

# ADDITIONAL SAFETY TIPS

If you follow the information in this brochure, you can decrease your chances of being a victim of crime.

Unwanted persons having access to your home address can create potentially dangerous situations. Use only your business address and phone number on your luggage tags. Also, be careful when allowing others to use your cell phone. Many of us keep confidential information stored there.

Always try to take care of your banking business during daylight hours. If you must use an ATM (automatic teller machine) at night, park in a well-lighted area, have all your forms ready, and check the area for anything suspicious before leaving your car. Consider asking a friend to accompany you to the ATM.

When staying in a hotel, never give your room number to a stranger. If you think someone suspicious overheard your room number, ask the front desk if you can change rooms. Never let anyone you do not know

into your room. Lock up any valuables in the hotel safe; do not leave them in a drawer in your room. If a hotel employee knocks on your door and you did not request a hotel service, check with the front desk before letting them into your room.

No one wants to be a victim of a crime. The responsibility belongs to all of us. Law enforcement cannot do it all. We must work together to decrease the opportunity for criminals.



## DO

- Walk with a companion whenever possible.
- Walk in the middle of the sidewalk or near the curb.
- Be sure your doors and windows are locked at night.
- Check the rear seat of your car before you get behind the wheel.
- Carry a cellular phone.
- Carry a whistle in your hand when walking alone.

## DON'T

- Walk alone after dark.
- Accept a ride from a stranger—regardless!
- Pick up hitchhikers.
- Leave your house key under the door mat.
- Let strangers in your home.
- Have your license plate personalized with your first name.



This brochure provides only a small portion of the information available on personal safety. Patrol members regularly present programs on safety for women to civic groups, clubs, etc. If your group would like such a program, please contact the public information and education officer at the troop headquarters nearest you or call the Public Information and Education Division at (573)526-6115.

**Emergency Assistance**  
**1-800-525-5555**  
**or cellular \*55**

**Road Conditions**  
**1-888-275-6636**

**Sex Offender Registry Hotline**  
**1-888-SOR-MSHP**  
**(1-888-767-6747)**



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# SAFETY FOR WOMEN

## STAND UP TO VIOLENCE



Every 19 minutes in Missouri, a murder, rape, robbery, or assault occurs. Many of these crimes are against women. Educating yourself and taking steps to avoid or minimize danger could help prevent becoming a victim.

Just remember the four “A’s.”

## THE FOUR A’S

Be  
**AWARE**  
of your  
surroundings.

Be  
**ALERT**  
to any unusual  
activities.

**AVOID**  
any potential  
problem areas.

Take  
**ACTION**  
on what you  
learn.



## IN YOUR HOME

Even in the comfort of your own home, you may find yourself vulnerable to burglary, robbery, and sexual attack. The home can be bolstered to make it more secure. There are also things you can do that go a long way toward making the home a safe place, day or night.

Care should be taken when answering the door. A peephole, or doorbell camera system can be installed in the door so you can see and/or hear who is knocking or ringing your doorbell. Never open the door automatically after a knock. Require the caller to identify himself to your satisfaction.

Be leery of strangers (men or women) who come to the door requesting help or to use your telephone. They may be looking for an opportunity to burglarize your home or to do you physical harm. Don't let them inside your home! Rather, offer to summon emergency assistance or make a call for the stranger. Again, never allow a stranger into your home.

Another rule to help insure safety in your home is to stay away from the windows when you are disrobing or dressing. Close the blinds, drapes, or shades.

A woman should not advertise she lives alone. Instead of a “Miss Mary Smith” nameplate on the mailbox, use “M. Smith.”

Keep your home safe when you are away, even for a short period of time. Lock all entrances. Leave the drapes in the position you normally have them. Ask a friend or neighbor to pick up your mail and newspapers if you will be gone for more than a day. Have a radio and light on a timer to discourage intruders. Have your key ready in hand when you return home, and enter promptly.

A sad commentary of our times is that it is unsafe to walk on many of our streets — especially at night and for women alone.

### REMEMBER: AT HOME

- Be careful when answering the door.
- Require callers to identify themselves before opening the door.
- Don't advertise living alone.
- When away, keep a light on. Have your keys ready when you return.

## ON THE STREET

The best rule a woman can follow is to never walk alone at night. If you must walk alone, stay on well-lit streets as much as possible. Walk facing traffic so you can see anyone who might be driving toward you. Carry a whistle in your hand, and blow it hard if there is trouble. Always be alert. Walk with confidence, with your head up, and look around. You will seem less like an easy target to an attacker.

Purse snatching does occur. When walking, hold your purse on your side away from the street. Purses are sometimes grabbed by people in passing vehicles. Carry any purse close to your body. Hold it firmly with your hand or arm covering the clasp. Avoid dangling your purse by the strap away from your body. Make it a practice to close your purse.

Vary the route and time of your walk. This is another good preventative measure you should take to avoid being a crime victim. Someone may be watching your walking habits, so avoid establishing a routine. (For example, don't walk on the same street at the same time of day.) Again, walk with companions if possible, especially after dark. There is safety in numbers. BE ALERT!

Don't go into the “lion's den.” Avoid walking in areas that have a high incidence of crime. Stay away from these areas even if it means taking the long way to your destination.

Be aware of a stranger in a vehicle offering to give you a ride. Unless you really know the person or persons in the vehicle, refuse the “helpful” offer of a ride. If anyone tries to force you into a vehicle, scream and scream loud, then try to run to the nearest place where there are people. Always be aware of what is going on around you. BE ALERT!

Women must be cautious when traveling alone. Before getting into a car, look into the back seat to see if someone is hiding there. Have the door key in hand and enter the car promptly. Keep the windows rolled up and all doors

### REMEMBER: ON THE STREET

- Don't walk alone at night or accept rides from strangers.
- Carry a whistle and/or chemical mace (check your local ordinances).
- Scream if being forced to enter a vehicle.
- There is safety in numbers.

## IN YOUR CAR

locked as you travel. Don't leave your purse on the passenger seat; you may be inviting theft. Place your purse in the floor.

Try to stick to the major trafficways instead of side streets through questionable neighborhoods. This is especially true when driving at night. Try to avoid the curb lane when you stop at intersections. If someone approaches your car and attempts to get in, drive off, but watch for other cars and for pedestrians. Use commercial parking facilities whenever possible; otherwise, park in a well-lit area.

Be aware of unusual traffic crashes or persons approaching your vehicle. If the situation or persons look suspicious, be cautious. It may be a car-jacking or a bump-and-rob situation. Make sure you have enough gas (a half tank or more) in your car and have your tires, oil, and water checked periodically to prevent a possible breakdown. Car breakdowns make women easy targets. Inspect or have your car checked at least every six months.

Be sure you have a properly inflated spare tire; also know how to change a tire if help is not available. You can drive on a flat tire, however, if you find yourself in a dark, unfamiliar area, it is better to drive to a safer, lighted area to change your tire.

If your vehicle does break down, stay inside. You are safer inside your vehicle than outside. If you see a stranded motorist, do not stop. Drive to the nearest telephone or use your cell phone to call for help.

If you are stopped by a law enforcement officer and you are suspicious, keep your doors locked and only roll down your window far enough to communicate. You can ask to see an officer's identification if you do not recognize the officer's uniform. If you are driving along a dark stretch of road when stopped by an officer, you may drive a short distance to a better lit or more populated area to stop.

### REMEMBER: IN YOUR CAR

- Check the back seat of your car before entering.
- Avoid the curb lane; keep doors locked.
- Don't get out of your car in an emergency stop.
- Don't pick up hitchhikers.