

PERSONAL PROTECTION AND SELF-AWARENESS FOR WOMEN

DON'T TAKE RISKS - TAKE CARE!

THINK!

COMMONSENSE IS YOUR BEST DEFENCE

"Every woman living alone, should give extra thought to being careful about security. A little care can provide a lot of protection and peace of mind."

SECURITY

1. Before you leave your house or go to bed, do a security check - particularly on doors and windows.
2. Leave a light twitched on when you go out in the evening.
3. Keep your curtains closed at night.
4. Take great care of door keys. Never leave them in "safe" places (such as under doormats or on ledges) because criminals always find them.
5. If you lose your keys or move to another home, always have your locks changed. Don't take chances.
6. Never give your keys to any one you don't completely trust - copies are easily made.
7. Have your keys ready to quickly let yourself in at night. Mark the keys so that you don't have difficulty finding the correct one, and leave an outside light switched on so that you are not in the dark.
8. Be wary of admitting strangers who ask to use your phone.
9. You can make the call for them yourself, or direct them to a public phone box.
10. If you live alone, don't advertise it.
11. Don't put your first name in the phone book or by your doorbell. Then a stranger won't know whether a man or woman lives there.

RAPE - WHAT TO DO

1. Rape and assault are serious crimes whoever commits them, whether in the home or the street, by someone known to you or by a stranger.
2. Don't be afraid to report it to the Police immediately. You can do so in complete confidence and it is vital to do so quickly in order to track down the attacker and prevent harm to other women.
3. Dial 10111 or go to the nearest Police Station - remember for your own sake and the safety of others, it is essential.
4. Don't worry about reporting the crime - you will be well-looked after and you will not be subjected to harrowing and degrading interviews.
5. Forensic evidence can provide a vital part in proving who has committed an assault. The more time that passes after the crime the more difficult it will be to collect such evidence.
6. However difficult or unpleasant the thought, resist the immediate need to wash or change your clothing - if you do, you will remove vital evidence.
7. Don't drink alcohol or take tranquillisers or other drugs because you'll need to give a clear account of what happened.
8. Remember or make a note of everything you can about your attacker.