

PERSONAL SAFETY

I. Safety Basic

- Wherever you are - on the street, in an office building or shopping mall, driving, waiting for a bus or subway - stay ALERT and tuned in to your surroundings.
- Send the message that you're calm, confident, and know where you're going.
- Trust your instincts. If something or someone makes you uneasy, avoid the person or leave.
- Know the neighborhoods where you live and work. Check out the locations of police and fire stations, public telephones, hospitals, and restaurants, or stores that are open late.
- Don't be afraid or too shy to ask for help, for an escort to your vehicle or residence when it is needed.
- Adopt a frame of mind that will allow you to recognize and avoid potential threats on the street

II. Home Security

Returning Home

Walking home

- Avoid shortcuts that are not well traveled or well lit.
- Know what reputable stores are open in your neighborhood late at night. If you suspect that you are being followed stay away from lonely quiet blocks and head for the store you know to be open.
- Have your key ready before you get to the front door.
- Make sure your entrance area is well lighted.

Driving home

- At night, keep car headlights on and car doors locked until you have checked your garage or parking area. Look around before you get out of your car.
- If you are driven home, ask the driver to wait until you are safely inside.
- If possible, arrange for a relative, neighbor or friend to be there when you arrive home.

At home

- If you live in an apartment don't be polite and hold the lobby door open for a stranger who has been waiting.
- List only your last name and first initial in your mailbox.
- Don't buzz someone inside unless you know them.
- Never go into your home if anything seems unusual, such as an open door or a broken window. Leave immediately to a place where you can call the police. Do not go into your home until the police advise it is safe.
- Don't get on the elevator with a stranger if your own good judgment warns you

against it -- need an excuse to avoid embarrassment say something like; *"Oh I forgot my mail."*

- If a stranger wants to use your phone for any kind of call from business to emergency keep him out and you make the call for them! Any problems or in doubt? Call the police!

If A Stranger Is At Your Door:

- Never indicate you are home alone.
- When home alone never open your door to a stranger.
- Use your wide-angle viewer to see who is at your door.
- Do not open the door to anyone you do not know without first verifying the person's identity. This includes police officers, repair, delivery or salespersons, and political or charity volunteers.
- Ask to see identification.
- Have the person slip their identification card under the door. If you have any doubts about the person, look up the telephone number in the telephone directory and call the company or agency the person claims to represent.
- Do not rely on telephone numbers given to you by strangers at your door, the telephone number they give you could be an accomplice.
- Do not open the door to a stranger requesting help or the use of your telephone. Offer to make the telephone call yourself while the stranger waits outside.
- When a package is delivered, ask that the parcel be left outside the door. Receipts that require a signature can be slipped under the door. Open the door and pick up the package only when you are positive the delivery person has left.
- Never allow a stranger into a security entrance. This includes someone asking to leave a package or a note for a neighbor.
- Children should be trained not to answer the door.
- Place only your first initial and last name on mailboxes and building directories. Consider listing a fictitious roommate if you live alone.
- List only your first initial and last name in the telephone directory. Do not list your address.
- Engrave all your valuable property. Keep a record of the serial numbers of valuable equipment. Photograph or videotape other valuables. Keep photographs, videotapes and records of serial numbers separate from your valuables in a safe at home or in a safe-deposit box.
- Before moving into a new residence change the locks. Previous tenants may still have keys.
- Always lock your door, even if you leave your home for just a few minutes.
- Keep venetian blinds and curtains closed, especially at night. Leave lights on in two or more rooms to indicate the presence of other persons.
- Have telephone numbers for emergencies, such as the local police, fire and paramedic services on every telephone instrument in the house.

Telephone Calls:

- Do not give your telephone number to wrong telephone number callers. Ask the caller, "What telephone number are you calling?"
- Check references of any person calling seeking information about you for a survey, credit check or subscription drive. Call the agency or company the person works for and verify the identity and intent of the telephone call.
- Never reveal to a stranger or wrong telephone number caller, your address or that you are home alone.
- If you receive a threatening, harassing or obscene telephone call, notify the police and your telephone company.
- Place the receiver down immediately. Do not say anything.
- Keep a record of the date, time and the content of each telephone call.

