



Reduce the Risk,  
Reduce the Opportunity.  
**DON'T WALK DISTRACTED!**

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## **Our how to** **protect yourself** **from crime on** **the street**



### **BE AWARE**

Remain alert and walk with a purpose: Even if you are on a route you take every day, be aware of your surroundings. Also pay close attention to pedestrian crossings and roadways even if you have the “right of way”.

### **PLAN AHEAD IN ADVANCE**

Think about where you are going and plan your route before you leave. What time of day is it? Are you walking through an uninhabited or badly lit area? If you see trouble, can you cross the street or go into a nearby store? If you are not familiar with the area, did you take directions with you?

### **TRUST YOUR INSTINCTS ALWAYS**

Trusting your own instincts that a situation seems “wrong” can be the best personal safety tool you have. Pay attention to it and don’t be afraid to act on it! A moment of embarrassment if you are incorrect is far less important than your overall safety.

Being aware, planning ahead and trusting your instincts, can greatly reduce the opportunity for a crime to occur!

## PREVENTING THEFT

- **Minimize what can be lost:** Carry only what you need, small amounts of cash, and only the credit cards you plan to use. Try not to carry anything that is irreplaceable or of sentimental value. If you MUST carry a lot of cash or valuables, store them in a pocket or pouch inside your jacket.
- **Purses/bags:** Should be closed, carried in front of the body with an arm held loosely across it. Many people carry a bag out of habit, but if you don't really need it, travel without one.
- **Backpacks:** Make sure to zip and secure all pockets and to check on your backpack periodically. When in crowded situations, on public transportation and at street corners, bring your backpack around to your front and hold your arm loosely across it.
- **Separate essentials:** If you keep everything in one place, and a thief takes your bag, they now have EVERYTHING such as your keys, your money, and your ID with your home address. Consider keeping small essentials, such as your keys, ID, cellphone and a small amount of money separate in a coat or pants pocket.

## WHAT THIEVES LOOK FOR

- **Easy pickings:** Items left unattended in grocery carts, dressing rooms or desks and wallets protruding from pockets, car dashboards only take seconds to grab.
- **Crowds:** The noise and confusion of crowds help conceal crime. Be especially vigilant anywhere that is busy or crowded streets and roadways.
- **Distraction:** When you are distracted you are less able to remember identifying characteristics of a thief and are often even unaware a theft has occurred until much later. Thieves will sometimes cause a distraction, (i.e. bumping into you) or target you because you appear pre-occupied (i.e. talking on your cellphone, listening to music, charting).

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## SAFETY ON THE STREET

- **Walk with a purpose:** Project an assertive image that conveys you know where you are going (even if you are lost - pretend)
- **Avoid isolated areas** such as parking lots, garages and alleyways; stick to well-lit, high-traffic areas;
- **Keep a distance:** Don't let people get too close, even if they appear to have a reason, such as asking for the time.
- **Dress so you can move with ease:** Consider wearing clothing and shoes you can move quickly in.
- **Pack light:** Take only what you need, overloading yourself can make you appear vulnerable.
- **Being followed by a person:** If you think you are being followed, switch direction or cross the street. Walk toward an open store, lighted house or an area with other people. Don't be embarrassed to yell for help.
- **Being followed by a car:** If a car follows you, slows down, or beckons to you while walking, do not approach it. Turn around and quickly walk in the opposite direction;
- **Tell others** where you are going and when you are expected to arrive / return. Arrange to check in with them if you like.
- **Talking on the phone:** If you must talk on the phone while walking, don't get lost in conversation. Pay attention to traffic, people around you and where you are going. **STAY ALERT!** Also keep in mind the information you may be inadvertently giving out when talking on your phone; others can hear your conversation.

# TRANSPORTATION SAFETY

## BUS RIDERS

- Have your fare ready and easily accessible. Don't open and rummage through your purse or wallet at the bus stop.
- If possible, sit near the front of the bus, especially late at night when there are not a lot of other passengers.
- Keep your possessions on your lap.
- Pay attention - avoid sleeping, cleaning out your purse or pockets, playing on your phone. If you read or listen to music, look up and around periodically;
- If someone is bothering you, don't be afraid to tell the driver and move seats.

## FOR DRIVERS

- Have your keys ready and in hand as you leave the building. Be alert when approaching your car. Look around at the cars parked nearby as parked cars can provide good hiding places (inside and out).
- If someone is loitering near your car, do not approach it. Go back inside and wait or have someone accompany you to the car.
- Enter your car quickly and lock the door first thing once inside. Keep your doors locked whenever you are driving.
- If you are followed, drive to a public place and honk/hoot to attract attention.
- Always leave your car locked and empty of possessions, even small change.

## IF YOU ARE CONFRONTED

- Do whatever you can to protect yourself, but remember your safety is paramount.
- Try to remember points of identification about the suspect and, if possible, write this information down while it is fresh in your memory.
- If someone demands your property and displays or implies that they have a weapon, don't resist. You have a greater chance of getting hurt if you do.
- If someone tries to assault you, make a scene. Scream, kick, fight, run .. do whatever you can to get away and attract attention.
- Only you can decide how to respond to an attack!

## REPORT THE INCIDENT TO THE POLICE AS SOON AS POSSIBLE:

- In an emergency: CALL 999 / 112 / 911 - National Police Service
- To report a crime that is not an emergency: non- emergency +254-020-2221969
- To report a crime anonymously to your nearest police station



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