

ADULT SAFETY - PERSONAL SAFETY



Exercise your right to safety, we all have the right to be safe.

While it is important you are aware of and exercise this right, be mindful that you also have responsibility for your own safety. Adopting practical safety strategies can help reduce the risk of victimisation and assist you to respond effectively should your safety be threatened.

Keep fear of violence in perspective

Many people have a fear of crime that is disproportionate to the actual risks they face. This can result in unnecessary limitations being placed on their lifestyle and a diminished quality of life. Your own sense of safety and comfort should be your guideline. It is important to be aware of safety risks and practical strategies to minimise risk.

For example, did you know:

Women are more likely to be physically or sexually attacked by someone they know, often within the home.

Men are more likely to be physically assaulted by someone they don't know, often at licensed premises or in a public place.

The likelihood of being a victim of personal violence significantly decreases with age (from the age of 19 years for females and 29 years for males).

Ensure that your safety network and the contact details are always kept up to date.

Be committed

Being committed to your safety is fundamental to maintaining it.

Many people have a strong commitment to preserving the safety of their loved ones, often willing to take any action if those people are in danger but lack the same level of commitment to their own safety.

Be confident

Display an air of confidence, even if it is a bluff. Attackers target vulnerability. The more confident you look the less likely you are to be attacked.

Body language can convey our thoughts reflecting confidence or fear. Stand tall with your head up, shoulders back, walk with a purpose and make brief eye contact with passers-by. Try to appear comfortable in your surroundings.

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Be aware of your surroundings

Continuously surveying your surroundings in a relaxed, positive manner can alert you to potential danger, enabling you to take action to avoid it. An awareness of your surroundings will also help you identify places or people who may provide assistance, if needed.

Trust and act on your instincts

Your instincts are sound. If you pick up a bad feeling from someone, or if you feel a sense of threat or danger, trust your instincts and remove yourself from the source of potential danger. This could mean walking or running away or leaving the party or nightclub and going to a place where you feel safe.

Be assertive

Assertiveness is about using direct and honest communication that demonstrates self-respect and respect for others. By communicating assertively in everyday situations, you are indicating to others that you will stand up for yourself and therefore do not present an easy target for potential offenders.

Develop a safety network

Consider developing a safety network of trusted people who are easily contactable and can provide support and advice if you have a problem or if you are concerned for your personal safety. Your network may include friends, relatives, neighbours, work colleagues, community groups and police.

Consider keeping the details of these contacts in a book/diary in addition to any electronic device, i.e. mobile phone or tablet, in case the device is not available in an emergency.

Have a personal safety plan

A personal safety plan is comprised of safety strategies chosen by you to suit your lifestyle and abilities.

It involves adopting simple preventative strategies (e.g. being aware of your surroundings and adopting positive body language) to reduce the risk of victimisation as well as strategies to respond effectively should your safety be threatened (e.g. calling for help, removing yourself safely from the threat/danger or, if necessary, physically defending yourself).

Source: <https://www.police.qld.gov.au/safety-and-preventing-crime/personal-safety/adult-safety>



PROTECT YOUR HOME

Good home security can be achieved by following these key principles:



- Make it easy for an offender to be seen
- Make it difficult for an offender to gain entry
- Make it difficult for an offender to exit with your property
- Make it difficult for an offender to gain benefit from your property.

MAKE YOUR HOME THE TOUGHER TARGET BY MAKING IT:

☺ Harder for thieves to get in (LOCK everything even when you are at home)

☺ Harder to get out (if they do get in, make sure it's difficult for them to have an easier way out by making sure windows are locked/doors deadbolted)

☺ Harder to get rid of your property (photograph valuables, engrave with your personal ID number - your initials/your full birthdate/ Q for Queensland, use UV pen, mirodots)

☺ Install reliable security screen doors on main external entrances

☺ Remember to actually key lock your security doors and remove the key from the lock

☺ Fit deadlocks on all external doors

☺ When moving in to your home or apartment, install new locks on entrance doors

☺ Never leave notes that indicate your absence

☺ Always take your door key with you, do not hide it, and never put your name and address on

your key ring

☺ Get to know your Neighbours

☺ Observe and report suspicious activity

☺ Keep foliage trimmed back around your property so others can view suspicious activity

☺ Consider installing an alarm system and security camera system that covers all external doors, windows and garage. Ensure the system is installed to Australian Standards for domestic applications.

☺ Always ensure car and house keys, mobile phones, handbags and wallets are stored out of sight.

☺ Lock away items of value such as bikes, lawn mowers and garden implements such as ladders. Always keep your garage or shed door closed and locked with a key

☺ Consider installing perimeter security lighting including sensor lights.

To conduct your own Home Security Assessment please head over to:

<https://www.police.qld.gov.au/safety-and-preventing-crime/home-and-multi-residential-security> OR SCAN QR CODE BELOW





MAKE YOUR VEHICLE LESS ATTRACTIVE TO OFFENDERS

- Vehicles should be left locked with the windows up
- Valuables should be kept out of sight
- Where possible, park in a well-lit, highly visible area
- Where possible, use off-street, or secure parking



Anti-theft ONE-WAY screws can be fitted to your number plates FREE of charge by local Crime Prevention Officers

Phone Crime Prevention on (07) 3872 1542 at Ferny Grove Police Station to arrange an appointment.

One way screws are a replacement screw that are attached to the number plate of the vehicle.

The beauty of this screw is they go on with a standard screw driver but their unique design requires a special tool to remove them, making it near impossible for the average thief to steal them from a car.

Only Police have the special screw driver attachment to remove these screws should someone need to remove their plates.



QPS are encouraging the registration of private CCTV systems located in the Brisbane Inner West Patrol Group in order to prevent crime and make the community safer. Knowing the location of established CCTV systems within the community will maximise the efficiency of investigative resources and minimise the loss of potential evidence. Locating cameras can be time consuming and resource intensive but is considered crucial, particularly in the case of serious investigations.

JOIN US TO HELP
PROTECT THE
COMMUNITY

