

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 416-635-2860 x 284.