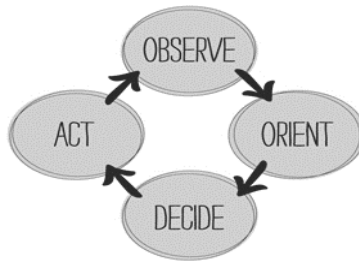


How to Stay Safe

How to Walk Safely at Night

- *Plan your route*
- *Let a friend know your plans*
- *Always carry your phone*
- *Avoid suspicious people, and areas*
- *Keep your hands free*
- *Carry a non-violent deterrent i.e. whistle, etc.*
- *Wear reflective clothing*
- *Remove any distractions (always keep one ear clear to hear sounds around you)*
- *Trust your instincts ("if it doesn't feel right ...")*



Situational Awareness

- *Assess your surroundings for potential threats*
- *Be aware of what should be normal in your situation / space*
- *Identify and gauge the danger of elements around you*
- *Use your imagination to plan for different situations*



Guilford College Department of Public Safety

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