Key Control

- Give a duplicate house key to a relative, trusted friend or neighbor in case you are ever locked out;
- Do not hide house keys in mailboxes, in planters, under doormats, or other places they might be easily found. This will prevent criminals from finding an easy way into your home;
- Do not place personal identification on key rings;
- Be able to separate your car key from all of your other keys. You can purchase a detachable key ring for this purpose;
- Leave only your ignition key with the car when it is valet parked, serviced or repaired; and
- If you lose the keys to your home, change the locks as soon as possible.

III. On Street

Walking

- Avoid walking alone.
- Walk on streets where there are other people.
- Stay alert to your surroundings at all times. Observe people and activities around you. Look confident and purposeful when you walk.
- Plan and use the safest and most direct route to your destination.
- Choose busy, well-lighted streets and avoid isolated areas, alleys, vacant lots, abandoned buildings and construction sites.
- Walk near the curb and do not pass too close to shrubbery, dark doorways and other places of concealment.
- Avoid shortcuts.
- Become familiar with stores and gas stations that stay open late at night, as well as police, sheriff, highway patrol and fire department locations.
- Walk facing traffic so you can see approaching cars.
- Carry a flashlight during hours of darkness.

- Be aware that wearing earphones connected to portable radios, cassette and CD players while walking can distract you and make you less able to sense potential danger.
- Always bring change with you for cab fare, bus fare or telephone calls in case you decide not to walk. Keep some extra money separate from your wallet or purse for emergencies.
- Never hitchhike and do not accept rides from strangers.
- Carry a personal alarm. Use the personal alarm to attract attention and to summon help if you feel you are in danger. Carry the personal alarm in your hand so that you can use it immediately.
- If followed or threatened by someone in a car, use your personal alarm or scream loud and long, cross the street and run in the opposite direction. This will force the driver to turn the car around to pursue you. Try to obtain the license plate number and a description of the car and its occupant(s).
- If followed or threatened by someone who is walking, use your personal alarm or scream loud and long, cross the street and run in the opposite direction. Head for bright lights and people.
- Unless absolutely necessary, never wear expensive jewelry or carry large amounts of money.

Against Pocket Picking

- Wallets should be carried in an inside coat pocket and cash in a front pants pocket. A rubber band tied several times around a wallet can increase friction and make it easier for you to notice if you are being pickpocketed.
- Keep names and phone numbers of relatives or friends on your person, in the event of an accident or emergency.
- If possible, carry only identification, phone numbers, and the credit cards you will need. Keep a list at home of credit cards and other important material you would need to replace in case of loss.
- Beware of pickpockets, especially in crowded areas. Thieves often work in pairs. One may bump you or cut you off, while the other is picking your pocket.
- Here are a few of their tricks:
 - Someone drops a bunch of coins on the floor of an airline terminal. Nice person that you are, you stoop down to help pick them up. Then an accomplice waltzes by, taking your laptop or luggage.
 - Sexy distractions. A skirt is lifted, and so is the wallet of a man distracted by the sight. He should have kept that wallet in a hidden pouch instead of his back pocket or jacket pocket.
 - You may think a swimmer is drowning, so -- Samaritan that you are -- you dash into the water. While you're paddling out to the "victim," an accomplice swipes the items you've left on the beach.
 - Some white matter lands on your coat, and you assume a nasty pigeon has flown by. But, oh no, it's a pickpocket who has distracted you with ice cream, toothpaste, or cigarette ashes. An accomplice wants to help you clean up and advises you to remove your coat. You know the rest.

Against Purse Snatching

DO NOT....

- carry a bag that makes you a target. A bag that dangles from the shoulder can be easily yanked off your shoulder by someone coming up from behind.
- carry your bag in such a manner that you can't let it go if you have to. Many women have been injured because their own bags acted as handcuffs as a purse snatcher yanked it away.

