
- Travel on well lit, busy streets.
- Don't take shortcuts.
- Always carry coins in your wallet or pockets for an emergency phone call to a friend or relative.
- Always know where you are and where you are going.
- Don't allow a stranger to follow you home to an empty house.
- Have your house keys ready before you reach your front door.
- A strip of adhesive tape around the top of your house key will make it easy to find, even in the dark.



***Know that danger could exist.***

***Acknowledge that you could become a victim.***

***Have a plan.***

***Know what you will do if a dangerous situation comes up.***

***Be determined not to 'freeze' up"***

***Be Cautious.***

# PERSONAL SAFETY WHEN DRIVING/WALKING

## When Driving

Before driving your car alone at night.

Be sure your car is in good running condition. A breakdown may place you in a dangerous situation. Check tires, dome light and gasoline.

Keep a pad and pencil handy in the glove compartment or in the visor.

Look behind the front seat before getting in to make sure no one is hidden on the floor.

Right after you get in the vehicle, look all the doors and roll up the windows; they may be left open an inch or so to let air in.

Have your door and ignition keys ready when you get close to your vehicle.

Whenever you can, travel on well lit, busy streets.

Keep the car in gear while stopped at traffic lights. If you are threatened, hold down the

## If your car breaks down in an Isolated Area.

Raise the hood.

Sit inside the car with the doors locked until help arrives.

Leave the windows up while you talk to whoever comes near. It may be safer to stay in your car than to go with strangers to get help.

If someone comes up to your car, ask them to phone the police or a tow truck, etc. and wait in your car.

Remember that freeways are constantly patrolled.

**Never pick up a Hitchhiker!**

## When Walking

Be alert..

Look over your shoulder once in awhile.

Never take rides with strangers.

If you carry a purse, briefcase, or bag, keep a tight grip on it so no one can steal it.

Be aware that you may be a target.

Walk near the curb unless cars are parked in the street. Stay away from shrubbery, darkened doorways, and alleys. Never assume parked cars are empty.

If you know you are being followed by a pedestrian, cross the street.

Don't try to figure out if someone is following you by turning down an alley or dark side street. Instead go directly to the nearest well lit business and call the police. Do not hang the phone up until you are instructed to do so.

Remember to phone 911 for any emergency. You do not need any money for that call.

Wait in the phone booth until the police get there.

## If you are Followed by a Vehicle

Turn and walk in the opposite direction. The driver will have to turn around and drive on the other side of the street to keep following you.

Get the licence number and write it down. If necessary, write it on the sidewalk.

Never try to outrun a vehicle. Change directions whenever necessary.

Remember—you can make a U-turn faster than a vehicle can.

Seek help at a place of business or residence.

Do not run into areas where vehicles cannot go.

The vehicle can stop and the driver may chase you on foot.

⇒ Do not drive home

⇒ Drive to the nearest police station or open business

⇒ Report the problem to the police

⇒ Do not allow another car to force you to the side of the road. A dented fender can be replaced, but you can't be.

# WHEN YOU ARRIVE AT YOUR DESTINATION

Park in a well lit spot as near as possible to where you are going.

Look around for people before leaving your car.

If you must leave your key in the vehicle when parking in an attended lot, remove it from the key ring and take all other keys with you.

Lock the registration slip in the glove compartment. If the glove compartment does not lock, take the registration documents with you.

## Lock your car!

### When you get home.

When you get home, keep the headlights on until the garage door is open and the car is parked.

Be particularly alert when going into your apartment, house, or garage. If possible, have someone meet you.

Good lighting around your garage and front entry is always a good security measure.

# PERSONAL SAFETY AT HOME

Keep your home secured at all times. Change the door locks after moving into a new house or apartment. Friends and neighbours of people who lived there before may have keys to the doors. Deadbolt locks with security trim are safest.

Install and use a peephole in your front door. Never open the door to a stranger.

Keep windows locked. Window locks are not expensive and can be installed easily. This way you can open the window just a few inches to let fresh air in.

Keeps drapes and window shades closed after dark.

Leave lights on in two or more rooms to show that people are at home. Leaving bathroom light on is recommended. A well lit home keeps unwanted intruders away.

