



Lab AA-2 Personal Safety Checklist

Are you doing all you can to protect yourself from violence and intentional injuries? Put a check next to those statements that are true for you and fill in the requested information.

At Home

- ___ My home has good lighting.
- ___ Doors are secured with effective locks (deadbolts).
- ___ All unused doors and windows are securely locked.
- ___ I always lock all windows and doors when I go out.
- ___ I have a dog and/or post "Beware of Dog" signs.
- ___ Landscaping around the home doesn't provide opportunities for concealment.
- ___ Keys are hidden in a secure, nonobvious place.
- ___ I do not give anyone the opportunity to duplicate my keys.
- ___ The front door has a peephole.
- ___ I do not open my door to strangers or allow them into my home or yard.
- ___ I ask to see ID or call to verify that repair and utility workers are legitimate.
- ___ I use my initials in phone directory listings.
- ___ My answering machine message does not imply that I live alone or am not home.
- ___ Everyone in the household knows how to call for help.
- ___ My neighbors and I have a system for alerting one another in case of an emergency.
- ___ I participate in a neighborhood watch program.

On the Street

- ___ I avoid walking alone, especially at night or in less-populated areas.
- ___ I dress in clothing that allows freedom of movement.
- ___ I walk purposefully, in an alert and confident manner.
- ___ I walk on the outside of the sidewalk, facing traffic.
- ___ I check routes to my destination before leaving so as not to appear lost.
- ___ I never hitchhike.
- ___ I carry valuables in a secure or concealed location.
- ___ I have my keys ready when I approach my vehicle or home.
- ___ I carry change for a telephone call, fare for public transportation, and a whistle to blow if I am attacked or harassed.
- ___ I keep alert for suspicious behavior.
- ___ I keep at least two arms' lengths between myself and strangers.
- ___ I know what to do if I feel threatened or if someone grabs me: _____

In My Car

- ___ My car is in good working condition.
- ___ I carry emergency supplies in my car.
- ___ I keep my gas tank at least half full.

(over)

LAB AA-2 (continued)

- ___ When driving, I keep doors locked and windows rolled up at least three-quarters of the way.
- ___ I park my car in well-lighted areas or parking garages.
- ___ I lock my car when I leave it.
- ___ I check the interior of my car before unlocking it and getting in.
- ___ I don't pick up strangers. If I see a vehicle in distress: _____

- ___ I note the location of emergency call boxes, or I have a cellular phone in my car.
- ___ I use caution if my car breaks down: _____

- ___ When I stop at a light or stop sign, I stop far enough behind the car in front to allow room to maneuver in case of emergency.
- ___ I use caution if I am involved in a minor crash or bumped intentionally: _____

- ___ I do not get into arguments with drivers of other vehicles.

On Public Transportation

- ___ I wait in populated, well-lighted areas.
- ___ I sit near the driver or conductor.
- ___ I sit in a single seat or an outside seat.
- ___ I check routes and times in advance, and confirm before boarding that the bus, subway, or train is bound for my destination.

On Campus

- ___ Door and window locks are secure.
- ___ Halls and stairwells have adequate lighting.
- ___ I do not give dorm or residence keys to others.
- ___ I keep my door locked.
- ___ I do not allow strangers into my room.
- ___ I do not walk, jog, or exercise alone at night.
- ___ I use campus escort services or walk with friends.
- ___ I know the areas that security guards patrol and, if possible, I stay where they can see or hear me.

Your answers here can help you identify behaviors that you should change. Consider planning a behavior change activity to alter one or more of your risky behaviors.