

**LEARNING TOOLS**

1. [Spring 2016: Stay Safe When Out and About! Newsletter](#)
2. [Basic Safety Tips](#)
3. [Poster: Stranger Safety Tips](#)
4. [Public Transportation Safety Tips](#)
5. [Walking Safety Tips](#)
6. [Bike Safety Tips](#)
7. [ATM Safety Tips](#)
8. [Video: Be Aware, Stay Safe!*](#)

**Not available in this packet. Please visit the DDS SafetyNet to watch these videos.*

GENERAL INFORMATION

SafetyNet Learning Tools are designed to assist in providing information on a specific topic and to be used in a variety of learning environments. These Learning Tools can be used during one-on-one conversations with an individual, or with small and larger groups.

Before beginning a learning session, the presenter should review all SafetyNet Learning Tools on the topic. The trainer can find additional material within the links provided on the SafetyNet Article and Newsletter.

BEFORE THE TRAINING

The presenter should:

- Arrange adequate time and comfortable space for the training and discussion.
- Arrange for any equipment needed, such as a laptop and projector.
- Set up necessary equipment.
- Print or photocopy enough materials for each individual to have their own copy.

TRAINING

The presenter:

- Shows videos.
- Leads discussion of content and encourages open communication.
- Reviews and discusses information on each of the handouts.
- Asks questions to check for understanding.
- Follows up with additional review and discussion as needed.
- Provide training in multiple sessions to assure adequate coverage and understanding of the topic.



Stay Safe When Out and About!



STAY SAFE When Out and About!

As a supporter, your role is to encourage the people you support to become a more active part of the community. It is important that you

provide the tools they need to stay safe when they are out and about. Sharing these safety tips with the people you support will help keep them safe. **Each topic is also a tip sheet which can be found at www.ddssafety.net. Also check out the *Be Aware, Stay Safe!* video: <https://youtu.be/SUG2yAwRfJk>.**

10 Basic Safety Tips

Always follow these safety tips when you are out in the community.

1. ALWAYS take your keys, cell phone and ID card with you! Make sure your cell phone is charged.
2. Be aware of where you are. Know your neighborhood.
3. Stay in well-lighted areas and where there are people.
4. Avoid dark alleys and vacant lots.
5. Keep your music low so you can hear sounds around you.
6. If a stranger makes you feel scared, go get help.
7. Know how to get help – who to call and where to go.

8. Go out with a friend when you can. Do not go out alone at night.
9. Have a plan. Know where you are going. Know how to get there and back.
10. Act confident. Hold your head up high. Keep your shoulders back.

Stay Safe from Strangers

If a stranger comes near you and you feel uncomfortable -Say **“NO”** or **“GO AWAY”** in a loud voice and mean it! **Quickly walk away.** If neither of these works, **MAKE A SCENE! Yell and scream for HELP!** If you still don't feel safe, call 911 and ask for help! For more stranger safety tips, visit: <http://ddssafety.net/everyday-life/community/stranger-safety-tips>.

7 Tips for Taking the Bus, Subway, or Train

Stay safe when you need to get some place on the bus, subway, or train.



1. Use well-lighted, busy stops.
2. If you have to get off at a new stop, try to have a friend meet you the first time.
3. Stay alert. Do not miss your stop.
4. Sit near other passengers or close to the driver.
5. If someone is bugging you—say “Leave me alone” or tell the driver. Ask for help!



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Stay Safe - continued

6. If you feel uneasy getting off the bus, ask someone for help.
7. Know your stop. If you need help finding your stop, ask the driver.

9 Tips for Safe Walking

Follow these tips to stay safe when you are walking outside.



1. NEVER HITCHHIKE OR ACCEPT RIDES FROM STRANGERS.
2. Look left, right, and left before crossing a street.
3. Watch for traffic. A driver may not see you.
4. Wait for the green light to walk. DO NOT cross on the red or yellow light.
5. When the traffic light shows a picture of a person walking, it is OK to walk.
6. If you think you are being followed, walk to where there are lots of people like a shop or a station and ask for help.
7. Walk on the sidewalk. If there is no sidewalk, walk on the side of the road facing traffic.
8. Cross streets at crosswalks. If you are inside a crosswalk, cars should stop for you.
9. Always wear bright clothing. Use a flashlight at night. NEVER walk alone at night.

8 Safety Tips Riding Your Bike

Remember these tips when riding your bike to stay safe.

1. WEAR A HELMET.

2. Ride with traffic. NEVER ride against traffic. Ride as near to the right as possible.
3. Ride in a straight line and single file. Stop at all stop signs and red lights.
4. Use hand signals to let other drivers know when you are turning right, left or stopping.
5. Keep your bike in good repair.
6. Watch for cars. A driver may not see you. Make eye contact.
7. Make sure your bike has bells, mirrors good brakes, a headlight and tail light for night time.
8. When you park your bike, lock the frame and rear wheel to a solid object.

6 Safety Tips for Getting Money from an ATM

Sometimes you may need to get some money from an ATM. Follow these safety tips to stay safe.

