

## How to Protect Yourself

- What predators look for and how to prevent it.
- Street Smarts What are they and how they help.
- Safety while shopping and at the bank.
- Protecting yourself while driving.
- Safety at home
- If required, to fight to win.

## The Tough Stuff

Don't forget you can help others not become victims. Children and people of diminished capabilities can be victims of sexual abuse and aren't able to protect themselves. Know that it is ok to be suspicious and don't ever rationalize suspicious behavior. Provide a support system for them.



Victims of domestic violence and rape often are afraid to report it. No one is immune to domestic violence regardless of gender. Don't be afraid to offer your support.

Contact your local Police Department and

*No One Deserves to be a Victim*



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**KEEP  
CALM  
AND  
PROTECT  
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KeepCalmAndPosters.com

Guide to Personal Safety

DISPATCH NUMBERS

Non-Emergency Dispatch  
801 840 4000

**Emergency**

## Street Smarts

What are Street Smarts? Knowing coordinates or how to get somewhere? NO! Street smarts are knowledge and experience of the dangers or difficulties in an urban environment. Here are a few things to help you be more street smart.

- ◆ Don't talk to strangers
- ◆ Try not to walk alone
- ◆ Avoid short cuts and poorly lit areas.
- ◆ Travel "light". Avoid having your hands full, try to have an empty hand to protect yourself.
- ◆ Always trust your intuition.



## Bank and Shopping Safety

Stores can get busy so be sure to be aware of your surroundings. Notice who is around you and if they look suspicious. If you can, avoid shopping alone, there is always safety in numbers.



Be aware of your surroundings. Sound familiar? Predators are lurking everywhere and anywhere, even when you don't expect it. While at the bank, try to handle your business quickly and put your cash out of sight before you turn to walk away.

## What predators look for and how to help prevent becoming a victim.

Predators of all species are the same, they go for the easy prey. You can decrease your chances of being a victim just by doing a few things.



- Walking with confidence, keep you head up, and shoulders back.
- Be aware of your surroundings.
- Make eye contact
- Feel proud of your accomplishments

Improving your self esteem is not only about feeling good, but it also increases your personal safety.

Remember victims are never to blame.



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## Safety at Home

We would all like to believe that when we are in our homes we are safe, but we only are to an extent. We need to take our own precautions to make our home as safe as we can.

Ensure all outer entries into the home are locked at all times. Don't forget about the door from your garage into the home.

Keep your garage door closed even if you are home. Don't leave keys or your purse in the car, even if it is in the garage.



Don't open the door to strangers. Verify all service calls.



## Protect Yourself while Driving



Make sure when going to your vehicle you glance inside your car before getting in, just in case someone slipped inside. Also remember where you parked and have your keys ready so you can just jump on in.

## If required, Fight to Win

Struggle and make as much noise as you can. Someone will notice.

