

# Tips for Personal Safety

The York Regional Police provides the following tips for personal safety that we believe apply to our volunteers in the community.

1

**Use assertive body language.** Walk with confidence, keep your head up and don't wear headphones so you can hear what is going on around you.

2

**Trust your instincts.** If something doesn't feel right, it probably isn't.

3

**Be aware of your surroundings.** Know what is going on around you and exactly where you are. Limit distractions such as texting, talking on your phone or listening to music.

4

**Carry a cellphone with you in case of an emergency.**

5

**Have your keys ready when you get to your car.** Check your back seat before entering and then drive away immediately. Predators have an opportunity to approach you if you sit in your car.

6

**Know the signs of someone displaying aggressive behaviour** - standing too close, tone of voice, verbal abuse, etc.

7

**Report suspicious people or activities to police.**

8

**If you are in trouble, yell "fire".** Studies show people react more when they hear "fire", than "help."

9

**Always leave enough time to get to your destination so you aren't rushing.**

10

**Make sure you always tell someone where you are travelling and when you expect to return.**

9-1-1

**Not sure? If in doubt, call 9-1-1...**

- When there is danger present
- If something feels "wrong"
- In any emergency situation involving you or others

**Questions?** Contact Lisa Rae at 416-635-2900 x 284.