

Babysitting

- **Leave Information** with your family about the babysitting location, phone number, and time expected home.
- Once inside the house, **lock** all exterior doors and windows.
- If an unknown person comes to the home, **do not** open the door or invite them in. Acknowledge their presence through the locked door and ascertain what business they have. If in doubt about who they are or what they want, **do not** open the door.
- If you hear strange noises outside the house, **call the police (911)**. Examples could include windows breaking, pounding on doors, prying or scraping noises in the area of door locks/knobs.
- Make sure you have **emergency phone numbers** readily accessible (police, fire, rescue, poison control, electric company, trusted neighbor/friend of the homeowner).

If Attacked

- Attempt to run to the nearest residence or open business. **Cries for help** can discourage criminals and may result in their arrest.
- What you will do in a situation will depend on many variables. **Having a plan** and rehearsing it in your mind is very important.
- If you carry some kind of **self-defense spray** with you, make sure you have read the directions for use and have also tested it. These sprays **may** stop the attack long enough for you to attempt an escape.
- If someone tries to rob you, give them your property. In most cases, that is all they want. Do not sacrifice your life for your property.
- **Call the police (911)** immediately to report the crime.
- Attempt to get an accurate **description** of your attacker such as clothing, glasses, scars, tattoos, hair color, height, and weight.

For more information on this or any other crime prevention topic, please contact the Virginia Beach Police Department Crime Prevention Unit at 757-385-1006.

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To report crimes, call:
Non-Emergency: **385-5000**
Emergency (crimes in progress): **911**

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Other crime prevention brochures are available on our website:
www.vbgov.com/police

Identity Theft
Citizens' Police Academy
Home Security
C P T E D
Operation Lookout
Neighborhood Watch
Cybersafety
Summer Vacation Safety
Explorer Post 911
Bicycle Safety
Business Watch
TRIAD/SALT

Virginia Beach Police Dept.
Crime Prevention Unit
2509 Princess Anne Rd.
Virginia Beach, VA 23456
Phone: 757-385-1006
Fax: 757-385-1064
www.vbgov.com/police



City of Virginia Beach
A Certified Crime
Prevention Community

Your Personal Safety

Reduce the Opportunity of
Becoming a Victim of Crime



757-385-1006
Crime Prevention Unit

3 Basic Rules

Stay Alert. Keep your mind on your surroundings, who's in front of you and who's behind you.

Stand Tall. Walk purposefully, and make quick eye contact with people around you.

Trust Your Instincts. If you feel uncomfortable in a place or situation, leave.

At Home



- Exterior doors should all have deadbolt locks.
- Front doors should have a wide-angle peep-hole installed.
- Close window shades and curtains after dark.
- Use all exterior lighting at night.
- If a stranger asks to use your phone, **DO NOT** let them in. Offer to make a call for them.
- Ask for photo ID from service or delivery people *before* letting them in. If you are the least bit worried, call the company to verify.
- If you return home to find doors or windows open or tampered with, **do not go in!** Go to a neighbor's home, call the police and wait there until the police arrive.
- Be sure your street address number is large, clear of obstruction, and well lighted so emergency responders can find your home quickly, day or night. Do not use script writing to display your house number.
- **Do not** hide keys in mailboxes, planters, or under doormats. Instead, leave an extra set of keys with a trusted neighbor or friend.



In Your Car

- Carry a **cell phone** with you.
- Have a **first aid kit** in your car.
- Carry **jumper cables** in your car.
- Never rely entirely on a **GPS** for directions. Carry a current map (of area you live, US map) in your car.
- Look inside your car before entering and always have your keys in your hand as you approach your car.
- When entering and exiting your vehicle always lock the door.
- Drive with all doors locked.
- Never pick up **hitchhikers**.
- If you have car trouble in a dark area, raise the hood, lock yourself inside the car, and call for assistance.
- If you suspect you are being followed, drive to the nearest gas station, police station, or fire station and blow your horn. Try to get the car's license number and description.
- Park in well lighted areas, if possible.



On The Street

- **Avoid** walking, jogging, or biking alone at night unless absolutely necessary.
- **Plan** the safest route to your destination. Choose well lighted, busy streets and avoid short cuts through parks, vacant lots, or dark areas.
- **Vary** your route and schedule.
- Consider **not wearing** stereo headphones. Hearing what is around you is as important as seeing what is around you.
- **If you suspect** you are being followed on foot, cross the street and head for nearest well lighted, populated area. **Walk quickly** or run to a house or store to call the police.
- If you are being followed by someone in a car, **change direction** immediately and make an attempt to get the license number of the car.
- Do you have to work late? Make sure there are others in the building. Ask someone - a colleague or security guard - to walk you to your car or transit stop when you leave.
- Try to use an **ATM** in the daytime. Have your card in hand and **do not** approach the machine if you are uneasy about people nearby.
- **Do not** overburden yourself with packages and a bulky purse.
- Carry only what you will need in a store. Cash, debit card, checkbook and cell phone should be all that you will need. Leave **purses** in your car, out of sight.