Increase your personal safety by using *Situational Awareness*

Situational Awareness is a choice. Make it a habit!

Situational Awareness is the act of paying attention to what's currently going on around you, understanding how it affects you, and using that information to make a decision and take action if needed. Maintaining situational awareness is an active process.

The most common thing that reduces awareness is distraction.

Examples of Distraction:

- Talking or texting on a smart phone
- Walking and listening to music on ear phones
- Daydreaming
- Being on "mental autopilot" while performing routine tasks

Lack of awareness increases your risk of becoming a crime victim. People who are unaware are easy victims and criminals will choose them over people who look like they are aware of the situation.

Situational Awareness Tips:

Look at the people around you and what they are doing. Don't be rude and stare; just see who's around, where they are in relation to you, and what they may be doing.

If you are uncomfortable about a situation, pay attention to that feeling. You may have picked up some subtle clues about your surroundings without consciously recognizing them

Be aware of where you are and how to get somewhere else. Note alternate exits and the quickest way out of where you are.

Don't get overly involved with your smart phone in public. While you are staring at your screen, you have no idea what is happening around you.

Understand the fact that bad things sometimes happen and can, in fact, happen to you. Realizing this can help you recognize a bad situation when it starts to develop and take appropriate action to avoid it.

Many crimes are *crimes of opportunity*. Do not make yourself an obvious target. Learn to trust your instincts; if something does not "feel right," there is likely something wrong, Choose safety over politeness—you can always apologize later. Situational Awareness is a smart way to cultivate safer practices in your everyday life.

CITY OF ROSEVILLE CALIFORNIA