

PREVENTIVE MEASURES CHECKLIST

There are a number of things we can do to protect ourselves when we are out walking, riding, or driving. Read the preventive measures below and put a check mark in the box that describes how frequently you practice each of them.

	ALWAYS	USUALLY	SOMETIMES	NEVER
Walk with friends, not alone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walk in areas where there are other people and stay in public view	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plan my route in advance and let a parent or care-giver know where I'll be	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stay alert and walk with confidence; do not appear timid or lost	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Know "Safe Zones" along my route—places like police or fire stations, post offices, friends' homes or stores where I can go for help	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid alleyways, vacant lots, empty buildings or other isolated places	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid high crime areas, especially after dark	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid bank ATMs that are out of public view; use no ATMs after dark	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PREVENTIVE MEASURES CHECKLIST (CONTINUED)

	ALWAYS	USUALLY	SOMETIMES	NEVER
When taking the bus or subway:				
♦Use bus stops or subway stations that are well-lit and busy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
♦Sit right by the driver or an exit				
♦Keep an eye on who gets off at my stop				
When driving, park near the entrance to parking lots and only in well-lit areas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hold book-bags or purses close to my body so they are not dangling by their straps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid any clothing or footwear that makes it difficult to move quickly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid expensive-looking clothing or jewelry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoid clothing that resembles gang attire	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Say "no" to peer pressure:				
♦To use alcohol or other drugs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
♦To join a gang				
♦To shoplift, commit vandalism or other crimes				
♦To get involved in sexual intimacy				

If all your check marks are in the "Always" and "Usually" boxes, you already score well on self-protection. If you marked more categories as "Sometimes" or "Never", your preventive measures need some work. Practice these street-smart skills so that they become an everyday habit—that's the way to be street-wise and safe.