
- Personal Safety-



Winston-Salem Police Department
presented by Community Resources Unit

Introduction

There is clear evidence that well-planned crime prevention strategies not only prevent crime and victimization, but also reduces fear and enhances quality of life for all citizens.

-Topics Covered-

- Three Basic Rules to Avoid Victimization
- Personal Safety at Work
- Personal Safety in Public Areas
- Personal Safety in Your Vehicle
- Personal Safety at Home
- Personal Internet Safety
- Responding to an Attack
- Reporting the Attack





WINSTON-SALEM POLICE DEPARTMENT

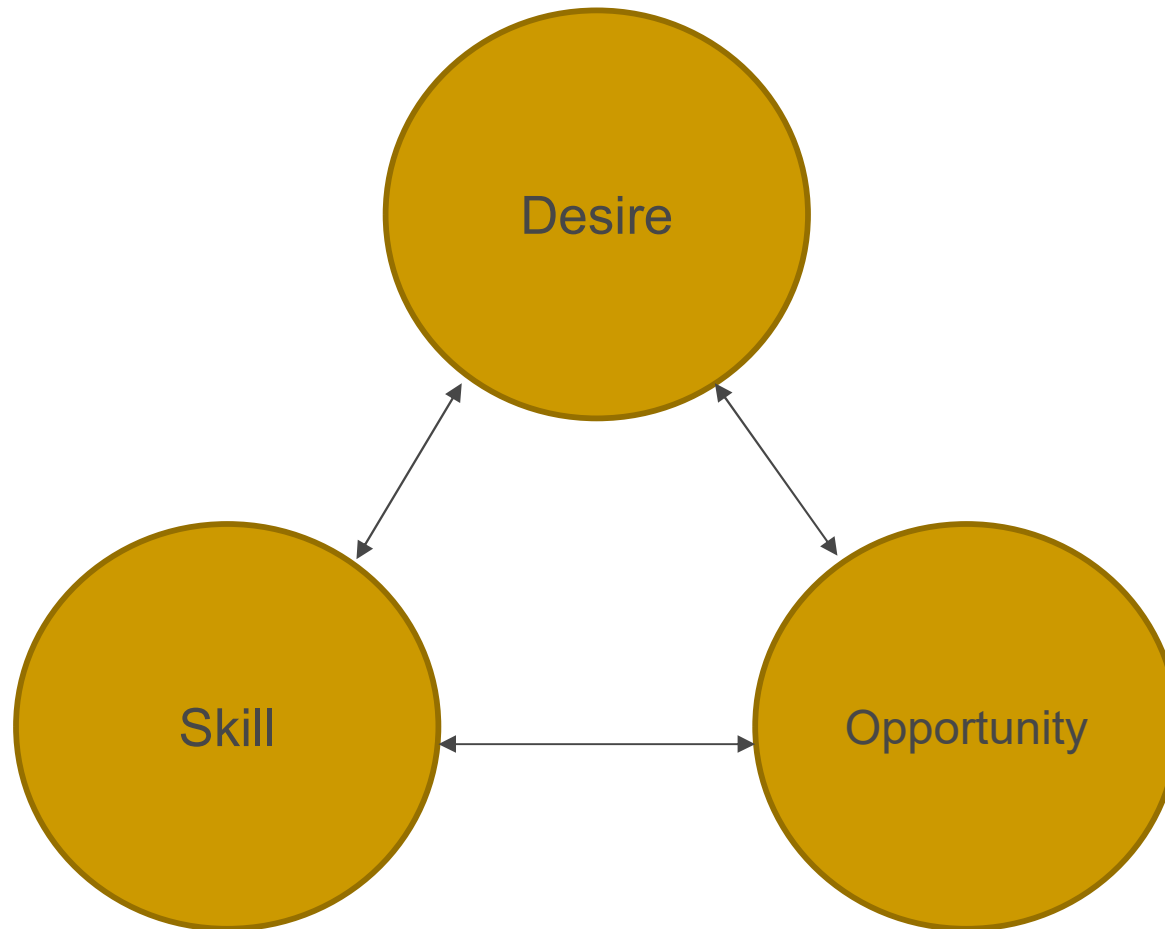
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CRIME INCIDENTS CRIME STATS - THREE YEAR COMPARISON - JANUARY THROUGH DECEMBER

