

If you are approached by Someone

- Give up your money, wallet, jewelry, shoes, or whatever else is asked for. They are not worth losing your life over.
- Try to remember what the subject looked like: race, height, weight, identifying marks, tattoos, weapons, etc.
- Try to remember the manner and direction of escape: on foot or vehicle description—make, model, color, plate, etc.

If you are the victim of any crime, call the police immediately.



Community Policing Unit

333 S. Livingston Ave.
Livingston, NJ 07039

Phone: (973) 992-3000 ext. 3600

Livingston Police
Department

Personal Safety



Community Policing Unit

(973) 992-3000 extension 3600

Tips to help prevent you from becoming a victim of a crime

The S.A.F.E. Approach

- Stands for
 - **Secure**
 - **Avoid**
 - **Flee**
 - **Engage**

Secure

- You should secure your home, your vehicle, your telephone and yourself.
- Secure your home
 - All doors and windows should be secured.
 - Exercise good key control.
 - 190 degree peephole viewer should be installed in exterior door.
 - Do not open door to strangers, ask for ID from any workers that you did not call to your home.
 - Use adequate interior/ exterior lighting.
- Secure your vehicle
 - Park in well lit areas.
 - Your car should be locked at all times, even at home or in the garage.
 - Always check the back seat before getting in.

- When approaching your car, have the keys out and ready.
- Keep the doors locked and windows rolled up while driving.
- If you are being followed, drive to a police station, fire station, open gas station, or other occupied place and blow horn until help arrives.
- Secure your telephone
 - Be aware that “wrong numbers” may be a burglar checking to see if anyone is home.
 - Do not give any personal information over the phone.
 - Be aware that many scams are perpetrated over the phone. If you are suspicious of a caller, ask for the telephone number of their organization and state that you will call them back.
- Secure yourself
 - When walking, stay alert, walk with confidence and direction. Use high pedestrian/traffic areas—criminals do not want witnesses.
 - Be cautious of areas where people can hide: alleyways, shrubbery and parked cars.
 - If you are walking and are approached by someone in a vehicle, reverse direction, and, when safe, cross the street.
 - Do not look like a victim
 - Make eye contact

- Keep good posture
- Use assertive body language
- Avoid wearing headphones – it gives the impression that you are less aware.

Avoid

- Avoid any circumstances/ situations which might leave you vulnerable to an attack.
- Avoid high crime areas.

Flee

- Flight is the better alternative to being attacked.
- Drop packages and kick off dress shoes, if necessary, to run away faster.
- Do anything to attract attention.

Engage

- The victim has the option to physically and or psychologically engage the attacker.
- If physically resisting the aggressor, the most vulnerable places are the eyes, throat, knees, instep, fingers, nose, groin, ankles and toes. These are areas to which a well-placed and forceful blow can be very painful.

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