RISK AWARENESS AND SAFETY TIPS

PLAN AHEAD

- Know your route and where to get help if needed.
- Carry a **whistle** or **pepper spray** on you. Have an emergency number programmed in your phone.
- **Vary your routines** (different routes home, arrive/leave work at different times).
- After dark - **go with a buddy**.
- Have your car or house keys in hand before stepping outside.
- Park your car in a **well lit and high traffic areas**, near an exit if possible.
- Dress for your environment and avoid drawing attention to expensive items (phones, jewelry, etc.).

SITUATIONAL AWARENESS

- Take note of who and what is nearby, **observing actions**. Maintain a large personal space when alone.
- **Avoid distractions** such as listening to music or talking on your phone while walking.
- Never use both earbuds/headphones while in public.

TRUST YOUR INSTINCTS

- If a situation "doesn't feel right," **get out immediately.**
- Perpetrators will go to great lengths to get you to drop your guard.
- **Say no** or make up an excuse to leave. This is better than staying in a potentially dangerous situation. You can explain tomorrow.
- Be wary of overly friendly people and note anyone who might be eavesdropping.

GO STRAIGHT TO THE POLICE

- If you believe you are in danger, **Call 9-1-1.**

STAY IN TOUCH

- **Communicate regularly** with family and friends to let them know your plans.
- Be someone who checks in on your friends, and ask them to **check in** on you.
- **Share** your phone's location with a family member or trusted friend.

MINIMIZE YOUR ONLINE FOOTPRINT

- Restrict social media posts to **"Friends only"** to avoid sharing personal details with strangers.
- Never post details of where you are going and when.
- If traveling for an extended time (work or vacation), do not announce that you are away from home - this informs perpetrators that it is unattended.
- Post the photos **AFTER** you are back home!

HOW TO HANDLE AN ATTACK

- First, **avoid trouble**. Run if necessary.
- Look for objects you can use for self defense. Find something to hold on to if you are being pulled (door, railing, shopping cart).
- Do whatever you can to prevent being taken from the scene (cause a scene, yell **"FIRE",** run, etc.)
- Be **ready to fight** for your life.

HELP SUPPORT LINES

Emergency	**Call 9-1-1**
National Human Trafficking Hotline	**Call: 1-888-373-7888 Text: 233733**
Kids Help Phone	**Call 1-800-668-6868 Text 686868**
First Nations and Inuit Hope for Wellness Help Line	**Call 1-855-242-3310**
Canada Suicide Prevention Service	**Call 1-833-456-4566 Text 45645**

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ABORIGINAL ALERT
CANADA'S INDIGENOUS AWARENESS NETWORK