

# PERSONAL SAFETY AT HOME

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# 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 YOUR 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 APARMENT COMPLEX
- INSTALL VIDEO SURVEILLANCE SYSTEM
- INSTALL A HOME SECURITY SYSTEM
- POST SIGNS INDICATING THAT THE HOUSE HAS A SECURTIY 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