If you live in an apartment, check with the manager before changing locks.

When a stranger asks to use your telephone, do not let him into your house. Offer to call emergency help for him.

Be extremely careful about letting strangers into your home.

Police officers wanting to come into your home will show you their I.D. whenever asked. Check it carefully. Always ask salesmen/repairmen to show you their I.D. before letting them in, call their business to make sure they are supposed to be there. Use the phone book, not the number they give you—it could be phony.

Be suspicious of visits by people your didn't call:

- ⇒ Building inspectors
- ⇒ Census takers
- ⇒ Telephone Inspectors

## Ask for Identification

# SAFETY TIPS AT HOME

## Safety Tips

Don't trust a stranger just because he looks legitimate.

Be alert to protect your neighbours as well as yourself. Never mention to a stranger that a neighbour is away, lives alone, or is home.

### If you think a prowler is outside your home:

- ◆ Stay inside.
- ◆ Turn on your lights
- ◆ Phone the police right away. Tell them about the problem firmly, slowly and clearly.

### If a prowler gets inside your home:

- ◆ Get out through another door or window if possible.
- ◆ Call the police right away from a safe place.

### If you are trapped by an intruder inside your home:

- ◆ If he wants to steal something—let him!
- ◆ Do whatever you need to do to defend yourself.

### Remember that your telephone is for your use:

- ◆ Use it on your own terms.
- ◆ Never give your number, name, or address to a caller you don't know.
- ◆ Never admit that you are alone.
- ◆ Do not keep talking to a person you don't know. Hang Up!
- ◆ Report unusual or suspicious phone calls to the police.

***“Always Trust your Instincts!  
If something feels strange  
or bad to you.  
Act to ensure your Safety.”***

## Apartment Security

Unknown or suspicious persons seeking entrance to the building should be referred to the manager.

When the buzzer rings, check the identity of person(s) seeking entrance before releasing spring latch on the lobby door.

Make arrangements with a neighbour or the manager to receive deliveries. DO NOT leave notes on the lobby call board.

DO NOT identify yourself on the call board as a female living alone. First initials are sufficient to identify you, i.e. C.W. SMITH.

## Elevator Security

When in an elevator stand near the floor button panel.

In a difficult situation push as many buttons as possible, particularly the 'emergency' button.

DO NOT enter an elevator if you are suspicious of the occupant(s). Wait for the next one.

***“If you are caught by a dangerous but unarmed assailant and can't get away;***

***Don't beg or plead with him.***

***If you seem helpless it may make him more determined.***

***Stall for time by talking to him;***

***Try to interrupt his thoughts.”***

# IF YOU ARE CONFRONTED BY A POTENTIAL ATTACKER

There is no self defense technique that can be used in every case. How fiercely you defend yourself must depend upon how much danger there is. Strong self defense measures are not usually needed.

Remember: A thief is most interested in money. A kidnapper will try to force you into his vehicle.

If you are attacked on the street—resist or run.

Be prepared to fight for your life.

Many everyday things may be used as effective defensive weapons, but any weapon is worthless if it is not there when you need it.

Certain items in your purse or vehicle make good defensive tools:

- ◆ Whistle—a loud blast will frighten off all but the most determined attacker;
- ◆ Pen or Pencil
- ◆ Keys

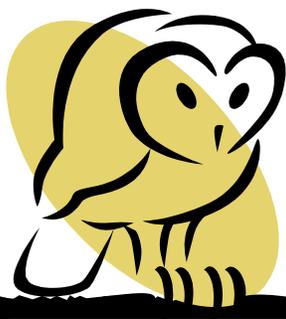
Don't run blindly. Trying to escape by running into an alley, a darkened side street, or an unlit park may only make you less safe.

If you realize you cannot reach a safe place before the attacker catches up, stop. Turn and face your attacker. Don't give him the advantage of grabbing you from behind.

## Conclusion

You may sometimes have to put up with small inconveniences to ensure your safety. These inconveniences at home, out driving and walking, are generally very small compared to becoming a victim of crime.

Using the common sense rules mentioned here will cut down your chances of becoming a victim.