	2019	2018	2017	19/18 % Chg	19/17 % Chg
PART ONE VIOLENT CRIMES					
HOMICIDE	31	26	27	19.2	14.8
RAPE	116	103	119	12.6	-2.5
ROBBERY	352	410	542	-14.1	-35.1
AGG. ASSAULT	2,181	1,863	1,683	17.1	29.6
TOTAL	2,680	2,403	2,371	11.5	13.0
PART ONE PROPERTY CRIMES					
BURGLARY	2,208	2,464	2,938	-10.4	-24.8
LARCENY	8,783	8,493	8,866	3.4	-0.9
MV THEFT	936	941	1,087	-0.5	-13.9
TOTAL	11,927	11,898	12,891	0.2	-7.5
PART ONE TOTAL	14,607	14,301	15,262	2.1	-4.3
TOTAL CRIME	14,607	14,300	15,262	2.1	-4.3

The Crime Triangle

-Three Things Needed To Commit A Crime-



The Three Rules

1 Stay Alert

- Referred to as Situational Awareness

2 Avoid Risky Situations

- No need to be a Hero

3 Trust Your Instincts

- If it does not feel right...avoid it
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Safety at Work

- Keep your work area organized and secure
- Lock valuables in desk drawer or locker
- When entering or exiting the building look for suspicious activity
- Always travel in groups
- Report all suspicious vehicles and people
- Know the location of the nearest exit



Safety in Public/Shopping

- Go in groups
- Walk in well-lit areas
- Be alert to suspicious activity
- Never carry more items than necessary
- Provide route to friend or family member
- Carry pocketbooks and briefcases securely
- Always carry identification
- Never carry more money than you are willing to lose
- Carry money, credit cards, and ID in pants pocket...separate from pocketbook
- Stay alert at ATM machines
- Carry a fully-charged cell phone
- Avoid uncomfortable situations



Personal Protective Measures

- Walk or jog in well-lighted, well-traveled routes.
- When out at night, try to have a friend walk with you.
- Never carry more than you are willing to lose



Questions



Safety in Your Vehicle



Vehicle Crash

- Safety is #1
- Check for injuries and/or danger
- Move to safety and call police
- Keep conversation constructive
- Take photographs



Parking Your Vehicle

- Park in well-lit area
 - Never leave keys inside vehicle or engine running unattended
 - Scan area before exiting
 - Remember where you parked
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Returning to Your Vehicle

- Scan the parking lot before returning
 - Try not to walk alone
 - Have your car key in your hand
 - Scan your vehicle before you enter
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Being followed while driving:

- Change direction
 - Do not become boxed-in
 - Avoid isolated areas
 - Respond to busy store
 - Call 911 from your cell phone
 - DO NOT GO HOME
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Tips for Deterring Home Burglars



Safety at Home - Statistics

- There are 2.5 Million burglaries per year, 66% of which are home break-ins
 - A burglary occurs every 13 seconds
 - According to the FBI, 65% of burglaries happen between 6 a.m. and 6 p.m.
 - 65% of burglars know their victims!
 - 85% of burglaries are committed by non-professionals
 - 65% of burglaries occur during the day to reduce the chance of someone being home
 - An average break-in lasts between 8 and 10 minutes
 - According to the FBI the average loss per burglary is \$2,416
 - In 2019 Winston-Salem had 2, 208 reported burglaries
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Most Common Items Stolen

- Cash
 - Electronics
 - Jewelry
 - Medications
 - Firearms
 - Tools
 - Identity
 - Cars
 - Bicycles
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Internet Safety



- Secure your computer
 - Avoid free screen savers
 - Avoid pop-ups
 - Lock down your wireless home network
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Questions



