

SELF DEFENCE - STREET SAFETY

- Walk confidently. Be alert. Notice who passes you and who's behind you.
- Walk in well-lighted areas. Don't walk close to bushes, alleys, and so on. In dark or deserted neighbourhoods, walk down the middle of the street (beware of traffic).
- If a car pulls up slowly, or the occupants of the vehicle bother you, cross the street and walk or run in the other direction.
- If you feel someone is following you, turn around and check. Proceed to the nearest lighted house or place of business.
- Don't overburden yourself with bags or packages, which might impede running or taking care of yourself.
- Never use short cuts such as unlit alleys or routes across waste ground, or paths through woods.
- Carry a torch and personal attack alarm.
- Walk on the footway closest to oncoming traffic.
- Keep to lighted streets.
- Carry a whistle or personal safety device.
- Carry as little cash as possible.
- Don't hitchhike.
- Hold your purse tightly, close to your body. Keep your wallet in a front or in a buttoned, hip pocket.
- Be careful when people stop you for directions or information. Always reply from a distance—never get too close to the car.
- Wear clothes and shoes that give you freedom of movement.
- If you feel that you are in danger, don't be afraid to scream (yell fire not help) and run.
- If possible, be escorted home at night. Arrange for a friend or relative to meet you at bus or train stations.
- When travelling on public transport: avoid empty compartments; sit near the driver / conductor or other passengers; if pestered, don't be afraid to ask for help from other passengers.

- When approaching your front door or car door, have the key ready in your hand. Don't stand fumbling around for it.

HELP WOMEN TO FEEL SAFE.

ADVICE FOR MEN ON HOW TO MAKE WOMEN FEEL SAFER

- Every person has the right to live without fear or restriction.
- Many women fear for their safety (both within and outside the home), and these fears are re-enforced by social conditioning and the media. This can result in women restricting what they do and where they go. Remember, men and women perceive the situation differently.

Assistance

- Asking a woman if she wants help is important.
- Responding to a call for help is essential.
- Giving assistance may prevent a rape or assault.
- Do not necessarily expect a woman you assist to trust you.

How men can help

- If you know a person in your presence is uncomfortable, then consider what you can do to help:
- If you are walking in the same direction as a woman on her own, don't walk behind her. Cross the road and walk on the other side. This may re-assure her that you are not following her.
- Don't sit too close to a woman on her own on public transport.
- A man's otherwise innocent actions may cause a woman to feel unsafe.
- These could include standing too close or staring.
- You can help women friends by giving them a lift or walking them home when you can. If you do, make sure they are safely indoors before you leave.