Be wise—Protect yourself

# SUSPICIOUS OR HARASSING PHONE CALLS.

## It's the middle of the night.

Your phone rings, and after you answer it:

- ◆ the caller shouts obscenities into the phone,
- ◆ you hear the caller suggest some sexual act, or
- ◆ you hear nothing at all.

What should you do? **HANG UP!**

A suspicious phone call that scares or threatens you is a serious call and should be reported to the police.



## If you get a suspicious phone call:

- ◆ never entertain the caller;
- ◆ do not talk with the caller. Do not beg; plead or threaten the caller;
- ◆ after you hang up, record the time and date of the call;
- ◆ write down the sex of the caller and anything he or she said.

### Remember:

The caller wants to scare or upset you. Anything you say to the caller will confirm the reaction the caller is looking for.

### Say nothing. Hang up.

If the caller phones many times or at all hours, or threatens you or your property call the police.

After the call is reported to the police, a phone trace may be placed on your line.

Here are some precautions to take if you are receiving suspicious phone calls:

- ◆ It may be someone you know. An ex spouse, boy/girlfriend, coworker, or total stranger. You will have to try to recall any details of a past relationship or a suspicious person you met.

- ◆ At the same time, you must keep in mind your personal safety.
- ◆ Watch the people around you - at work, at the bus stop, anywhere - just in case the caller knows you and may be following you.

A suspicious call is very unnerving

## A threatening phone call is a crime.

When you receive a threatening or harassing phone call! and you wish it to be traced, hang up.

Now pick up the handset again, listen for the dial tone and dial "57; If you have a rotary phone dial 1157.

A recorded message will tell you whether or not the call was traced.

Now hang up.

If the call was traced and you wish charges laid, contact your nearest Community Police Station or the Police Dispatch Centre at 423-4567.

The Police will contact Telus and find out who called from the call trace.

There is a charge of \$3.00 for a call trace.

# PERSONAL SAFETY FOR CHILDREN.

## Be sure your children know:

- ◆ their full name as well as your full name, address, and telephone number (including area code).
- ◆ how to use both the telephone at home and a pay telephone and how to make a long distance call. Explain who the operator is, how to reach him or her and how he or she can help in an emergency.
- ◆ what to do if they become separated from you in a large store or shopping centre. Have a prearranged spot to meet in case this occurs.
- ◆ that no one can forbid them from contacting their parents.
- ◆ about their neighbourhood. Point out useful landmarks to them while walking or driving. Draw maps with them to see how large their 'world' really is. This can be very useful to a lost child in trying to find his or her way home.

As a parent, there are some other things you can do to keep your children safe:

- ◆ Always know where and with whom your child is.
- ◆ Keep a list of emergency telephone numbers beside your telephone.
- ◆ Never leave your child unattended in a car.

## Be Prepared — Compile an Information Kit

Prepare information kits on each of your children and keep these kits in a safe place in your home. Using a bank safety deposit box is not a good idea due to limited hours of access.

### Each information kit should include:

- ◆ a physical description including height, weight, hair and eye colour, any distinguishing marks or mannerisms.
- ◆ fingerprints that are clear and usable.
- ◆ footprints.
- ◆ birth certificate.
- ◆ recent photographs (full face and profile). These should be taken four times a year until the age of sixteen. After that, twice a year is sufficient.
- ◆ photographs of birthmarks, moles, scars, de-formities, and distinguishing marks.
- ◆ dental records and x-rays. If you are unable to have these in your kit, know where they can be obtained.
- ◆ medical records (blood type, illnesses, dis-eases, allergies, vaccinations, speech impedi-ments, x-rays of bone fractures).
- ◆ physical description: height, weight, eye and hair colour.
- ◆ handwriting sample. A new sample should be taken annually up to the age of sixteen.
- ◆ prescription data for all major medi-cations and effects that could occur if medication is not administered.
- ◆ tape recording of your child's voice.
- ◆ a video showing the child walking, talking, etc.

