

Safety Tips When Using a Cell Phone



Cell phones are a great tool for ensuring personal safety, but ownership of a cell phone also requires responsibility. Being careless with your phone can result in financial difficulties, and in some cases actually jeopardize personal safety. The following are tips to educate individuals in order to minimize the risks associated with cell phone use:

Never give out your cell phone number to strangers or companies

- Don't give out your number to a stranger. They might not be trustworthy.
- Never give your cell phone number to a new company – it might be used for sales/telemarketing purposes that you did not agree to

Not every call is important

- It is sometimes considered to be rude when answering your phone in a public place. At times, it can annoy people to the point where a confrontation occurs. Remember that before you had a cell phone people would leave you messages at home and you would return their call. It's okay to wait until you are in an appropriate place to call someone back.

Be aware of the details when signing up for features.

- Sales people will often not focus on all of the conditions and costs of the phone, service and features. Make sure that you read all of the details and clarify the real costs and limitations before making a decision. Otherwise, you may be shocked at the cost when you get your first bill.
- Service providers will often give a feature free for a short period of time. Once the free period has expired you must cancel the feature or it will continue and you will be charged for it on your bill.
- Getting into a cell phone contract is a legally binding contract. Once you have signed the contract you are responsible for all the costs and conditions included in it.

Use your phone in appropriate places

- Unless you are lost or concerned about your safety, it is rude to chat on the phone in places where it is not typical to have a telephone such as on the bus, in a store, church, library, Doctor's office and especially in a movie theatre.
- If you are somewhere quiet (e.g. library), do not answer your phone.
- It's not safe to have personal conversations in public – you don't know the people who might be listening.

Text messaging

- Using this feature can cost you a lot of money if you do not have a plan!
- Never answer texts from unknown numbers – these can be scams that add additional costs to your cell phone bill. For example, a fake lottery asking trivia questions. By answering the questions you also provide your personal information such as a telephone number. This information is then included on lists and sent to other people who are trying to cheat you. Each time a text is sent to your number you are charged.
- Sending pictures or attachments costs money – if you do not have an unlimited plan, use this feature sparingly
- Never send your picture to a stranger

Cell phones (and other electronic products such as ipods) are popular items to steal from people.

- Keep your cell phone in a safe and hidden place. For example, a coat pocket with a zipper.
- Always know who is around you and be alert for people who maybe following you.
- If someone tries to steal your phone and threatens your safety let him take the phone. You can always get another phone.
- If your cell phone is stolen, go to a person in authority (a police, TTC staff) and report it or go to a staff in a store and ask to use their phone to call the police. It would also be a good idea to call home or your support staff to let them know what has happened.

Smart Phones (Blackberry, iphone)

- A smart phone has many capabilities and can access the internet. Therefore, treat a smart phone the same as a computer – nothing you do is completely private and can be monitored by your internet service provider
- Be careful what you are viewing on your phone while you are in public – make sure what you are viewing is appropriate or you can get into trouble – as a general rule you should ask yourself “is what you are watching in public something your parents/guardians would be okay with you watching?”

Use a hands free device

- If you drive, don't talk on your phone without a hands free device. It is not only unsafe – it is also illegal.

Relationship and Sexual Safety



Safe Relationship Tips

1. Love yourself. It is important that you are comfortable with yourself. Know your own strengths and be proud of them. If you are happy with yourself, you will be a happier partner.
2. Share your feelings. If you are upset or concerned, talk about it. Working through difficult situations builds trust and helps make relationships even stronger.
3. Don't assume you know what someone else is thinking or feeling. If you want to know what is on your partner's mind — ask. Make sure you are ready to hear the answer.
4. Spend time on your own. Sometimes people think a healthy relationship means spending all your time together. It is actually healthier for people to spend time with different people than with just one person. That way they can develop their own interests and talents and grow as individuals.
5. Communicate openly and honestly about sex. This is the only way your partner will really know what is comfortable for you and what gives you pleasure.
6. Take care of your sexual health. In a healthy relationship, both partners want to protect their sexual health. Getting checkups for STDs and practicing safer sex are important. Make an appointment with your doctor or at a Clinic to get birth control, tests and treatment for sexually transmitted infections, and information about your sexual health.

