

SAFETY TIPS FOR KIDS

- Do not accept gifts, candy, or rides from strangers.
- Do not talk to strangers.
- Children should be encouraged to talk with their parents if they ever have a problem, not only with a stranger, but also with a friend or relative.
- Use a safe, well-traveled route to and from school. Isolated areas should be avoided.
- Teenage baby-sitters should not accept jobs from people they do not know, or who have not been referred by people they know.
- Never open your door to a stranger.
- Never admit that you are home alone.
- Be sure a parent or guardian knows where you are going. If plans change, check in.

BE SAFE AT PARTIES

- Never leave your drink unattended.
- Do not accept a drink from a stranger, new acquaintance, or someone you do not fully trust.
- Use the buddy system, plan ahead, and look out for each other.
- Know your limits and communicate them clearly.
- Think before you drink or use drugs; they lower your ability to reason.
- Speak up if you feel uncomfortable; don't be afraid to make a scene.

SAFETY TIPS FOR DATES

- Trust your instincts.
- Guard your identity; don't give out personal information until you are comfortable.
- You have the right to say no.
- If you meet online, do not make a date until you talk on the phone first. A phone conversation may give more of an opportunity to pick up clues to potential problems.
- On a first date, meet at a public location.
- On a first date or blind date, drive yourself so you have the ability to leave on your own if problems arise. Also your date will not know your home address.
- If you don't wish to see your date again, be honest and tell them firmly in a considerate way.
- Carry a cell phone.
- Be aware of your surroundings!



There is safety in numbers. If this is a first date or a blind date, go with a group of people.



INTERNET SAFETY

- Never give out identifying information, such as your home address or phone number online.
- Parents, become computer literate and learn how to block objectionable material.
- Make going online a family activity. Spend time with your children while they're on the internet.
- Remember that everything you read online may not be true and that people online may not be who they seem/
- Remember that nothing you write on the internet is completely private, including e-mail.
- Never open and always delete unknown e-mail attachments.
- If a meeting is arranged, make the first one in a public spot. Be sure to let someone know where and when you are meeting and with whom you are meeting.
- Never allow a child to arrange a face-to-face meeting with another computer user without parental permission.

SAFETY WHILE DRIVING

- Lock your doors as soon as you get in and keep them locked.
- While walking to your car, look under the car and around the car.
- Before entering your car, look into the back seat and on the floor board.
- Always have your keys ready to unlock the car door and enter without delay. Have them in your hand before leaving the building.
- Never walk across the parking lot digging in your purse or talking on a cell phone.
- Travel on well-lit, busy streets and avoid isolated back roads and short cuts.
- If you are being followed, drive to the nearest open business, police or fire station for help.
- Never leave your house keys with your car keys at a service station or parking lot.
- Never stop to aid a stranger in a stalled vehicle. Call 911 for them.
- If you have car trouble, raise the hood, and stay in your vehicle. When someone approaches, roll the window down just enough to talk and ask to use their cell phone if you don't have one.
- Park in a busy, well-lit areas. Make sure all the doors are locked and all valuables are out of sight.
- If being pulled over by a policeman, stop at a well-lit area and do not roll your window down until you read their badge. If in doubt, call 911 on your cell phone and tell them your fears, or drive directly to a police station.

WHEN WALKING

- When possible, avoid walking alone. Walk with someone, or walk in areas where other people are nearby.
- Stay in well-lit areas away from alleys, bushes, and entryways. Avoid shortcuts.
- If a driver stops to ask you directions, avoid getting near the car, use the one-arm-length rule.
- If you are being followed, go to the nearest business or residence for help.
- Hold your purse close, not dangling, and avoid carrying extra money or valuables on your person.
- When you return home, have your door key ready so that you can enter without delay.
- Walk with confidence, keep your head up and walk like you own the sidewalk.
- Don't be afraid to make eye contact, it helps you to appear self-confident.
- Trust your instincts.
- Carry a cell phone if possible.
- Let a friend or family member know where you are going, when you will arrive, and when you will return.
- If you are using headphones, keep the volume down so you can still hear what is going on around you.
- Always know where you are and how to get back home.



FOLLOW US ON SOCIAL MEDIA.

BE SAFE AT HOME

- Install a door viewer and a one-inch deadbolt lock and use them.
- Always replace or re-key locks when you move into a new home or apartment.
- Install a good quality lock on your bedroom door.
- Install a telephone in the bedroom or keep a cell phone next to your bed.
- If a utility worker comes to the door, check ID through peep-hole or window. If still unsure, call the utility company.
- Show no signs of predictability by allowing certain lights to remain on in your home no matter whether you're at home or away.
- Never allow a stranger into your home to use your telephone. Instead, tell them that you'll make the phone call for them.
- Never admit that you or a neighbor are home alone.
- Leave outside lights on at night, and keep lights on in more than one room.
- Keep bushes and trees around your house trimmed back for a clear line of view.
- Keep doors locked at all times and instruct your children not to open the door to strangers.
- Do not hide a house key outside.
- Know your neighbors so you have someone to call or go to if you feel uncomfortable or frightened.

WOMEN'S SERVICES IS
A PARTNER AGENCY
OF THE WESTERN
CRAWFORD COUNTY



ABOUT US

Women's Services began in the late 1970's through the efforts of a small group of concerned men and women with a mission "to meet the needs of women and their children in Crawford County by sponsoring, facilitating, and developing programs that meet those needs". Women's Services began as a local grass roots task force under the direction of the Crawford County Drug and Alcohol Commission. In 1977, the task force organized as an independent organization, thereafter known as Women's Services, Inc.

ALL OF OUR SERVICES ARE PROVIDED
FREE OF CHARGE AND ARE CONFIDENTIAL.

MISSION STATEMENT

Women's Services, Inc. strives to meet the needs of the children and adults of Crawford County who are in crisis due to domestic violence, sexual violence or homelessness. Honoring the roots of the organization, we place special emphasis on the needs of women and children.

Women's Services



WOMEN'S SERVICES

204 SPRING STREET
MEADVILLE, PA 16335
BUSINESS OFFICE: 814.724.4637



PERSONAL SAFETY PLANNING

24-hour hotline: 814.333.9766
Toll free hotline: 888.881.0189
www.womensservicesinc.org
information@womensservicesinc.org

NO MORE | TOGETHER WE CAN END
DOMESTIC VIOLENCE & SEXUAL ASSAULT