

Personal Safety

As individuals, we have an obligation to protect ourselves and our families.

There are times when law enforcement may not be there immediately or that the incident happens so quickly, there is not time to call for assistance.

It is not necessary to become an expert at martial arts. It is important that you take steps to ensure that you can neutralize an attack and move to safety.

Each one of us must evaluate ourselves and decide how much work we need to keep us and our families safe.

Situational awareness is the beginning of any personal safety plan. Questions you should know and have answered include: Is someone following or paying special attention to me; Am I wearing or carrying high value items; Do you know the area you are at; Are there people around; Is there a safe place for me to go right now; What escape routes are available; Do I look like a victim?

Asking yourself these questions gets you thinking of possible dangers that could occur. By just looking at these questions can give you those needed seconds to escape.

Final Note

Common Sense can prevent most problems before they occur.

Stay Alert. With busy schedules, time constraints, and routines, we often become complacent. By utilizing these simple tactics, you can reduce your chances at becoming a victim.

If you see a crime being committed or you find someone or something to be suspicious, call the police. Do not shrug it off thinking someone else may call.

Do not be afraid to call the police. Some victims have stated that they felt calling the police would be wasting their time. If you feel unsafe please call the police for we are here to help you.

Consider enrolling in a situational and defensive training program.

The Fort Lauderdale Police Department continues to offer free security surveys for residences or businesses. Presentations are also available.

Emergency: 911
Non Emergency: 954-828-5700

Fort Lauderdale Police Department



PERSONAL SAFETY

Presented by
Fort Lauderdale Police Department
Crime Prevention Unit
954-828-6421
954-828-4964

Safety at Home

Lock your doors and windows even if you are home or going away for just a few minutes. Too often criminals get into homes through an unlocked window or door.

Always acknowledge a caller at your door. Never open a door for strangers. Use a peephole or window to see who is at the door. Ask questions and for identification before opening the door.

Do not leave messages on your door or answering machine. This includes leaving your personal information, whether you will be home or on vacation or if you live alone.

Always use your alarm. If you do not have an alarm, think about investing in one. Place decals on your windows and in your yard.

Do not respond to solicitation whether by computer, phone or in person. Never give out personal information.

Talk with kids about safety. Include topics such as pool safety, drugs and alcohol, stranger awareness, and computer safety.

Request a security survey by the police. This is a free service and offers in-depth tips on home and personal security.

Vehicle Safety

Always keep your doors locked whether in or out of your vehicle. Keep windows rolled up as well.

Never leave valuables in your car. Even an empty bag entices a criminal to break into your car.

Park in well-lit areas. You can then see your vehicle and surroundings.

Have your keys ready in your hand when approaching your vehicle.

Stay aware of your surroundings. Look around the area and look inside your car before entering.

Do not allow yourself to get upset when another vehicle cuts you off or engages in aggressive driving.

Avoid making eye contact with an aggressive driver. Do not get into an argument or make hand gestures as this will escalate the problem.

Leave some distance between your car and the car in front of you. If you are approached or need to move, you will have space to do so.

Street Safety

Always Be Aware of your surroundings.

Walk with confidence and purpose. Hold your head up, look around. Most criminals choose people who are distracted or appear gullible.

Trust your instincts. If you feel uncomfortable about a person or place you are in, remove yourself from that situation. Say something like 'I forgot something' and go to a populated place.

Keep your space. Be careful of strangers asking for directions, the time or try to engage you in conversation. A good standoff space should be kept at all times. Do not be afraid to tell someone to 'get back'

Stay in well lit, high traveled areas. Do not take shortcuts. Try to walk with a friend or relative.

Do not dangle your purse by the straps. Carry it securely under your arm. Do not get into a struggle with a criminal over your purse; it is not worth your life.

Use ATMs that are in populated, well-lit areas. Never count your money in public and take your receipt.