

Safety tips for rape prevention

The Jamaica Constabulary Force has released a series of tips to protect persons from being victims of rape.

Be aware of the possibility of being raped ... it could happen to you. **Safety at Home** Replace or rekey locks when you move into a new home or apartment. Install a door viewer and a one-inch deadbolt lock and use them. Look before opening your door to anyone. Keep doors locked at all times and instruct children to never open your door to anyone. Require all strangers to show identification. Secure your car and home. Keep a large flashlight and some cash in your car. The flashlight can be used as a light or weapon. Always keep your doors and windows locked and evaluate the effectiveness of the locks. Never open your door to a stranger and never tell them you are alone. Avoid unsafe situations and strangers. If you are being followed, go to the nearest police or any place where several people will be (stores, gas stations, etc.) Walk in groups at night. Flee if you are in a potentially dangerous situation. Yell or scream to attract attention. Carry a whistle that will make a loud noise. Think! Keep using your mind to think of alternative actions for escape. You are responsible for your own safety. Call your local police department and set up a schedule for a police personnel to speak to your employees or community members. Don't let a stranger inside your home to use the phone. make the call for him. Never admit that you or a neighbour is home alone. Women living alone should use only initials on mailboxes and in telephone listings. Leave outside lights on at nights, and keep lights on in more than one room. If you receive an obscene phone call hang up don't react. **Safety Tips While Walking** When possible, avoid walking alone. Walk with someone or walk in areas where other people are near. Stay in well-lit areas, away from alleys, bushes and entry ways. Avoid shortcuts through parks, vacant lots and other deserted places. Don't hitchhike or accept rides from strangers. Walk facing oncoming traffic. If the need arise you can move fast. If a driver stops to ask you directions, avoid getting near the car. If you are being followed, go to the nearest business or residence for help. If you are harassed by the occupants of a car, simply turn and walk the other direction. The driver will have to turn around to follow you. Hold your purse close, not dangling, and avoid carrying extra money or valuables on your person. When you return home, have your door key ready so that you can enter without delay. **ABOVE ALL, BE AWARE OF THE PEOPLE AROUND YOU. BE AWARE OF YOUR SURROUNDINGS AND THE TOTAL ENVIRONMENT.**