Sexual Safety Tips

Avoiding Abuse:

1. Know how your body works
2. Know that you have the right to say “No” to sexual touch or activity of any kind
3. You have the right to tell someone you trust if someone touches you without your permission
4. Know the difference between behaviour that is ok in private, but not in public
5. Know when it is ok to be touched by a stranger (e.g. doctor check-up)
6. Touching another person without their permission is not ok
7. Talk to your partner about sex and what you both like and dislike
8. Be clear about what sexual contact is not ok for you
9. Carry a whistle

Banking Safety Tips



1. Never lend your card to anyone. It is the key to your bank account and is for your use only.
2. Protect your Personal Identification Number (PIN). Memorize that number instead of writing it down for safe keeping. Don't choose an easy PIN to guess, like 111 or 222 or something like your birthday that other people could easily guess.
3. Never give your PIN to anyone. NOTE: No one from your bank will ever ask you for your PIN.
4. Have your card ready when going to the automatic teller so that you can get your money quickly and safely.
5. Be aware of anyone hanging around the area of your automatic teller. If you are suspicious of anyone or anything then leave right away and contact the police.
6. When using the bank machine, use your hand or body to prevent others from seeing what you are doing with the buttons.
7. Remember to get back your card, your cash, and your transaction record after you have finished using the machine.
8. After you have your cash, do not count it at the machine. Place it in your purse or wallet and count it later, privately.
9. Report any lost or stolen cards to your bank and police right away.
10. Never give your card information to anyone on the phone unless it is a company that you have contacted first.
11. Never lend your credit/debit card to anyone.
12. Sign new credit/debit cards as soon as you get them and destroy the expired ones.



Street Safety

1. When leaving home, make sure that all doors and windows are locked – including the garage door.
2. Watch out for people who are just hanging around and seem to be doing nothing, and do not carry large sums of money.
3. If possible, travel with another person that you know well. This is especially true after dark.
4. When carrying a purse or wallets, only place two or three five dollar bills inside. Credit cards, money, driver's license, and keys should be carried in a coat pocket or hidden inside zipped pocket.
5. At night, travel on well-lighted and busy streets. Avoid unlighted areas. Walk in the middle of the sidewalk and never in deserted areas.
6. Walk on the side of the street where you would face oncoming traffic. If someone in car stops, walk or run in the opposite direction.
7. Be careful of people who approach asking for directions or the time of day; keep a polite but safe distance. Do not let others use your cell phone, especially strangers even if they say it is an emergency. If there is an emergency you call 911 on your phone.
8. If you feel someone is following you, go to the nearest house or building with people inside and ask for help.
9. If you feel that you are in danger, cry out for help by yelling "FIRE! FIRE!" instead of "HELP"! This will grab the attention of others really fast!
10. When returning home, after dark, unlock your door and get in quickly. If you think someone has broken in don't go in leave and call the police.

Tips for Avoiding Being the Victim of a Street Crime

What criminals don't want in a victim:

1. **AWARENESS:** Know where you are, where you're going and what is happening around you. This includes people, events taking place around you.
2. **RIGHT PLACE AT RIGHT TIME:** Know about the safety of a neighbourhood and if you're not sure ask someone you trust before you go there. Don't walk or drive alone while in a bad neighbourhood.
3. **AGGRESSIVE BODY LANGUAGE:** Stand or walk confidently by keeping your head up, swing your arms and stand up straight. Always be aware of what is going on around you. Also, keep your distance when walking past strangers on the street or in dark areas.
4. **BE ON THE MOVE:** While in a strange neighbourhood, focus on where you are going and get there. If you are in your car, think twice before staying there with the car doors unlocked before you drive off. If you are in a parking lot that might be unsafe, get in your car, lock the doors and leave.
5. **HIDE VALUABLES:** When walking in a bad neighbourhood or at night, **DO NOT WEAR** flashy or expensive jewellery. Also, keep your purse inside your coat or tucked close to your body. Do not carry a loose bag or backpack.
6. **HIDE YOUR HAIR:** Criminals will use things that they can pull on you. If you're in a dangerous neighbourhood, consider putting your long hair up in a hat or tucking it inside your coat. Do not wear loose scarves, belts and backpacks or place them inside your coat.
7. **LOOK SCARY:** If a criminal does not see you as being difficult or threatening, you could be the next victim. This can be quickly changed if you decide to carry something large and blunt such as a large golf umbrella or walking stick.

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Internet Safety Tips



1. NEVER give out any personal information such as your address, telephone number, or the name and location of your workplace
2. NEVER agree to get together with someone you 'meet' online without taking a trusted friend or family member with you to meet in a public place
3. ALWAYS agree to meet in a public place
4. NEVER send anyone your picture – Don't accept any pictures either
5. NEVER respond to any messages that make you feel uncomfortable
6. ALWAYS remember the people you meet online are still strangers. The people you are talking to may not be who they say they are
7. NEVER send an insulting or rude message to anyone online.
8. Use a fake name, code name or a nick name
9. Report any harassment or nasty messages to your online service and to the Police
10. Set your browser to say NO to 'cookies'

Risk Assessment Checklist

Circle the bullets that best identify current safety practice.

Home:

- I lock all doors and I close all windows when leaving or sleeping
- I have a cordless phone or cell phone
- I have a flashlight
- I have a well-lit lobby or door to home
- I take the elevator instead of stairs
- I don't open the door to strangers
- I only tell trusted friends, or family when I'm not at home

Phone:

- I have a recorded message that does not include: names of people in household, phone number or address
- I don't give my name, phone number, or address to strangers on the phone
- I have caller ID
- I hang up if a caller is rude or I feel uncomfortable.