***“Be selective in your choice of Baby-Sitters or anyone you may leave your children with”.***

***Take a copy of this kit with you whenever the family travels***

# CHILD ABDUCTION

## Abduction by a Stranger

Fortunately, there are precautions you can teach your child to significantly reduce the risk of his or her being the victim of abduction.

A well informed child has the odds in his/her favour. Take time to teach your children about personal safety.

Talk with your child - from an early age, and without instilling fear - about the facts of abduction.

Define clearly what a stranger is. For instance, the postman they see on the street every day is not necessarily someone they know.

Abductors play on emotions of children, such as fear or compassion. Therefore, teach your child the different lures used.

Shopping centres are a haven for abductors. Always keep your child at your side. Explain to them that if they lose you, go to the nearest cash-ier or information booth and ask for help.

Have your telephone number (including area code) engraved on the back of a bracelet or any other inconspicuous place, such as inside all articles of clothing. Tape coins in your child's shoes or sew them into clothing.

Teach your child to avoid isolated areas such as parks, fields and school grounds.

Teach them to "buddy up", as there is safety in numbers.

Establish ground rules as to who will pick up your child at school, etc. and stick to them.

Establish a code word, which you and your child know, to be used in emergencies.

Teach your children to never give any information to a stranger over the phone when they are alone at home. The same applies to callers at the door.

Instruct your child to report to you, or an authorized adult, any suspicious incident.

Tell your children to walk facing oncoming traffic. If a car stops, teach your child to run home or to the nearest commercial establishment.

Teach your children to say "NO" to an adult; to scream, fight, or kick if a stranger tries to take him away. Doing so will draw attention to the situation. Remind your child often that an adult in trouble requires the assistance of another adult, not a child.

## Parental Abductions

Unfortunately, no amount of precaution can completely protect you from an ex-spouse who is intent upon taking your children, but you can take steps to reduce the possibility.



Try to maintain a good relationship with your ex-spouse.

Obtain legal permanent or temporary custody of your child. If no legal custody has been determined, then no laws have been broken, and you have no legal recourse.

Once you have legal custody, obtain a passport for your children and notify the Passport Officer that your children are not to be taken out of the country without your written permission. If your spouse or ex-spouse is threatening abduction, have the threats witnessed or tape recorded. Discuss the matter with your lawyer; he may be able to alter your ex-spouse's visiting rights.

Know and maintain current vital information about your spouse or ex-spouse, such as Social Insurance Number, driver's licence number, credit information, financial records, and a list of relatives and friends.

Respect your ex-spouse's visiting rights. Avoid frustrations that could lead to the abduction of your child. Inform your baby-sitter, daycare, school, or anyone involved with the care of your child that they must not, under any circumstances, let your child leave with any unauthorized person.

Discuss the subject with your children on a regular basis. Teach them what to do in case of abduction. Tell them often that you love them and that you never want to be separated.

Teach your children that they can search for you too. Teach them your full name, address, and telephone number (including area code), as well as the CHILD FIND toll-free number.

You must make sure your child knows he has the right to find a way to contact you, no matter who forbids it.

# CHILD SEXUAL ABUSE

## When You Talk To Your Child About Sexual Abuse, Always Tell Them

"Your body is your own and you don't have to let ANYONE touch you or hurt you." if someone does this say "NO" and "always tell me who touched or tries to touch you."

"You have my permission to say "NO" or "don't touch me that way" to any person especially if that person wants to do something that makes you uncomfortable. "

"If you get uncomfortable FEELINGS when someone does something to you or asks you to do something to them, come and tell me."

"Sometimes nice people-people you know-- do things that are not nice. Respecting and "Obeying" adults does not mean that you have to do everything they ask. If you think what they are doing or asking is wrong, come and tell me."

"Some secrets-like surprise parties--are fun, but a secret that another adult says only the two of you can know is not right--come and tell me."

"Always tell me if these things happen to you, because I love you and I want you to be safe."

Tell your child, "If I'm busy or not listening to you, tell someone else you trust. Keep telling until someone listens."

## If You Suspect Your Child Has Been Abused, Let Your Child Know:

- ◆ .you know what he or she tells you.
- ◆ you are not angry with him or her and display your continued love for them.
- ◆ he or she is not responsible for the incident, regardless of the circumstances.
- ◆ you will do everything you can to protect him or her from further abuse by the offender.

