

October: Personal safety

The Australian Capital Territory is one of the safest places in the country to live. However, crime still does occur in our city and it is important to make yourself aware of some tips that can assist you with your personal safety.

Personal safety is not new or mysterious, it is mostly common sense: **Look, Listen and Think**. We all have the right to feel safe and the responsibility to ensure others feel safe as well. Don't let the fear of crime hold you back. Quite often the fear is much greater than the reality.

The chance that you or a member of your family will be a victim of violent crime is low. Violent crimes are comparatively rare and account for a very small part of recorded crime. The best way to minimise risk is by taking sensible precautions.

Some things you may want to keep in mind are:

- Value your own safety
- Be confident
- Watch your body language and be mindful of the body language of others
- Be alert and tuned into everything that is going on around you
- Trust your instincts – they will usually be close to the mark

Being informed and familiarising yourself with some of the above strategies will assist in making you more aware of your personal safety and reducing your fear of crime in our community.

If you would like more information about personal safety, see ACT Policing's website at www.afp.gov.au/act .

Source: ACT Policing