DO

- Secure your purse or handbag under your arm so that it cannot be easily snatched.
- Separate your house keys from your car keys. Women should keep their keys in places other than their purses. That way, if your purse is snatched, you will still have your keys.
- minimize the amount of money and credit cards that you carry with you on a daily basis. Divide your money between pockets and bags.
- A good purse is one with a flap that folds over the opening and fastens at the bottom, and often has an interior zipper. The easiest purse for you to open is also the easiest for a pickpocket to steal from.
- Purses should be carried close to the body, under an exterior garment, and slung across the body. Flaps should be secured and turned toward the body at all times.
- Carry bags in the bend of your elbow, held close to your body. If there is a long strap, wrap it around the bag. Carry credit cards and cash in your pockets.
- Keep bag on your lap when dining out, not dangling over the back of a chair. Avoid placing bags on hooks on the back of a fitting room or bathroom door, where someone can easily reach over and removed them.
- Remember that no one will offer you something for nothing. Some of the "scams" to be aware of: Persons pointing to money, that you have supposedly dropped, who take your briefcase and luggage when you bend down to pick up the money.

IF...

- you are the victim of a purse snatch do not fight to hold onto your bag, especially if there is a weapon involved.

IV. Public Facilities

- Avoid using isolated, deserted stairways in office buildings.
- If a suspicious looking person follows you into an elevator, step out of the elevator immediately.
- If you see a suspicious looking person inside an elevator you are about to enter, do not get in.
- If you are in an elevator and another person makes you feel uncomfortable, get off as soon as possible.
- When using elevators, stand near the control panel by the door so you can easily press the alarm button in an emergency.
- Observe security measures when using restrooms in office buildings. If the facilities are locked, never leave the door unlocked or give the key to an unauthorized person. Do not enter the restroom if the lock appears broken or the

door is ajar. If the facilities are not kept locked, enter cautiously and check the area thoroughly before closing the door behind you.

- Report all suspicious persons and activities to security personnel.

At a mall

- If shopping alone and leaving at night -- particularly if you're carrying several bundles -- ask a security officer to accompany you to your car. Most malls will provide that service.
- Inside a mall, avoid darkened hallways and other backroom areas, especially near closing time.
- Avoid using bathrooms that are tucked away in a back area of a mall concourse or department. If you can, find a bathroom near the mall's food court or other well-trafficked area. And always accompany your child to the bathroom.
- Never use a video arcade or toy store as a baby sitter; predators are on the prowl for unattended children. More than 100,000 children are abducted every year -- often in malls or department stores, according to the National Center for Missing and Exploited Children (NCME).
- Find out whether the malls and stores you frequent have procedures to search for a missing child. Wal-Mart, Home Depot and Target are among retailers participating in a program developed by the NCME. The program, called "Code Adam," was named after Adam Walsh, a 6-year-old Florida boy who was killed after being abducted from a shopping mall in 1981. As soon as a child is reported missing, employees scour the aisles. If the child doesn't turn up after 10 minutes, the police are notified.

V. Outdoor

Before You Leave

- Plan your outing. Always tell someone where you are going and when you will return. Tell friends and family of your favorite exercise routes.
- Know where telephones are located along the course.
- Wear an identification tag or carry a driver's license. If you don't have a place to carry your ID, write your name, phone number, and blood type on the inside of your athletic shoe. Include any medical information.
- Don't wear jewelry or carry cash.
- Wear reflective material.

On the Road

- Tell a family member or friend where you are going and the time you expect to be back.
- Stay alert at all times. The more aware you are, the less vulnerable you are.
- Run or walk with a partner or a dog.
- Don't wear headsets. If you wear them you won't hear an approaching car or attacker. Listen to your surroundings.

- Consider carrying a cellular phone.
- Exercise in familiar areas. Know which businesses or stores are open.
- Vary your route.
- Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid poorly lighted areas at night.
- Run clear of parked cars or bushes.
- Ignore verbal harassment. just keeping on walking. Responding to this kind of behavior could escalate the situation. 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.
- Trust your intuition about a person or an area. React based on that intuition and avoid areas you feel unsure about.
- Be careful if anyone in a car asks you for directions if you answer, keep at least a full arm's length from the car.
- If you think you are being followed, change direction and head for open stores, theaters, or a lighted house.
- Have your door key ready before you reach your home.
- Call police immediately if something happens to you or someone else, or you notice anyone out of the ordinary. It is also a good idea to check with police about any criminal activity in the area you plan to run.

