

# GO WITH CONFIDENCE

Avoid walking or running alone at night.  
Go walking or jogging with friends.



Don't use headphones while walking, driving, or jogging.

Always walk in well-lit areas.  
Avoid the use of short cuts.



Remain alert.  
If you feel like something isn't right or if you are uncomfortable walking through a particular area, don't doubt yourself.  
Be aware of your surroundings.

Walk with confidence.  
Look forward and take steady strides.  
Don't be afraid to make eye contact with those you pass.



After dark, keep away from large bushes or doorways where someone could be lurking.

Stay on the sidewalk.  
If a sidewalk is not available, walk against traffic (this can allow you to see oncoming vehicles).  
Always stay near the curb.



If someone in a vehicle stops and asks for directions, answer from a distance.  
Do not approach the vehicle.

If followed, go immediately to an area with lights and people. If needed, turn around and walk in the opposite direction, your follower will also have to reverse directions.



Keep your car or house key in your pocket. Select the one you will need and keep it in the ready position.  
Do not display cash openly, especially when leaving an ATM.



**REMEMBER YOUR CELL PHONE AND DOWNLOAD LIVESAFE TODAY**

