



Personal Safety

How can I protect myself?

You don't necessarily need physical strength, agility, speed or expensive security devices. You do need to be alert, cautious and self-confident.

Have a plan

- Be prepared.
- Awareness is the key to your safety.
- Vary daily routines; avoid predictable patterns.
- Stay alert and use good judgment by knowing whom and what is around you at all times.

Street Precautions

- Always be alert to your surroundings and the people around you.
- Let someone know where you are going and the time you will return.
- Avoid walking alone at night and use well-lit routes.
- Make eye contact with people when walking.
- Carry a personal safety alarm or cell phone.
- Be aware of your increased vulnerability when wearing headphones.
- Be assertive when it comes to your personal safety.
- If you believe you are being followed, stay calm and continue walking. Cross the street, change your pace, and seek a safe place.
- Trust your instincts and act on them.

Celebrations

- Organize safe transportation to and from the venue before going out.
- Stay with your friends and look after each other.
- Set a drinking limit for yourself and stick to it.
- Keep control of your drinks and always get your own.

In your vehicle

- Always have your keys in your hands when walking toward your vehicle.
- Before getting into your vehicle check underneath and in the back seat.
- Always park in well-lit areas and avoid sitting in your automobile for any length of time.
- When driving always keep doors locked.
- If you feel you are being followed, drive to the nearest police station or populated area and summon assistance. Get a good description of the vehicle, license number and if possible the driver.
- Never pick up hitchhikers.

The Bismarck Police Department wants you to be safe. By practicing personal safety, you will reduce the opportunities criminals look for when targeting a crime victim.