

LIVING ALONE & FEELING SECURE

51% of Canadian women since age 16 have been victims of at least one act of physical or sexual violence.

When living and traveling alone, most women have some concern for their personal safety. Here are a few tips to increase your security when living a single life.

Securing Your Home

- Keep doors and ground floor windows locked at all times. Install deadbolts and window locks.
- Make sure you have a peephole on your entrance door to check who is on the other side
- Keep entranceways well lit and cleared of any obstructions that could be used as potential hiding spots.
- Before opening the door, ask strangers to show identification.
- Do not allow a stranger to enter your home regardless of their reason, such as wanting to make a telephone call.
- Never advertise that you are living alone. Ensure that your answering machine, mailbox, and telephone listings do not advertise your single status. Do not include your name on the answering machine.
- Attempt to park close to your front door when arriving home. Always have your house keys ready before exiting your car.
- Use random timers on your lights in the evenings when you are not at home so it appears as if someone is there.
- Report any suspicious circumstances or people in your neighborhood to the police.
- Have someone pick up your mail and papers when on vacation so that your absence is not advertised.



Being Safe in Public

Personal safety extends beyond your home. When in public places, always be aware of your surroundings and alert to potential dangers. Women aware of their surroundings and not preoccupied with other things are less likely to be targeted as potential victims. The following tips may decrease your vulnerability-

- When walking alone, do not become distracted by using your cell phone, listening to music, or searching through your purse. Being unaware of your surroundings makes you a target.
- Look any suspect people directly in the face and initiate a conversation if you sense you are being followed. If a potential offender knows that you have studied their facial characteristics and that they could be identified in a line-up, then you are less likely to be selected as a victim.
- Deactivate your car alarm system when next to your car, and once you are in your vehicle, immediately relock your doors. Remember to drive away and not sit in your car.
- Enter your car on the passenger side if a van is parked next to the driver's door. Most victims are attacked as they are trying to get into their cars. If you feel unsafe in a parking garage, ask one of the security personnel to escort you to your car.

- Carry an object such as an umbrella with you. Studies show that women who carry a potential weapon are less likely to be selected as a target.
- If someone demands your money, throw your purse or wallet away from the person and run in the opposite direction. Never hand it to them directly.
- If you are held in the trunk of a car, kick out the tail lights and stick your arm out of the hole to signal for help.
- If you are threatened with a weapon, crash your car rather than follow instructions on where to drive. You have a good chance of surviving the crash because of airbags.
- If a person points a weapon at you in a public place, run away in a zigzag pattern. It is always safer to run than to risk being taken to a remote area. The chances are less likely that the person will be willing to risk the attention and seriously injure you.
- If someone grabs you from behind punch them as hard as possible on their arms between their elbows and armpits, or on their upper thighs. Then target their groin area. Studies show that people who resist their attackers are more likely to escape further harm.

64% of women reported feeling worried waiting for or using public transportation alone after dark
29% reported being worried if home alone after dark.

Safety When Abroad

Women travelling abroad are more susceptible to danger as a result of cultural differences as well as unfamiliarity with the area. Here are some tips for women travelers -

- Research the area and take precautions in order to avoid any unfortunate situations.
- Never announce that you are traveling alone.
- Be confident in any situation. Act as if you know where you are going and have definite plans.
- Take cues from local women. If they are not sitting alone in cafes, then it is not advisable for you to do so.
- Respect other cultures in the way that you dress and behave. Clothing should be conservative and presentable, especially when traveling outside of North America and Europe.
- Do not make eye contact with men. In many cultures, eye contact is viewed as an invitation.
- Ensure that you are staying at a hotel that has a reputation for safety and easily accessible transportation. Check that all doors and windows have operational locks.
- Ask at your hotel for directions and whether there are any areas to avoid prior to setting out for the day. If you are lost, ask for directions. Generally the safest people to approach are families with small children.
- Never travel with jewelry, large amounts of cash, or huge pieces of luggage. This can attract the wrong type of attention.
- Understand that in some parts of the world it is inappropriate for women to go out alone in the evenings. Respect local customs.
- Never accept car rides or hitchhike.

YOUR LOGO HERE

For confidential assistance
Brown Crawshaw 1.800.668.2055
www.browncrawshaw.com