

## SAFE LIVING:

### *Why Practicing It Can Prevent Crimes*

It's as simple as "Survival of the Fittest". Predators seek easy targets. They prey on the weak to provide them their criminal high; an addiction that can be lessened if community members take the necessary steps to improve their own personal safety and the areas around them. Never live under the assumption that it will never happen to you. A crime can happen virtually anywhere, especially at the place you call home.

### REMEMBER:

Living safely is 20% physical preparation and 80% mental preparation.

## WHO IS AT RISK?

- College students
- Male/Females living on their own
- Elderly/Dependent Adults
- Individuals who routinely ignore security precautions



## RESOURCES:

Family Justice Center Sonoma County:  
707-565-8255  
[www.jfcsc.org](http://www.jfcsc.org)

Verity: 707-545-7270  
[www.ourverity.org](http://www.ourverity.org)

National Center for Victims of Crime:  
800-394-2255  
[www.victimsofcrime.org](http://www.victimsofcrime.org)

National Organization for Victim Assistance: 800-879-6682  
[www.trynova.org](http://www.trynova.org)



### SANTA ROSA POLICE DEPARTMENT

Emergency: 9-1-1

Non-Emergency: 707-528-5222

Administration: 707-543-3550

Violent Crimes: 707-543-3590

Property Crimes: 707-543-3575

Domestic Violence/Sexual Assault:  
707-543-3595

website: [www.santarosapd.com](http://www.santarosapd.com)



## YOUR PERSONAL SAFETY



Santa Rosa Police Department  
965 Sonoma Avenue  
Santa Rosa, CA 95404  
(707) 543-3600

## PREVENTION TIPS

*“Live **Proactively** not **Reactively**”*

### HOME

- Install motion censored lights around the perimeter of your home or the front entry-way of your home.
- Set up a timer that will automatically switch on interior lights or music. Change on/off times regularly so a pattern won't become noticeable to a criminal.
- Do not advertise when you will be away for an extended amount of time. Pause newspaper delivery and avoid leaving notes on the front door.
- Whenever you go outside, lock the door and take the key with you, even if you are just taking the trash out, going to the laundry room, visiting a neighbor, etc.
- Don't hide a spare key under a doormat or around other obvious locations. Thieves know where to look.
- Don't advertise valuables by placing them near windows or see-through doors. Keep your blinds or curtains drawn when you are not home.
- Engrave all hard-surfaced valuables with your driver's license number. Videotape the contents of your home. Keep the video and itemized list of possessions in a safe place (i.e. safety deposit box).
- Get to know your neighbors. Exchange phone numbers and information. Advise them when you will be away for long periods of time. Ask them to keep an eye on your place and you'll do the same for them.
- If allowed, get a pet (one that will alert you when somebody unfamiliar is lurking around).
- Equip all doors with deadbolt locks and peepholes.

## VEHICLE

- Plan your route in advance; check to make sure that you have an up-to-date road map in the car so you won't need to stop and ask for directions.
- Notify someone of your expected arrival time.
- Always carry change and/or a pre-paid phone card in case of emergencies. Cell phones are better, but don't always maintain continuous service in rural areas.
- Keep doors locked and windows closed as often as possible, especially in slow-moving traffic.
- Never pick up hitchhikers.
- Park in well-lit areas. Make sure all doors are locked and windows are rolled up.
- When parking in a multi-level garage, choose a space near the exit and on the ground level. Back your vehicle in if possible.
- If your vehicle breaks down, switch on hazard lights and remain in the vehicle until requested help arrives.
- If you are being followed, do not drive home; instead drive to a public place or the nearest police station.

## PUBLIC TRANSPORTATION

- Know where you are going and which stop you need. Stay updated on arrival and departure times, especially the last one of the day.
- Have your ticket and/or change ready.
- When traveling at night or in an unfamiliar area, arrange for someone to meet you at your final destination.
- Always carry the phone number of a reliable taxi/cab company as well as “emergency cash”.
- If traveling by taxi/cab, when the taxi/cab arrives, ask the driver the name of the person they are picking up. If it's the taxi for you, the driver should have this information. NEVER get into a taxi/cab you haven't asked for.
- If you can, share a taxi/cab with a friend.
- Always sit in the back. If you chat with the driver, don't give away any personal details.
- Before arriving at your destination, have your money and house keys ready.

## RECREATIONAL SAFETY

- Dress appropriately and wear clothes and shoes that are easy to move in.
- Try to keep at least one hand free and available.
- Use your senses and be aware of your surrounding. Wearing a recording device with headphones will dull your hearing. If wearing one, keep the volume low or use only one earpiece.
- Try to keep to well-lit streets and walk facing on-coming traffic.
- Avoid danger spots (i.e. deserted buildings, alleyways, poorly lit areas, neighborhoods you feel uncomfortable in, etc.).
- Don't be tempted to take short cuts through potential danger spots, even if you're in a hurry.
- Be on your guard with strangers, crowds, or groups which may feel threatening. Be wary of parked vehicles with the engine running and people sitting in them.
- Keep your bike in good working order; check lights, brakes and tires regularly.



**Maintain alertness;  
know where you are at all times.**

### ***SAFETY DEVICES:***

*Whistle*                      *Pepper Spray/Mace*  
*Stun Guns*                    *Diversion Safes*  
*Safety Lights*                *Personal Alarms*