



PERSONAL SAFETY

Chesterfield County Police Department, Crime Prevention Unit (804) 318 - 8699

Offenders are opportunists who prey on vulnerability and inattentiveness. Being proactive and alert when traveling, shopping or exercising goes a long way toward helping you stay safe. With that in mind, adhere to the following tips to reduce your risk of becoming a victim.

- Educate yourself on situations and locations where crime is more likely to occur to avoid becoming a target.
- Trust your intuition. It's better to be safe and risk a little embarrassment than stay in an uncomfortable situation that may be unsafe.
- Always let someone know where you are going and what time you will return.
- There is safety in numbers. Walk, exercise or travel with a friend or group of friends.
- Avoid putting yourself in a vulnerable position. Stay attentive to people and activities around you.
- Stay in well-traveled, well-lit areas and avoid taking short cuts through isolated areas that conceal you from public observation.
- Be confident and purposeful in your walk to project a more commanding presence.
- Look people in the eye as they approach to project confidence and to be able to describe them should it be necessary.
- Walk near the curb. Avoid passing close to tall shrubbery, recessed doorways, blind corners, and other places of concealment.
- When walking or running, always face on-coming traffic so you can see approaching vehicles. Don't wear headphones because they distract you and take away your awareness of your surroundings.
- Always carry a fully-charged cell phone with you.
- Have your keys ready when you approach your vehicle or residence.
- Avoid wearing excessive or expensive jewelry.
- If you think you're being followed, change direction, cross the street, or go to a high-traffic area such as a store, restaurant, or gas station.

