**3.3a Protecting yourself**

**How can people (on the street) protect themselves?**

Avoid carrying expensive items with you or large amounts of money.

Always close your bags.

Avoid leaving your personal belongings unattended.

Pay attention when you give someone (e.g. a beggar) a donation.

Pay attention when you go shopping and avoid leaving your bag unattended.

Avoid areas where it is known that crimes are frequently committed.

Take someone with you when you go shopping/go out late at night.

Take pepper spray with you.

Attend a self-defence course.

Take a cell phone with you. Ensure it is charged.

Take a pocket alarm with you.

Use well-lit and busy streets where possible.

Avoid walking alone in dimly-lit or isolated areas.

Avoid staying in places where you feel unsafe.

Be aware of your surroundings

Avoid wearing in-ear headphones as they make you less alert.

In case of emergency be loud/make noise.

If someone on the street asks for the time or directions, you can give this information to them, but keep going – do not break your stride

Take a dog with you at night or go by taxi.

Scream "fire" in public to get people's attention.

People should hold the pepper spray in their hand and not only keep it in their bag.

Avoid slowing down – it is harder to grab a walking person.

Police officers often carry guns off duty.