






## WISE TIPS ON SAFETY

Are you worried about your safety this summer or of that of your daughter or small children? A community organization called Women's Initiatives for Safer Environments has been concerned with the safety of women and other vulnerable groups in Ottawa since 1992. WISE works with communities to conduct safety audits and address individual concerns about safety through delivery of Community Safety Audits and Personal Safety Workshops. In many of the audits we do in public areas of the city, we hear many of the same concerns. To address them, we offer some of the following tips:

Now that our summer weather is here and is being enjoyed by many women, and while many are using our recreational pathways and beautiful parks, Whether you're biking, jogging, speed walking or just strolling along with your dog ...:

-  Be alert and observant of your surroundings and to people in the area;
-  Try to stay in well- lit populated areas and if possible, Try to travel with someone else  
Safety in numbers.
-  Pay attention to your own personal alarm or gut reaction to a space and a person; if you get that hair-raising feeling, exit the area immediately and contact the police if you feel threatened;
-  If you feel you're being followed or watched, exit the pathway or predictable route and proceed to the nearest populated area for help;
-  A few useful things to carry might be - a whistle or other noise device that can alert others to your need for assistance and carry a cell phone with preprogrammed emergency numbers; Even a fully charged cell phone not connected to an account can reach 911 and/or the operator at 0.

Contact **WISE (230-6700)** for more information concerning safety audits in your community, and workshops on Personal Safety for Women, Seniors, & Youth. We can help address your safety concerns.