1. NEVER give your card and pin number to anyone, even a good friend.
2. Make sure no one is so close they can see your pin.
3. Use an ATM you know. It is best to use one inside a bank.
4. Be aware. If you see anything that bothers you, go to another ATM.
5. If you use an ATM at night, make sure it is well-lit.
6. Hide your cash. When you get your money, put it out of sight.



STAY SAFE When Out and About!

10 Basic Safety Tips

Always follow these safety tips when you are out and about in the community.



1. **ALWAYS** take your keys, cell phone and ID card with you! Make sure your cell phone is charged.
2. Be aware of where you are. Know your neighborhood.
3. Stay in well-lighted areas and where there are people.
4. Avoid dark alleys and vacant lots.
5. Keep your music low so you can hear sounds around you.
6. If a stranger makes you feel scared, go get help.
7. Know how to get help - who to call and where to go.

FRIENDS

8. Go out with a friend when you can. Do not go out alone at night.

HAVE A PLAN

9. Know where you are going. Know how to get there and back.

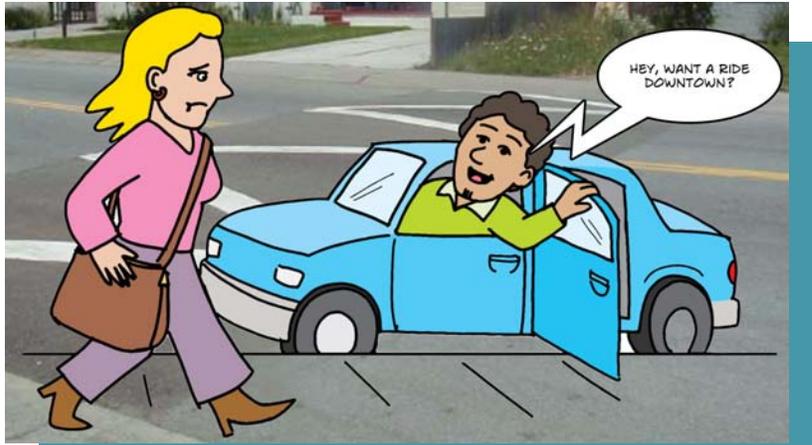
ACT CONFIDENT

10. Hold your head up high. Keep your shoulders back.

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STAY SAFE When Out and About!

Stay Safe from Strangers

If a stranger comes near you and you feel uncomfortable -Say "NO" or "GO AWAY" in a loud voice and mean it!

Quickly walk away.



If neither of these works, **MAKE A SCENE!** Yell and scream for HELP!



If you still don't feel safe, call 911 and ask for help!



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STAY SAFE When Out and About!

7 Tips for Taking the Bus, Subway, or Train

Stay safe when you need to get some place on the bus, subway, or train.

1. Use well-lighted, busy stops.
2. If you have to get off at a new stop, try to have a friend meet you the first time.
3. Stay alert. Do not miss your stop.
4. Sit near other passengers or close to the driver.

SOMEONE BUGGING YOU?

5. Say "Leave me alone" or tell the driver. Ask for help!

GETTING OFF THE BUS

6. If you feel uneasy, ask someone for help.

KNOW YOUR STOP

7. If you need help finding your stop, ask the driver.

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STAY SAFE When Out and About!

9 Tips for Safe Walking

Follow these tips to stay safe when you are walking outside.

1. **NEVER HITCHHIKE OR ACCEPT RIDES FROM STRANGERS.**
2. Look left, right, and left before crossing a street.
3. Watch for traffic. A driver may not see you.
4. Wait for the green light to walk. **DO NOT** cross on the red or yellow light.
5. When the traffic light shows a picture of a person walking it is OK to walk.
6. If you think you are being followed, walk to where there are lots of people like a shop or a station and ask for help.

SIDEWALKS

7. Walk on the sidewalk. If there is no sidewalk, walk on the side of the road facing traffic.

CROSSWALKS

8. Cross streets at crosswalks. If you are inside a crosswalk, cars should stop for you.

BRIGHT CLOTHES

9. Always wear bright clothing. Use a flashlight at night. **NEVER** walk alone at night.

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STAY SAFE When Out and About!

8 Safety Tips for Riding Your Bike

Here are some ways to stay safe when riding your bike.

1. WEAR A HELMET.
2. Ride with traffic. NEVER ride against traffic. Ride as near to the right as possible.

3. Ride in a straight line and single file. Stop at all stop signs and red lights.
4. Use hand signals to let other drivers know when you are turning right, left or stopping.
5. Keep your bike in good repair.

WATCH FOR IT

6. Watch for cars. A driver may not see you. Make eye contact.

MAKE SURE

7. Your bike has bells, mirrors, good brakes, a headlight and tail light for night time.

LOCK IT

8. When you park your bike. Lock the frame and rear wheel to a solid object.

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STAY SAFE When Out and About!

6 Safety Tips for Getting Money from an ATM

Sometimes you may need to get some money from an ATM. Follow these safety tips to stay safe.



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2. Make sure no one is so close they can see your pin.
3. Use an ATM you know. It is best to use one inside a bank.

BE AWARE

4. If you see anything that bothers you, go to another ATM.

AT NIGHT

5. If you use an ATM at night, make sure it is well-lit.

HIDE YOUR CASH

6. When you get your money, put it out of sight.

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