

Walking/Jogging:

- Walk/jog with a sense of awareness. Show confidence (head up, look about). Do not look like a victim.
- Carry few valuables (cash/jewelry).
- Be familiar with the area.
- Vary times and routes so that you do not create a pattern that can be observed.
- Carry some form of identification in case of an emergency.
- Take a friend or dog as this makes you less of a target.
- Advise someone of when and where you are going and when you should return.
- Carry a whistle with you.
- Carry a flashlight at night.
- Avoid being stopped by strangers. Continue walking/jogging.