

ASSERTIVENESS

- Assertive behavior will help reduce your vulnerability to an assault. Make eye contact with people you meet. Eye contact is a powerful way to say “I am in control of myself and my environment. Do not violate my space”.
- Speak clearly and with authority. Say “NO” rather than “Well, I don’t know”. Speak up.
- Strong body language sends the same assertive message as eye contact. Walk with a sense of purpose like you know exactly what you are doing and where you are going.
- Trust your instincts. Do not discredit them by thinking “I’m just being paranoid”. If you feel someone can’t be trusted or you are in danger, you are probably right.

PERSONAL SAFETY SUMMARY

Think about your options in advance should you encounter an attacker and remember these important tips:

1. Be alert.
2. Be aware of your surroundings, including the people and environment.
3. Be assertive and do not allow yourself to be intimidated.
4. Stay calm.
5. Think clearly.

Services Provided by the Derby Police Department Community Education Section

Home Safety Surveys
Neighborhood Watch Program
Crime Prevention Lectures
Employee Training
Community Relations

For more information contact
Derby Police Department
Community Education Section
316-788-1557
Or visit our website:
www.derbyweb.com



Created May 2011

DERBY POLICE DEPARTMENT

PERSONAL SAFETY INFORMATION



COMMUNITY EDUCATION SECTION

SAFETY TIPS FOR POTENTIAL DANGER ZONES

ATMs

- When you visit an ATM take someone with you.
- Avoid using ATMs after dark.
- Use ATMs inside a store or in well-lit, busy areas.
- Always have your card ready and be aware of people loitering in the area.
- Use an ATM you are familiar with and leave as soon as you get your money, card and receipt.

PARKING LOTS

- Try to park in well-lit areas.
- Have your keys in hand before leaving the store.
- Be aware of your surroundings. As you approach your car, check underneath your car and look inside before opening the door.
- If you notice anything suspicious get help immediately.



INSIDE YOUR CAR

- Always keep your doors locked.
- Check the rear view mirror and scan your environment.
- Don't stop to help stranded motorists, call law enforcement to assist them.
- Always keep your valuables concealed.
- Keep your car in good working order and have plenty of gas.
- Should your car become disabled, raise the hood, and sit inside and wait for help to arrive.
- Ask those who stop to help to call a wrecker or 911.
- If threatened with a weapon while inside your car, the most important thing is to survive. Use your common sense.

WALKING/JOGGING/BICYCLING

- Avoid walking alone - there is safety in numbers.
- Avoid unlit streets, vacant lots, and unpopulated areas. Stick to well-traveled areas close to home.
- Refrain from wearing head phones; your hearing is vital and could alert you to potential danger.
- Be assertive and know where you are going.
- Don't give directions to passersby.
- If you think someone is following you, change direction and get to a safe place.
- Always have your keys ready when returning home.
- When arriving home, have a friend wait until you are inside before leaving.



AT HOME

- Install dead-bolt locks on all exterior doors.
- Have good exterior lighting. Lighting is inexpensive and a good deterrent to crime.
- Get involved in your Neighborhood Watch program.
- Call 911 to report any unusual activity in your neighborhood.
- Never give out personal information about yourself over the phone such as credit card numbers, income and marital status.
- Don't open the door until you have looked through a door viewer or are sure who is on the other side.
- Don't make it obvious that you are away for some time. Have the post office hold your mail and ask a neighbor to pick up your newspapers.
- If people come to your door never assume they are who they say they are. Ask for identification.

PHASES OF AN ATTACK

The degree of aggression varies from assault to assault, but there are three phases to an attack.

Phase 1: Confrontation

The attacker wants to engage you on some level to test your response. What will your response be?

Phase 2: Attack

This can last seconds or in some situations much longer. There are no set rules for how to survive an attack.

Phase 3: Retreat

In a non-confrontational way, prompt the attacker to leave. For instance "That's all my money now leave". Your goal now is to get away quickly. Sometimes if you become verbal with the attacker, abusive or physically aggressive, you may start the process all over again.