Responding to an Attack or Robbery

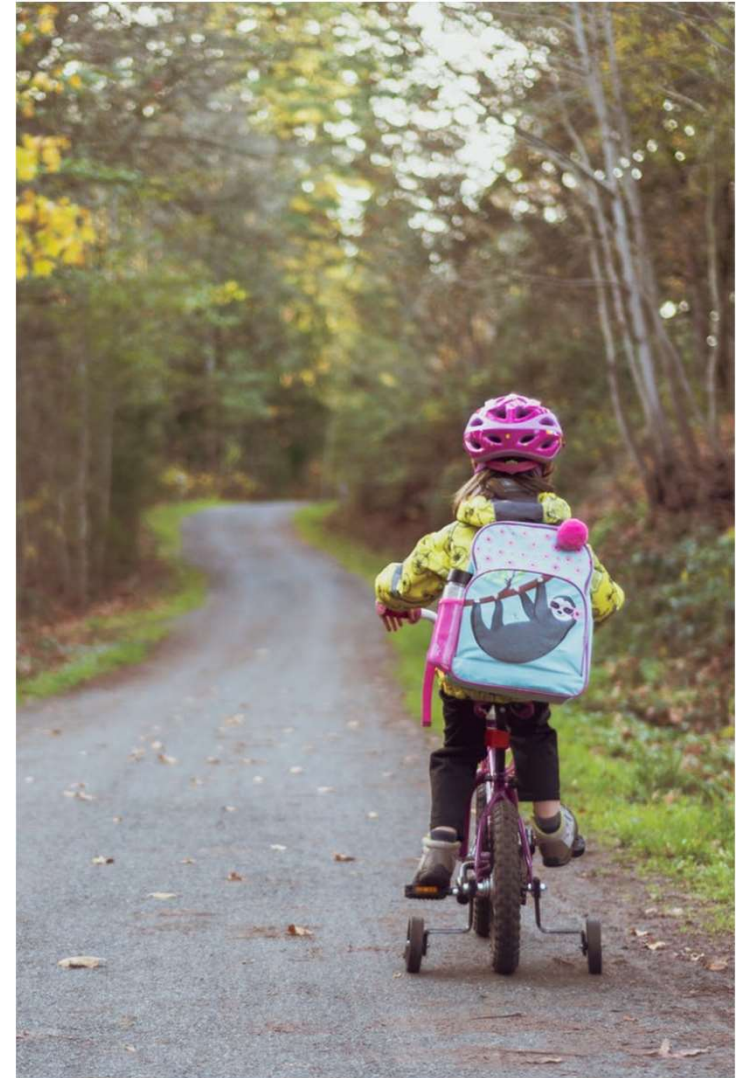
1. First, decide if you are being robbed or attacked, if you are being robbed...do not resist
2. Second, if you are being attacked...decide NOW how you are going to respond
3. Witness to an Attack or Robbery
 - Remember...**your goal is to avoid injury** -
 - Don't carry anything of value you aren't willing to lose -
 - Safety in these situations is a personal choice -
 - **Only you** can decide how to respond
 - **YOUR GOAL HERE IS SURVIVAL**

After an Attack or Robbery

- Do not feel guilty or embarrassed
 - Go to a safe place to report the crime
 - Preserve all physical evidence
 - Call the police IMMEDIATELY
 - IF needed, seek counseling...from professional or church official
 - Remember...you can do everything right and still become the victim of a crime
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SUMMARY

- Self-protection and survival are an attitude
- Knowledge breeds confidence
- Confidence is the best deterrence
- Learn to recognize and trust your instincts
- Do not become a willing victim



Questions



References

- Safewise
 - <https://www.safewise.com/blog/8-surprising-home-burglary-statistics/>
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 - <https://www.cityofws.org/539/Crime-Prevention>
 - SafeAtLast
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 - Protect America
 - https://www.protectamerica.com/home-security-blog/safe-sound/realblogging-top-10-items-stolen-by-burglars_10310
 - National Crime Prevention Council
 - <http://archive.ncpc.org/resources/files/pdf/internet-safety.html>
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