

Name _____ Section _____ Date _____



WELLNESS WORKSHEET 120

Personal Safety Checklist

Are you doing all you can to protect yourself from violence and injuries? The following list of statements relate to intentional injury incidents that can occur in a variety of settings. Put a check next to those statements that are true for you and fill in the requested information.

At Home

- ___ My home has good lighting.
- ___ Doors are secured with effective locks (deadbolts).
- ___ All unused doors and windows are securely locked.
- ___ I always lock all windows and doors when I go out.
- ___ I have a dog and/or post "Beware of Dog" signs.
- ___ Landscaping around the home doesn't provide opportunities for concealment.
- ___ Keys are hidden in a secure, nonobvious place.
- ___ I do not give anyone the opportunity to duplicate my keys.
- ___ The front door has a peephole.
- ___ I do not open my door to strangers or allow them into my home or yard.
- ___ I ask to see ID or call to verify that repair and utility workers are legitimate.
- ___ I use my initials in phone directory listings.
- ___ My answering machine message does not imply that I live alone or am not home.
- ___ Everyone in the household knows how to call for help.
- ___ My neighbors and I have a system for alerting one another in case of an emergency.
- ___ I participate in a neighborhood watch program.

On the Street

- ___ I avoid walking alone, especially at night or in less-populous areas.
- ___ I dress in clothing that allows freedom of movement.
- ___ I walk purposefully, in an alert and confident manner.
- ___ I walk on the outside of the sidewalk, facing traffic.
- ___ I check routes to my destination before leaving so as not to appear lost.
- ___ I never hitchhike.
- ___ I carry valuables in a secure or concealed location and take special care at ATMs.
- ___ I have my keys ready when I approach my vehicle or home.
- ___ I carry change for a telephone call, fare for public transportation, and a whistle to blow if I am attacked or harassed.
- ___ I keep alert for suspicious behavior, and I keep at least two arm lengths between myself and strangers.

(over)

WELLNESS WORKSHEET 120 — continued**In My Car**

- My car is in good working condition.
- I carry emergency supplies in my car.
- I keep my gas tank at least half full.
- When driving, I keep doors locked and windows rolled up at least three-quarters of the way.
- I park my car in well-lighted areas or parking garages.
- I lock my car when I leave it.
- I check the interior of my car before unlocking it and getting in.
- I don't pick up strangers.
- I note the location of emergency call boxes, or I have a cellular phone in my car.
- I use caution if my car breaks down or if I am involved in a minor crash or bumped intentionally.
- When I stop at a light or stop sign, I stop far enough behind the car in front to allow room to maneuver in case of emergency.
- I do not get into arguments with drivers of other vehicles.

On Public Transportation

- I wait in populated, well-lighted areas.
- I sit near the driver or conductor.
- I sit in a single seat or an outside seat.
- I check routes and times in advance, and confirm before boarding that the bus, subway, or train is bound for my destination.

On Campus

- Door and window locks are secure.
- Halls and stairwells have adequate lighting.
- Dorm doors are not left unlocked or propped open.
- I do not give dorm or residence keys to others.
- I keep my door locked.
- I do not allow strangers into my room.
- I do not walk, jog, or exercise alone at night.
- I use campus escort services or walk with friends.
- I know the areas that security guards patrol and stay where they can see or hear me if possible.

Your answers here can help you identify behaviors that you should change. Consider planning a behavior change strategy to alter one or more of your risky behaviors.