

STAYING SAFE WHILE WALKING OR JOGGING

1. Before you leave:

- Plan your route
- Notify roommates/friends of your route and what time you will return
- Know where telephones are located along your route or carry a cellular phone
- Carry identification with you ALWAYS
- Do NOT wear jewelry or carry cash
- ALWAYS wear reflective material

2. In Route:

- Be familiar with your route – know what businesses are open
- Do not use the same route day after day
- Stay alert at all times – the more alert you are, the less vulnerable you appear
- Run or walk with a partner or dog
- DO NOT wear headsets – you will be unable to hear an approaching car or attacker
- Always listen to your surroundings
- Avoid deserted streets and poorly lit areas at night
- Do not run close to parked cars or bushes
- Ignore any verbal harassment
- Be wary of a person in a car who asks for directions – stay at least an arms length away from the car
- If you think someone may be following you, change directions immediately and find a populated location
- Run AGAINST traffic
- Have your house key out and ready before you get home
- TRUST YOUR INTUITION!! -- If you think you may be in a bad situation, chances are you are right.