Stay Alert

- Sometimes runners and walkers get lulled into a "zone" where they are so focused on their exercise they lose track of what's going on around them. This state can make runners and walkers more vulnerable to attacks. Walk and run with confidence and purpose. If you get bored running without music, practice identifying characteristics of strangers and memorizing license tags to keep you from "zoning out."

Running and Walking in the Evening or Early Morning

- OK, so you missed the opportunity to exercise during the light of day, but you still want to get in a quick three miles before turning in for the night or before the sun rises. The best advice when exercising while it's dark is to get off the streets and head to the security of a well-lighted outdoor track or consider running on an indoor track or tread mill. If you are a walker, consider laps around an indoor shopping mall. If these options are not available or just aren't for you, consider these tips before heading out:
- Make sure people can see you: Think about where you are going and how well lighted it may or may not be. Going out at dusk or at night is dangerous without some type of reflective device on your clothing. Many athletic shoes have reflective qualities built in, but also consider a vest complete with reflective tape.
- Watch the road: Wet or icy spots are considerably harder to see in the dark.
- Keep alert. Dawn and dusk offer convenient shadows for muggers and other crooks.

VI. With your automobile

Before Driving

- Keep your car in good running order.
- Plan your route in advance, particularly on unfamiliar trips. Have enough gasoline and money to get you there and back. Never allow your gasoline gauge to fall below the quarter tank level.
- Do not store valuable items in your car.
- Keep spare money in your car for a taxi, bus fare or telephone calls in case of a breakdown.
- Keep your car keys and house keys on separate key rings.

While Driving

- Keep windows rolled up, except for a small ventilation space and keep your doors locked.
- Keep your wallet, purse and other valuables out of sight while driving. Do not leave them on the seat next to you. Place personal items in the glove compartment, under a front seat or in the trunk.
- Travel on busy, well-lighted streets.
- If you are driving during late or odd hours be aware that commuter routes congested during rush hours may be deserted. Use freeways and main thoroughfares and avoid alternate, less traveled roads as much as possible.
- If you travel a regular route to and from work, make yourself familiar with businesses on the route that stay open late in case you need emergency assistance.
- Be alert to your surroundings at all times while driving and when you are getting in and out of your car.
- Do not let yourself be distracted while driving. Resist applying cosmetics, reading or making calls on your cellular telephone.
- Drive in the lane closest to the center of the roadway when traveling in an unknown area, or areas you determine to be unsafe. Leave enough space between your car and the car in front of you to enable you to go around the car quickly if necessary.

Being alert to carjacking, robbing and other attack

- When you're coming to a stop, leave enough room to maneuver around other cars, especially if you sense trouble and need to get away.
- Drive in the center lane to make it harder for would-be carjackers to approach the car.
- Keep your car in gear while waiting at traffic signals and stop signs. If you are approached and threatened, honk the horn and drive away.
- Never pick up hitchhikers.
- If you see another motorist in trouble, do not stop. As you drive by, signal the motorist that you are going to get help. Find a pay telephone or use your cellular telephone to call for assistance.

