

DON'T MAKE YOURSELF AN EASY TARGET FOR CRIME

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In this day and age many people have begun to wonder more about their personal safety. Yet, a lot of people continue to say to themselves, "I live in a rural area, so I am safe!" Although rural areas do not have the crime rates associated with larger, urban areas, like Louisville and Indianapolis, crime still does exist. Hopefully, after reading these tips everyone will be safer, whether at home or away from home.

Personal Safety Tips when Away From Home:

- #1- Always be aware of your surroundings. Most criminals are not as likely to attack someone who appears confident and observant.**
- #2- Try to always travel with someone else.**
- #3- Consider getting a car phone for safety, especially if you travel a lot.**
- #4- Park in well-lit areas.**
- #5- Walk to your car with your keys in hand. When you get inside immediately lock your doors.**
- #6- Always check under your car as you approach it.**
- #7- Before unlocking or entering your car, check the back seat and floors.**
- #8- Carry a screech siren in your hand when out. Pepper gas and mace can be used against you.**
- #9- Keep your car well-gassed and well-maintenanced. You don't want to get stranded.**
- #10- Choose a safe, frequently used route when traveling, even if it takes longer. In some larger cities, safe routes are marked.**
- #11- Take a self defense class. But, do not think that a self defense class will make you invincible.**
- #12- Do not use secluded ATM's.**
- #13- Avoid stairwells that are not busy.**
- #14- Don't enter an elevator with someone you do not feel comfortable with. If you are in an elevator with a stranger, stand by the control panel. Exit the elevator if you feel threatened. If you are threatned or attacked in an elevator, punch all the floor buttons so the door opens on each floor. This will give you more chances to escape. If you cannot escape yell for help each time the door opens.**
- #15- If you are going to be working late, let someone know when you are expected home.**
- #16- If someone attempts to rob you of your purse, etc... do not resist. This could be a deadly mistake.**
- #17- Above all else, pay attention to your gut reactions. If you have a "funny feeling", it is better to act on it and it have been nothing, than to not act on it and have personal harm done to yourself.**

Personal Safety Tips when At Home:

- #1- Get a dog that barks when strangers approach. You don't have to own a german shepherd or rottweiler, a small dog will do, if it makes noises. Convicted thieves agree that homes with dogs are not their favorite targets.**
- #2- Buy motion-sensor lights for your home. Light is one of the best deterrents to crime.**
- #3- Keep bushes on your property, especially near your doors, well trimmed to cut down on hiding spots.**
- #4- Walk to your home with your keys in hand. When you get inside immediately lock your doors.**
- #5- Get good locks for your doors and windows and use them. Lock your doors even when you are in your back yard.**
- #6- If you leave a spare key outside, do not leave it near the door. Thieves go to the store too and are aware of the fake rocks.**
- #7- Never leave a message on your answering machine that says, "I'm on vacation and will be back on the 4th of June."**
- #8- When you are away from home do all you can to make your home look occupied. Have your mail and newspaper put on hold, or have a friend pick them up for you, have your lawn mowed and your snow shoveled and set timers for inside lights.**

For more information on personal safety please refer to www.hopehealth.com, out of Kalamazoo, Michigan, which is where I researched this article.