

Arlington Heights Police Department

PERSONAL SAFETY



THE MINDSET!

- 👁️ Think Safety – Know that a danger could exist.
- 👁️ Have a plan – Know what you will do if a dangerous situation comes up.
- 👁️ Always trust your instincts – If something feels wrong, it probably is.
- 👁️ Always be aware of your surroundings and avoid potentially dangerous situations.
- 👁️ Look confident. Offenders tend to choose victims who look like easy targets.

THE TOOLS!

- 📱 Fully charged cell phone.
- 📱 Telephone numbers for several reputable cab firms in your area.
- 📱 Personal Alarm – Know how to use it! Using a simple whistle may work.
- 📱 Pepper Spray – Know how to use it!
- 📱 Purse Hook and Key Hook.

THE METHODS!

- 🚶 Walk with a friend or stay near a group of people. Know your route.
- 🚶 If you think you are being followed, take action. Cross the road turning as you do to see who is behind you. If you are still being followed, keep moving to a busy area and look for help.
- 🚶 If a vehicle pulls up suddenly alongside you, turn and walk in the other direction. You can turn much faster than a vehicle.
- 🚶 Wearing music headphones will not allow you to hear trouble approaching.
- 🚶 Avoid confrontation. Try not to escalate the situation.
- 🚶 If you are trapped or in danger, yell or scream. Your voice is your best defense. Shout, “Call 911” or other specific instructions which people can understand.
- 🚶 Consider self defense training as another tool. Eyes first – groin second! Make it count because you might not get a second chance.
- 🚶 If all they want is your purse or wallet – give it to them.
- 🚶 Keep wallet in front pocket and hold purse close to your body.
- 🚶 Do not leave your purse in an unattended shopping cart or changing room - Offenders will attempt to remove your wallet as soon as possible.
- 🚶 Be careful at the ATM! Do not count your money in the open.
- 🚶 Plan in advance how you are going to get home after a night on the town.
- 🚶 Beware of spiked drinks – do not leave a drink unattended.
- 🚶 Always tell someone where you are going and when you expect to return.

THE VEHICLE!

- 🚗 Park your vehicle in well lit areas.
- 🚗 Keep vehicle doors locked and valuables in the trunk or out of sight.
- 🚗 Look under your car from approx. 20’ away to see completely to the other side.
- 🚗 Look inside before you get into your car. Do this even during daylight hours.
- 🚗 Have your house or car key in hand as you approach your vehicle or home.