- If someone attempts to force you off the road, don't panic.....
 - do not stop, blow your horn constantly to attract attention and continue driving to an open business, police, sheriff or fire station. Try to obtain the license number and description of the car, driver and passengers. Report the incident to the police.
 - If you are forced over, as soon as you stop put your car in reverse and back away..... keep blowing the horn and moving the car as much as possible.
- If you suspect that someone is following you
 - make a few turns down active streets if possible.
 - If the auto you suspect is following you makes the same turns as you then head for the nearest police station, fire house or open store.
 - keep driving until you find a safe area. In the meantime attract attention to your situation by honking the horn in rapid, short blasts and by turning on the emergency flashers
 - Attempt to obtain the license plate number and a description of the car following you; and
 - Do not drive home or pull over to the side of the road or turn into a driveway. You could be trapped.
- If you are stopped by an unmarked or covert police vehicle, and you feel concerned or uncomfortable:
 - Activate your four-way hazard lights to notify the officer you are complying with his or her request to pull over.
 - If you have a mobile phone, call 911 and ask the dispatcher to verify that it is an officer attempting to pull you over. If the 911 operator has verified your vehicle description and your location, *stop immediately for the officer.*
 - If you are unsure, (**with your hazard lights activated**) drive to the nearest public area where possible police impersonators are less likely to engage drivers.
 - If it is nighttime, (**with your hazard lights activated**) drive to a well lit area, another disincentive for those fraudulently trying to stop your vehicle.
 - If the unmarked or covert car is being operated by a plainclothes officer, you may request that a uniform officer respond to the scene.

Car Trouble:

- If possible, steer to a busy, well-lighted area;
- Set the parking brake and turn on emergency flashers;
- If you have a cellular telephone use it to summon assistance;
- Wait inside your car with the doors locked and the windows closed until the police, highway patrol, sheriff, or other trusted person arrives to assist you;
- Put out a sign "Call Police" if you have one, so that people can call police for you and criminal will know that the police might come soon.
- If someone stops and offers you help, do not get out of the car; and
- Never leave with a person to seek help. Ask the person to help by calling the

- police or a towing service for you. Do not roll down the window, even slightly, communicate with the person through the closed window.
- Minor car accidents are sometimes planned by criminals to set up a "bump and rob" or "carjacking." If you're bumped by another car, look around before you get out; make sure there are other cars around; check out the car that's rear-ended you and who's in it. If you feel your car was "bumped" intentionally,
 - remain inside your locked car, windows rolled up;
 - signal the other driver to follow you to the nearest police, sheriff or highway patrol station to report the incident;
 - do not get out of your car to inspect the damage;
 - if your car cannot be driven, remain in your car, use your cellular telephone (if you have one) to call for assistance;
 - if not, sound the horn to attract attention and wait for help to arrive.

Parking:

- Try to park your car in a well lighted area, this is not only good from the standpoint of discouraging a personal attack on you but also for reducing the chance of auto theft.
- Look around for loiterers before you get out of your car;
- Keep valuables and packages locked in the trunk;
- Always turn off the ignition, remove the key, and lock your car doors, no matter how soon you plan on returning;
- Do not park next to vans, trucks with campers or other vehicles whose size and structure can provide concealment for a potential assailant;
- Exercise caution and be extra alert when using underground or enclosed parking garages. Walk in the center isle, rather than close to parked cars; and
- If you have a choice, park in areas that have an attendant or in locations that have heavy pedestrian traffic.
- Have your key in hand before you get to your car;
- Be aware of occupied cars around you;
- If you are carrying packages, try to keep one hand free, even if it means making an extra trip;
- Check outside, under and inside your car before you unlock the door and get in.
- Before getting into your car, look inside first to make sure no one is hiding in the back seat. Criminals have been known to conceal themselves on the floorboards behind the front seats.
- Criminals have been known to disable an engine or flatten a tire to strand a targeted victim. The victim is then approached, offered assistance and attacked. If your car is disabled in suspicious circumstances and a stranger is approaching you, use your personal alarm, scream loud and long and leave the area immediately. If there is no time to flee, get into your car, lock the doors and sound the horn to attract attention to the situation. Try to obtain a good description of the suspect and report the incident to the police, security and the parking attendant.

