PERSONAL SAFETY AT HOME

CST ERIN WAGG & CST LISA BRUSCHETTA

SAANICH POLICE DEPT
KNOW YOUR NEIGHBOURHOOD

• LEARN YOUR STREETS, YOUR LOCATION
• KNOW YOUR ADDRESS
• WHAT LANDMARKS ARE IN THE AREA?
• LEARN NEARBY GROCERY STORES AND BUSINESSES
• HAVE YOUR CELL PHONE HANDY WHEN WALKING
APARTMENT PARKING LOT

• IF YOU LIVE IN AN APARTMENT, DON’T WALK IN THE PARKING LOT AT NIGHT
• CAN A ROOMMATE MEET YOU IF YOU’RE ARRIVING HOME IN THE DARK?
• IS THE PARKING LOT LIT?
• IF NOT, CONSIDER A FLASHLIGHT OR USE THE FLASHLIGHT ON YOUR PHONE
• IF YOU SEE SOMEONE SUSPICIOUS IN THE PARKING LOT, CALL A FRIEND TO MEET YOU OR WAIT FOR THEM TO LEAVE
FAMILY & FRIENDS

- SHARE YOUR UNIVERSITY COURSE SCHEDULE WITH YOUR FRIENDS AND FAMILY
- MAKE A SCHEDULE TO CHECK IN REGULARLY WITH YOUR FAMILY
- GET BACK TO FAMILY WHEN THEY CONTACT YOU SO THEY DON’T WORRY
DON’T DEVELOP A PATTERN

• CHANGE UP YOUR DAILY ROUTINES (RUN AT DIFFERENT TIMES/LOCATIONS)
• TAKE DIFFERENT ROUTES HOME
• COLLECT YOUR MAIL AT DIFFERENT TIMES IF USING A COMMUNITY MAILBOX
GET TO KNOW YOUR NEIGHBOURS

- INTRODUCE YOURSELF
- EXCHANGE CONTACT INFORMATION
- KNOWING YOUR NEIGHBOURS WILL HELP YOU IDENTIFY STRANGERS IN THE AREA
- NEVER LET STRANGERS INTO YOUR HOME, EVEN IF THEY ARE REQUESTING HELP (*COULD BE A FRAUD)
MAILBOX SAFETY

• IF YOUR MailBOX IS AT YOUR FRONT Door, DON’T HAVE YOUR NAME ON THE MAILBOX
• PICK UP YOUR MAIL/PAPERS/PAMPHLETS DAILY
• IF YOU’RE GOING AWAY, HAVE SOMEONE PICK UP YOUR MAIL/PAPERS SO THEY DON’T ACCUMULATE AT YOUR FRONT DOOR INDICATING THAT YOU’RE AWAY
SOCIAL MEDIA

- PRIVATIZE YOUR ACCOUNTS
- KEEP YOUR LOCATION SERVICES OFF
- DON’T DISPLAY YOUR REAL NAME AND ADDRESS
- DON’T POST THAT YOU’RE GOING AWAY
WALKING HOME

- Make sure your cell phone is charged and with you
- Don’t wear ear buds, especially at night
- Don’t be staring at your phone while walking
- When looking at an illuminated screen at night, it can be hard for your eyes to adjust to the dark in an emergency
- Remain with a buddy or groups when you can
- Be aware of your surroundings
HOME SAFETY

• ALWAYS KEEP YOUR DOORS LOCKED BOTH DURING THE DAY AND NIGHT, WHEN YOU’RE NOT HOME AND EVEN WHEN YOU ARE HOME
• ENSURE YOU DOOR IS SOLID
• SPY HOLES ARE GOOD TOOLS TO SEE IF YOU KNOW WHO IS AT YOUR DOOR
• INSTALL DOOR SECURITY CAMERAS, SUCH AS NEST OR RING
• LOCK ALL OF YOUR WINDOWS, ENSURE LOCKING MECHANISM/WOOD BARS ARE INSTALLED
• KEEP WINDOWS AND CURTAINS CLOSED, ESPECIALLY AT NIGHT
• KEEP LIGHTS ON WHEN OUT AT NIGHT, CONSIDER USING TIMERS TO TURN ON LIGHTS IF YOU ARE OUT FOR THE EVENING
• HAVE SENSOR LIGHTS INSTALLED ON THE OUTSIDE OF THE HOUSE AND AT THE FRONT DOOR
OUTSIDE SAFETY

- DON’T STORE YOUR BIKE OUTSIDE YOUR HOUSE
- IF YOU HAVE TO STORE YOUR BIKE OUTSIDE, ENSURE IT IS LOCKED
- LOCK YOUR BIKE EVEN WHEN IN A BIKE STORAGE LOCKER AT AN APARTMENT COMPLEX
- INSTALL VIDEO SURVEILLANCE SYSTEM
- INSTALL A HOME SECURITY SYSTEM
- POST SIGNS INDICATING THAT THE HOUSE HAS A SECURITY SYSTEM
- DON’T KEEP PERSONAL BELONGINGS OUTSIDE AS THEY ATTRACT THIEVES
- ENSURE YOUR VEHICLE IS LOCKED
- DON’T LEAVE ANYTHING OF VALUE IN YOUR VEHICLE, EVEN AS SMALL AS A FEW COINS
IN AN EMERGENCY: 9-1-1

- KNOW WHO TO CALL IN AN EMERGENCY... 9-1-1 (POLICE / FIRE / AMBULANCE)
- SAANICH POLICE NON-EMERGENCY... 250-475-4321
- KNOW WHERE THE CLOSEST WALK IN MEDICAL CLINICS ARE
- DO YOU HAVE A DENTIST AND KNOW WHO TO CALL IN A DENTAL EMERGENCY?
- DO YOU HAVE A LOCAL EMERGENCY CONTACT?
- ENSURE YOU HAVE VALID MEDICAL INSURANCE!
- KNOW WHERE THE NEAREST HOSPITAL IS AND HOW TO GET THERE
- STORE EMERGENCY CONTACT NUMBERS IN YOUR PHONE AND POSTED AT HOME