

GREENSBORO POLICE



Safety Tips for Women

General Safety Tips:

- Be Aware of your Surroundings. It is important to be alert to whom and what is around you. It's easier to react to a situation when you see it coming versus reacting to it once it is there.
- Trust Your Instincts. If you feel something is off, uncomfortable, strange, or just not right- get out, move away quickly, flee, scream whatever is appropriate for the situation. Better to be wrong, embarrassed, And Safe, than the alternative.
- Avoid jogging or walking alone at night. If at all possible exercise in groups or pairs. It can be fun and it is much safer! Pets are also good exercise buddies as well.
- Keep Eyes and Ears Open, Hands Free. Limit the number of bags you carry. Walk with your head up with confidence and with a purpose. Don't wear ear-phones.
- Take the Elevator Over the Stairs. And when in the elevator, stand in front of the doors, then if someone you feel uneasy about gets on you can step off immediately.
- Change It Up. It's easy to get into a routine but it is important to change things up. Keep the "bad person" guessing. Park your vehicle in well lit and well populated areas and as close to the exits as possible.
- Have a Plan. Be Prepared to Act! Have a plan for the "what if's." Go over the plan in your head and visualize yourself working the plan. Be prepared to act. Keep your cell phone charged and easily accessible.

While Shopping:

- Avoid carrying large amounts of cash; pay with check, credit or debit whenever possible.
- Carry your purse close to your body. Don't overburden yourself with packages.
- Park in area with good lighting. Lock the car. Close the windows. Hide shopping bags and valuables in the truck.
- Never leave your purse unattended in your buggy.
- Shopping with kids? Teach them to go to the store clerk or security guard if you get separated. Make sure they know your phone numbers.
- Try not to talk or text on your phone. You will let your guard down and become an easy target.

www.gsopd.org

Non-emergency 336-373-2222 Community Relations 336-373-2636

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Safety Tips for Women

While Traveling:

- Make sure your car is in good working order. Tires—include spare—properly inflated? Windshield wipers, defroster, headlights and signals working properly?
- Carry travel essentials: cell phone, emergency breakdown kit, first aid kit, and fire extinguisher. On longer trips, add water, food, extra medication and blankets.
- Plan your route. Let others that you trust know when you depart and plan to arrive but don't post them on any social media sites. Plan an alternate route in case of traffic delays and road construction. Carry maps and printed or hand written directions with you. Don't always rely on GPS system.
- Get the weather forecast. Consider delaying your trip if the weather will be severe. If you drive into an unexpected storm, wait it out on the side of the road, rest area, or other public place. During inclement weather or periods of limited visibility, maintain a safe speed and driving distance.
- Know your capabilities. If you feel yourself getting tired, pull over and take a break. Choose a safe location that is well lit and has other people around. Have difficulty seeing when it's dark? Travel during the day or only on well light roads.
- Don't leave your vehicle running and unattended. And, never leave children or pets unattended in your vehicle. Don't leave your valuables in plain site.
- Report any roadway traffic hazards, disabled motorists and accidents to police.

While Using Public Transportation:

- Find out ahead of time when the next bus or train arrives so your wait time is limited
- Try to wait at bus stops and train stations that are well lit and populated
- Do not use headphones, cell phones or I-Pods while waiting
- Pay attention to those who exit the bus/train with you; also pay attention to those waiting at the stop as you exit.
- Remember to trust your instincts; if you feel uncomfortable or threatened, seek help immediately. Use a noise device such as a whistle to call attention to yourself.
- If you have to carry valuables (such as a briefcase or overnight bag), always keep them close to your body--not on the floor, under the seat or on the seat next to you. Put them between your feet or in your lap.
- If you suspect suspicious persons or activities, do any of the following: change your walking direction; do not get off the bus/train; go into a public place; seek help; call 9-1-1.

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