VII. Public Transportation

- Plan your trip. If necessary, call the Regional Transportation Authority Information Center for night-time schedules for your bus or train.
- "Call backs" are a good idea. Advise a family member, friend, or co-worker of your travel route and time. Call them when you arrive safely.
- Have your exact fare ready before you leave home, the office, or a store. This way you won't have to fumble for your money at fare box, or display extra cash.
- Use the busiest, best-lit stop possible both to get on and get off a bus or subway. If you must wait, stay near the attendant's stand or in the best-lit area available.
- Find a seat on the aisle if possible. This allows you to observe everything around you, and to avoid getting "boxed in" against the window.
- Sit near the driver or operator, if possible, but avoid sitting right next to the door. Thieves may try to snatch jewelry or personal belongings from people near the door and then exit quickly.
- Don't let yourself doze off on a bus or subway, or become too engrossed in a book. It can make you an easy target.
- Keep your purse, shopping bag, backpack, packages, or other belongings in your lap, on your arm, or between your feet. Do not leave them on an empty seat.
- Avoid displaying expensive looking watches, rings, necklaces, or other jewelry. Don't invite trouble.
- Be wary of noisy passengers arguing or causing a commotion. This could be staged to distract you while others are trying to steal your valuables.
- Observe the behavior of those around you. If you feel uneasy or threatened, change your seat or alert the conductor or driver.
- Minimize the chances of losing your property by avoiding crowded buses and train cars.
- If you are verbally or physically harassed. Don't be embarrassed. Loudly say "Leave me alone!" If that doesn't work, report the incident to the bus driver or conductor immediately or hit the emergency device.
- Watch who get off with you. If you feel uneasy, walk directly to a place where there are other people.
- Trust your instincts. If you feel you are being followed, inform other passengers getting off with you or walk to a place where there are other people for assistance. Report the incident to the police as soon as possible

VIII. ATM Safety

- Avoid using ATMs at night. Or choose an ATM in a shopping mall, market or an ATM that is in a bank during operational hours.
- Keep your Personal Identification Number (PIN) private. Never affix it to your card or keep a copy in the same wallet as your card.
- Never give out information about your PIN over the telephone.
- Be aware of people around the ATM and in parked cars who seem to be loitering

- or subtly watching customers transact business. If you feel uncomfortable, leave the location and find another ATM where you can safely transact your business.
- Never hold the door open for someone else entering an ATM location. You could be letting in a possible offender.
 - When using an automated teller machine (ATM) have your paperwork and ATM card ready before you arrive at the ATM.
 - Fill out deposit slips before beginning your transaction and not in plain view. Complete your transaction quickly.
 - If someone follows you into an ATM center and you feel uncomfortable, leave right away.
 - Be aware of your surroundings while making transactions at an ATM. If you feel uneasy, end the transaction as quickly as possible and leave the area.
 - Use your body as a shield when making a transaction at the bank teller or the ATM.
 - If you get cash - put it away immediately. Do not stand at the ATM and count it.
 - Never accept offers of assistance with the ATM from strangers; ask the bank for help.
 - Take all receipts with you. You don't want to let a potential criminal know how much money you have withdrawn or how much you have in the bank.
 - When leaving an ATM location, make sure you are not being followed. If you are being followed, drive immediately to a police, sheriff, fire station, crowded area, well-lighted location or open business. Flash your lights and sound your horn to bring attention to your situation.
 - The National Consumers League has opened a toll-free number to provide information on ATM frauds and scams. The National Fraud Information Center at **1-800-876-7060** employs counselors who will refer consumers to the proper agency for reporting a fraud or scam.
 - Immediately report any stolen or lost ATM card to the proper entities.
 - Check your receipts against your monthly statements to guard against ATM fraud.

IX. Sexual assault

The truth is...

- Rape is about power, control, and anger. Think about the unthinkable. Don't mask the facts about rape with myths and stereotypes.
- Rape is an act of violence. It is an attempt to control and degrade using sex as a weapon.
- Rape can happen to anyone - children, students, wives, mothers, working women, grandmothers, the rich and poor, and boys and men.
- Rapists can be anyone - classmates, co-workers, a neighbor or delivery person, ugly or attractive, outgoing or shy, often a friend or family member.
- Rapists commit their crime again and again, until they are caught.

Use Your Head

- Be alert! Walk with confidence and purpose.

- Be aware of your surrounding - know who's out there and what's going on.
- Don't let alcohol or other drugs cloud your judgment.
- Trust your instincts. If a situation or place makes you feel uncomfortable or uneasy, leave!

