



# PERSONAL SAFETY

Safety is everyone's business!

## TOP 10

1. **Know your surroundings-360 degrees**
2. **Lock your doors and windows**
3. **Don't leave your valuables in your car (If you must, use the trunk)**
4. **Know your neighbors and be sure they know you**
5. **Don't talk to strangers**
6. **Walk with confidence and be ready (see #1)**
7. **Don't flash cash**
8. **Take a friend**
9. **Walk in the light**
10. **Practice Random Irregularity**

Understandably, no one wishes to believe they might become a victim of a crime; however, denial of the problem solves nothing and may actually place you at greater risk of becoming a victim.

You must be prepared to be safe. Prevention is always better than reaction.

Learn to practice safety every single day! While things like personal alarms, tear gas, a weapon or even self defense tactics may help in a bad situation, it is important to understand they are all **reactive**, designed to be utilized when the problem is actually occurring. It is significantly more effective to prevent the problem from occurring in the first place.

The FBI publishes an annual "Crime in the United States" report. There were 16,137 murders in the United States in 2004, 350 fewer than in 2003: The FBI report also includes a "Crime Clock" that shows how frequently crimes were committed in 2004: there was one property crime in the U.S. every 3.1 seconds and one violent crime every 23.1 seconds. Here's the breakdown:

- There was one larceny / theft every 4.5 seconds
- There was one burglary every 14.7 seconds
- There was one motor vehicle theft every 25.5 seconds
- There was one aggravated assault every 36.9 seconds
- There was one robbery ever 1.3 minutes
- There was one forcible rape every 5.6 minutes
- There was one murder every 32.6 minutes

Crime pervades our lives! But there are some things you can do to lessen your risk of becoming a victim. This information, while not all-inclusive, will provide valuable suggestions in regard to making yourself and your family safer. Nothing is 100% effective. However, well learned and utilized safety tips will certainly improve your opportunity to *Live Safely!*

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