

How can I prevent being the victim of a violent crime?

Knowledge is power. By always being aware of your surroundings and taking steps to prevent an attack, you lower the risk of being the victim of a violent crime. Know the location, street name and surrounding buildings, in case it becomes necessary for you to call 911. Listen to your instincts. If you feel uncomfortable or in danger in any given situation, leave immediately.

Learn to be observant of people around you. What color eyes do they have? What are they wearing? Notice their teeth, tattoos, their size, hairstyle, or any other distinguishable features. All these will help you in the event it becomes necessary to contact the police.

The primary responsibility for any assault rests with the offender and not the victim. Unfortunately, you can take all reasonable measures to reduce your risk and still be assaulted.

Stopping a sexual assault

Remember that most sexual assaults are committed by someone that the victim knows. The stranger does not pose the highest risk to you. Up to 90 percent of sex offenders are known to their victims and include relatives, friends and authority figures. If you feel uncomfortable in someone's presence, trust your feelings and take steps to distance yourself from him or her. Don't be afraid to make a scene if necessary. Tell someone!

Societal myths are beliefs that contribute to the continuation of sexual assault and abuse. Understand the current rape myths and help debunk these myths for others.

Here are a few ways to keep your and your family members safe:

- Avoid high-risk situations.
- Be observant and aware of your surroundings.

- Avoid poorly lit areas where an attacker might hide.
- Identify safe people in your neighborhood that you or your children can go to if you need help. Be thoughtful and use good judgment in choosing your friends and partners.
- Be careful of your use of alcohol and drugs; you are more vulnerable to an attack if you are intoxicated.
- Do not leave your food or drink unattended at a party or in a public place.
- Don't be embarrassed to use security staff at work or when shopping if you need help walking to your car.
- Do not pick up hitchhikers or stop to help a stranger in a stalled vehicle; use a phone in a safe location to call for help.
- Be cautious about making personal contact with those you meet on the Internet or in other similar environments.

Making your home safe

In your home or apartment, you will want to make sure your entrance is well lit. Install security lights in areas where people can hide. Keep your doors locked and blinds pulled. Do not advertise your full name in the phone book or on the mailbox. Your initials and last name are all that is needed. Invest in a paper shredder and shred any personal identifying envelopes or papers.

- Avoid sleeping with your windows open if they can be easily accessed from the outside.
- Have peep holes on your doors and use them. If you do not recognize who is at your door, do not open it, even with the chain on. Most chain locks can easily be kicked in.
- Do not open the door to service people unless you are expecting them. Call their employer and verify their identity and the reason they need to enter your home.
- If a stranger asks to use your phone, do not let the person enter. Offer to make the call for them.

- Do not buzz someone into the building or hold the lobby door open unless you know the person.
- Have the number to 911 programmed into your home telephone.
- Be mentally prepared of the possibility of being attacked and what possible actions you would take if confronted.
- Install safety approved gates or bars on windows that can be reached from fire escapes on from the ground floor.

The information presented through this brochure should assist you and your family in avoiding situations that allow easy victimization. Please be aware that there are no perfect protection strategies. There is no way to predict all possible situations. These tips are intended to reduce, not eliminate the risk of assault.

Who Can I Call for Help?

In an Emergency, call 911 or 303.841.9800.

Parker Victim Services
303.805.3310

Douglas County Victim Assistance - Sheriff's Office
303.660.7535

Douglas County Women's Crisis Center
303.688.1094 or 303.688.8484

RAAP (Rape Crisis)
303.322.7273

Please contact the Parker Police Department with any questions or concerns at 303.841.9800.

Personal Safety Awareness Tips

Learn how to protect yourself from being the victim of a violent crime

Name: _____

Badge # _____

Phone: _____



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