## Always Teach your Children

The proper name of their body parts. Teach them that certain parts of their bodies are private. No-body has a right to touch them without your permission. Use the example of a bathing suit to help your child understand where the private parts of the body are ..

Discuss sexual abuse in an open and sincere manner with your child in the same way as you would discuss other safety guidelines. This way you will bring this subject ta:- your child's attention without causing any unnecessary fear.

Continually reinforce your love and concern for the child, regardless of things that may happen to them or things they might do. This applies equally to the child's general safety and any incident of sexual abuse.

## A Child Is Missing

### *A What-To-Do Checklist For Parents*

Make a careful search of your home and surrounding properties.

Check with playmates.

Check favourite play areas.

Check with friends, neighbours and relatives.

Call or visit local police stations, be prepared to give the following information:

- ◆ full physical description;
- ◆ birth marks or other identification marks;
- ◆ most recent photograph;
- ◆ fingerprint record;
- ◆ description of clothing worn at time of disappearance;
- ◆ medical problems;
- ◆ recent problems at home, school, with playmates, etc.;
- ◆ possible or probable abduction by spouse or former spouse;
- ◆ possible runaway, because favourite clothes, possessions are missing.

# CHILD SAFETY CHECK LIST

- ⇒ Do you know how and where to reach your child at all times?
- ⇒ Does your child know how and where to reach you at all times?
- ⇒ Do you know your child's friends' names, addresses, and telephone numbers?
- ⇒ Do you know your child's favourite place to play?
- ⇒ Have you ever been there?
- ⇒ Have you ever asked him/her where it is?
- ⇒ Are you aware of routes your children take to school, the park, a friend's house, etc?
- ⇒ Have you ever walked these routes?



In your neighbourhood, do you know if there are any:

- ⇒ abandoned buildings?
- ⇒ vacant lots?
- ⇒ unlit walkways?

Do you play the "What if....." game with your children regularly and on different subjects?

Does your child know what to do if lost?

In the presence of your child, do display a positive attitude toward the police?

Have you discussed when your child should get into a friend's car?

Have you physically checked out the facilities your child attends i.e.: daycare, sports, social?

Does your child carry personal identification and medical information?

Do you know if your child is a follower?

Have you discussed with your child who might be the best people to approach if he or she needs help?

Is your home a gathering place for kids?

- \* Have you thought of why?
- \* Do you know whose house is a gathering place for kids?

Do you feel you:

- a. listen to your child?
- b. spend enough time with your child?

Do you know if the police patrol your neighbourhood on a regular basis?

Have you discussed with your children what should be done if they find themselves at a questionable party?

Does your child know when to reject adult authority?

Is your child prompt? Are you prompt?

Do you know if your child is a wanderer?

Have you trained your children so they know how to use the public transit system?

Have you ever discussed, with your child, what abnormal behaviour is?

Have you ever discussed emergency procedures with your child?

Do you know specifically how much money your child has to spend?

# A GUIDE FOR RUNNERS/JOGGERS/CYCLIST

## RUNNING SMART



The following safety tips are recommended by the Edmonton Police Service:

Carry identification or write your name, phone number, and blood type on the inside sole or laced to the outside of your running shoe. Include medical information.

Don't wear jewellery.

Carry your cell phone or money for a phone call. Run with a partner.

Write down or leave word of your running route. Inform your friends and family of your favourite routes.

Run in familiar areas. Know the locations of telephones and open businesses and stores. Alter your route pattern.

Always stay alert. The more aware you are, the less vulnerable you are.

Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid unlit areas at night. Run clear of parked cars and bushes.

Don't wear headphones. Use your hearing to be aware of your surroundings.

Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.

Run against traffic so you can observe approaching automobiles.

Wear reflective material if you must run before dawn or after dark.

Use your intuition about suspicious persons or areas. React on your intuition and avoid any person or area that feels unsafe to you.

Carry a whistle or other noisemaker.

Call the police immediately if something happens to you or someone else, or if you notice anyone out of the ordinary during your run.

