

RENTON POLICE

Personal Safety Awareness



Better protect yourself by becoming aware of your surroundings and identifying bad situations. Being proactive gives you time to implement safety strategies and avoid dangerous situations.



- » Understand the important role your instincts and intuition play in your safety.
- » Recognize potentially dangerous situations and learn how to avoid them.
- » Make a safety plan.
- » Identify safety tips by specific location and activity.
- » Decrease the odds of becoming a victim.

Safety is your responsibility.

DON'T LEAVE IT TO SOMEONE ELSE.



REDUCE DISTRACTIONS

Put down your phone and look up; be aware of your surroundings. This is called 360 degree awareness.



PRESENT CONFIDENCE

Walk with confidence and keep your eyes and ears open. Make eye contact with others while walking, let them know you see them.



PLAN YOUR JOURNEY

Study your travel route beforehand; let someone know where you are going and make a plan to check-in if delayed. Use the Life 360 (or comparable) location app with family and friends.



TRUST YOUR INSTINCTS

If something doesn't feel right, it usually isn't. Take a moment, re-evaluate your next steps (literally and figuratively). Leave the area or call 911 if you feel unsafe.



YELL FOR HELP

Yelling for help can be an effective way to draw attention to you, often bringing assistance and help your way if you need it.



CARRY A PERSONAL SAFETY DEVICE OR ALARM

Personal safety devices like pepper spray or a Kubotan are good if you need to defend yourself.

Personal alarms are effective and the noise and distraction of them can provide you the seconds you need to flee an attack attempt.

