

GOOD HABITS

Levels of Awareness

- White (oblivious)
- Yellow (constantly scanning)
- Orange (heightened awareness)
- Red (prepared for action & ready to fight of flee)
- Black (overwhelmed, tunnel vision)

Intuition

- Pay attention to your “gut” feelings
- Intuition/hunches are based on life experience
- Don't be afraid of overreacting, asking for help, or even calling 911

Be a good witness

- Practice observing and describing people and cars
 - People- top to bottom, outside to inside, uniqueness (tattoos, scars)
 - Cars- color, year, make, body, accessories, license plate, state
- Note suspicious people

ADDITIONAL TIPS

Use the self-assessment to determine how to better a situation, and to determine your strengths.

- Are you're a fighter, an actor, or a negotiator?
- How can you use this in an emergency?
- Don't be scared to throw your manners out the window.
- Always be sure to surrender property, not yourself.
- How far would you be willing to go to protect yourself? Would you be willing to hurt another person in self-defense?
- Plan ahead to avoid freezing up- be aware of complacency.
- Don't over- estimate your abilities.
- Know your Legal rights- RCW 9A.16.020

IMPORTANT NUMBERS

Dispatch (Non-emergency)...704-2740

OPD Main Office.....753-8300

Tumwater PD Main Office...754-4200

Thurston Co Sheriff's Office..786-5500

Lacey PD Main Office.....459-4333

Crime Stoppers.....493-2222

Crisis Clinic.....586-2800

Olympia Police Department
Police Community Programs
900 Plum St SE
Olympia, WA 98501
Phone: 360-753-8049
Email: astull@ci.olympia.wa.us



The City of Olympia is committed to the non-discriminatory treatment of all persons in employment and the delivery of services and resources.

OLYMPIA POLICE DEPARTMENT

COMMUNITY PROGRAMS



PERSONAL SAFETY TIPS

Personal Security should be a priority for everyone, big or small, strong or weak.

Don't be paranoid, just be prepared.

Plan and practice for what you hope will never happen.

~Here are some areas to pay particular attention to~

INSIDE YOUR HOME

- Keep doors, windows, garage locked
- Know where all keys are and keep them in a safe place
- Make sure the front door has a peep hole
- Don't open the door to strangers
- Use light timers, radios, and T.V. to provide a lived-in look at all times
- Have keys ready before getting to the front door upon entrance
- NEVER ENTER YOUR HOME IF SOMETHING IS WRONG (open door, window, lights on or off, strange car in drive way, or anything different from how you left it.)

ON THE PHONE

- Only use first initial and last name in the directory.
- Don't list your address in the phone book.
- Don't record an answering machine message that indicates you're away.
- Never give our personal information.
- Report obscene phone calls to police and follow the directions in the phone book to capture phone number (*57)

WALKING

- Never walk alone
- Always be aware (yellow)
- Appear confident and walk at a steady pace.
- Plan your route in advance to stay in well-lit and populated areas.
- Keep hand on purse or avoid carrying one.
- Keep keys in hand and between your fingers.
- If attacked – YELL, What will you yell?

DRIVING

- Maintain your vehicle.
- Carry a cell phone.
- Park in well lit areas and lock your car.
- Have key ready when returning to car.
- Check inside before entering.
- Drive with your doors locked.
- If you get a flat, make sure you are stopping a safe area to fix it.
- Never pick up hitch hikers.
- Don't stop for stranded motorists; instead use your cell phone to call for help.
- If you are followed, call 911 on your cell phone, stop at a place that is open 24 hours, and try to make a scene.

PARKING LOTS OR GARAGES

- Park as close to entrances or elevators as possible.
- Check the area before exiting your vehicle.
- Check your vehicle before getting in when leaving.
- Keep all valuables that you leave in the car out of sight.
- Have your keys ready before you get to the car.
- Ask for an escort if at all possible.