If the Unthinkable Happens

- How should you handle a rape attempt? It depends on your physical and emotional state, the situation, the rapist's personality. There are no hard and fast, right or wrong answers. Surviving is the goal.
- Try to escape. Scream. Be rude. Make noise to discourage your attacker from following.
- Talk, stall for time, and assess your options.
- If the rapist has a weapon, you may have no choice but to submit. Do whatever it takes to survive.
- If you decide to fight back, you must be quick, determined, and effective. Target the eyes or groin.

Surviving Rape

- Report rape or any sexual assault to the police or rape crisis center. The sooner you tell, the greater the chances the rapist will be caught.
- When calm, make note of events of attack, unusual details, etc.
- Preserve all physical evidence. Don't shower, bathe, change clothes, douche, or throw any clothing away until the police or rape counselor say it's okay.
- Have a medical exam and internal gynecological exam as soon as possible accompanied by a police officer preferably.
 - Inform doctor of exact acts committed upon you and have him note any medical evidence of them.
 - Semen smears must be taken by the doctor.
 - Doctor should note any bruises or injuries (bleeding, lacerations, etc.) external or internal.
 - Have the doctor test for venereal diseases (and pregnancy later if relevant).
- Don't go alone. Ask a friend or family member to go with you or call a rape crisis center or school counselor.
- Inform the police of all details of attack, however intimate, and of anything unusual you may have noted about the attacker. remember, what he said and how he said it may lead to his arrest.
- Show police any external bruises or injuries however minor, resulting from the attack. Also show them to a friend or relative who might be available as a corroborative witness at the trial.
- Give the undergarments to the police (for semen analysis).
- Give any torn or stained clothing to the police.
- Get counseling to help deal with feelings of anger, helplessness, fear, and shame caused by rape. It helps to talk to someone about the rape, whether it happened last night, last week, or years ago.
- Remember, rape is not your fault. Do not accept blame for being an innocent

victim.

If Someone You Know Has Been Raped

- Believe her or him.
- Don't blame the victim.
- Offer support, patience, and compassion to help the rape victim work through the crisis, heal, and emerge a survivor.

X. Confrontation with criminal

When you are attacked

- Be physically and psychologically prepared to defend yourself. Start by preparing an inventory of your personal skills. Think about how you usually respond during a confrontation. What is your style? Do you fight, run, cry or freeze? Think through various strategies. Talk with other people about ways to handle confrontations and rehearse alternatives. By preparing, you will have more options to choose from if you ever find yourself in a confrontation.
- Every confrontation is different. The best response depends on a combination of many factors, such as the location of the incident, characteristics of the assailant, the presence of weapons and your personal skills and available resources. Your most effective weapon in a confrontation is your own judgment.
- Evaluate the situation and the options available to you.
- Only you can decide how you will respond to a given situation. When faced with danger, trust yourself.
- Remain as calm as possible. Don't make any quick or sudden movements. Many times the criminal is as nervous as yourself.
- Don't be a hero. No amount of money or property is worth your life.
- Be observant. Try to remember as much as possible about the criminal: sex, age, race, clothing, height, weight, etc.. This information will be important and useful for the police investigation.
- Call the police via "911" **immediately** after the incident. Follow the instructions of the "911" operator and provide all the necessary information.

The following strategies may be effective in confrontations:

- Nonresistance
- Negotiating
- Stalling for time
- Distracting or diverting the assailant and fleeing
- Verbal assertiveness
- Screaming or using a personal alarm to attract attention and help from people nearby
- Physically resisting and fighting off the assailant
- Keep assessing the situation as it is happening. Never give up. If the first strategy you choose does not work try another strategy.

Appendix

Carjacking

Why is Carjacking a Problem?