Banking:

- I have my PIN number memorized
- I do my banking on my own without strangers or new friends watching
- I ask only banking employees if I need help
- I don't share my PIN, debit cards, credit cards with anyone

Internet:

- I don't think that the internet is a safe place to meet people
- I don't tell anyone on the internet my real name, address, phone numbers, email addresses, passwords, or credit card numbers
- I tell someone I trust when someone online asks for personal information
- I do not talk to anyone online that is bothering me. I block them from contacting me.
- I do not meet anyone I talk to online for friendship or sex when I am by myself
- I only meet people I talk to online in public

Street:

- I travel mostly in daylight hours
- I travel in well lit areas after dark
- I travel with company after dark
- I only carry small sums of money when travelling
- I travel in places where there are lots of other people
- I do not walk close to a car or van to talk to a stranger even if they ask me a question
- If I feel scared I go to a safe place for help
- I know people in my area that I can go to for help
- I have friends or family that live in same neighbourhood
- I keep looking around when I am out alone and I know who or what is around me
- I go where there are other people and ask for help if someone is following me
- I carry a cell phone when I go out

Health:

- I feel comfortable with doctors or healthcare professionals
- I speak up if I am not comfortable with any medical practice or procedure
- I have a friend, or support person who will come with me on Doctor's visits
- I have a good family doctor that I trust

Sex:

- I have sex only with people I know and want to have sex with
- I use condoms or birth control to protect myself from disease or unwanted pregnancy
- I talk to my doctor, and other women I know about condoms and birth control methods
- I choose to use a birth control method that works for me and I always use it
- I feel comfortable talking to my partner about sex
- I have a partner who listens to my needs when it comes to sex

Relationships:

- I have not been pushed, hit, kicked, punched, bitten, burned, injured by use of weapon, or objects thrown, by partner, family members, caretakers, or friends
- I have not been unwillingly touched, forced to have unprotected/protected sex, exposed to, or forced to participate in pornography or prostitution
- I have not been threatened, put down, embarrassed or humiliated by unwelcome comments or behaviour from my partner, family members, caretakers, worker, or friends
- I pay my own bills, do my own banking, and decide what I want to do with my money
- I have not had money or property stolen by friends, family, or partner
- I am able to practice my own spiritual beliefs
- I have a plan to stay safe if I choose to stay with someone who hurts me
- I have a plan to stay safe if I choose to get away from someone who hurts me
- I have supportive friends and family
- I have someone that I trust and I can go to for help if anyone is hurting me

Safety Role Play Scenarios

#1 - You are out after dark and you're making your way home on the bus. Someone on the bus appears to be watching you and when you are making your way to come off the bus at your stop, you notice he is doing the same.

#2 - You answer your phone and the person on the other line says that they are an old friend of yours and you may not remember them because it has been a long time. They tell you that they have pictures of the two of you together, and wants to send them to you, but they will need your address.

#3 - You receive a letter in the mail saying that you won some money by having your name entered in a draw when you bought something at a local store. With the letter they have sent a form for you to fill out so that they can directly deposit the money into your account. All you need to do is fill in your name, Social Insurance number, name of bank, account number and sign at the bottom to show that the information you have given is true.

#4 - You're at home and you hear a knock at the door. When you check through your peep hole you see a man in a maintenance workers uniform who says that he is there to check the heating system in the apartment. He tells you that he and his crew have been called in to do a check of all of the apartments in the building because there is a problem with the system.

#5 - You are visiting your doctor's office because you have noticed that you have been feeling pain for a long period of time in your leg. You have complained about your leg to your doctor on other visits, but the doctor has told you just to take pain medication when you are feeling pain. You feel as if your doctor doesn't take you seriously.

Safety Role Play Scenarios – Continued...

#6 - Your partner wants to have sex, but says he doesn't want to use a condom because he hates wearing them, but you are afraid of becoming pregnant.

#7 - Your partner wants to have sex with you at your friend's house. You believe that sex should be something you do in the privacy of your own home, and you feel uncomfortable doing this, but he is insisting.

#8 - Your partner tells you that he loves you very much, but sometimes he gets very angry and lashes out at you. He has hit you across the face one time when he was angry. But he said he was sorry, and he told you how much he loves you. He promised not to do it again. You are afraid of doing anything that may upset him, and you want to do everything you can to please him.

#9 - You receive an email saying that you have won a prize and you are given an address, date, and time to come and pick the prize up.

#10 - You have met someone on the internet and have been chatting to each other for 2 months now. You are planning to meet, but he says he has family staying at his house and it is not convenient to meet there. He offers to come to your place.