- No one knows for certain, but some explanations include:
- It's a crime of opportunity - a thief searching for the most vulnerable prey. Sometimes, it's the first step in another crime.
- For some young people, carjacking may be a rite of passage, a status symbol, or just a thrill.
- Cars, especially luxury ones, provide quick cash for drug users and other criminals.
- Sophisticated alarms and improved locking devices make it harder for thieves to steal unoccupied cars.
- It's easy to buy, steal, or barter for guns in this country. A pointed gun makes a powerful threat.
- More teens and adults commit crimes of violence than ever before.
- Intense media interest may have created "copycat" carjackers.

Anywhere, Anyone

- Most local and state criminal codes don't define "carjacking." It's reported as either auto theft or armed robbery. This means that no solid statistics exist on time, place, and victims.
- Though carjackings can occur anytime, a sizable share appear to take place during the late night hours.
- Carjacking isn't just a problem in large cities - it happens in suburbs, small towns, and rural areas.
- Carjackers look for opportunity. They don't choose victims by sex, race, or age.

Golden opportunities: what do carjackers look for?

- Intersections controlled by stop lights or signs.
- Garages and parking lots for mass transit, shopping malls, and grocery stores.
- Self-serve gas stations and car washes.
- ATMs (automated teller machines).
- Residential driveways and streets as people get into and out of cars.
- Highway exit and entry ramps, or anyplace else that drivers slow down or stop.

The "Bump and Rob"

It works like this. A car, usually with a driver and at least one passenger, rear-ends or "bumps" you in traffic. You quickly get out to check the damage and exchange information. Either the driver or one of the passengers jumps in your car and drives off.

Gang Awareness

What is a gang?

A gang is an organized group with a recognized leader whose activities are either criminal or, at the very least, threatening to the community. Although gang members are part of these organizations, they rarely acknowledge their own roles as contributing to the problems in that community.

Gangs display their identity and unity in obvious ways such as jewelry, colored clothing, jargon, and signals. Members remain together in quiet times as well as in conflict. In response to this twisted loyalty, members are rewarded by being accepted and recognized as a gang member.

The main source of income for most gangs is narcotics. Members of all ages are used by the gang in the illegal sale of narcotics and other unlawful activities. It is a mistaken belief that gangs only operate in less affluent neighborhoods. Gangs exist in virtually every community in the city.

Who belongs to gangs?

Gangs use a variety of methods to recruit new members, targeting in recent years younger and younger members because of the less stringent penalties juvenile offenders are usually subjected to. Gangs actively recruit youngsters age 15 and younger to carry out risky assignments or carry the weapons or drugs. Females are also recruited and influenced into similar activities.

The profile of a typical gang member is a male school dropout or truant, who is unemployed or has no employable skills. The gang member is usually in trouble with the police and does not receive adequate family attention. The gang provides identity and status and, in return, the member develops a fierce loyalty to the gang and nation. Virtually all gangs have oaths, pledges, mission statements, etc., and a set of rules known as "laws" which each member must memorize and adhere to. Loyalty is demanded in every aspect of the gang philosophy. Respect for the gang as a "nation" is taught. The gang founders and past and present leaders are glorified in many of these oaths and rituals.

Street gangs are divided into three basic components: (1) leaders direct the nature and basic pattern of the gang members; (2) hard-core members, who participate in the gang as a life line, are violent and have the ability to orchestrate criminal activity; and (3) marginal members, who drift into and out of gang activities according to their needs. They lack direction, and may initially find intrigue and camaraderie from the gang. Leaders and hard-core members are often very threatening and easy to identify. Marginal members, on the other hand, are very difficult for the average adult to detect because they do not exhibit the typical gang demeanor. Often these individuals are no more than sympathizers or wanna-bes who are not committed to the gang mentality. Many start into

criminal activities and drugs, working into hard-core status and may even kill to become part of the gang or to prove themselves.

What are street gang identifiers?

All street gangs utilize one or more visible indicators. These identifiers are as varied as the imagination and ingenuity that the members have. Typically gang members use graffiti, hand signs, tattoos, and colors to signify their membership in a gang, and to communicate their gang affiliation to others. Each street gang has its own unique signal, sign, colors, jewelry, and/or dress. These serve not only to identify gang members, but also to promote group solidarity.