



## Women's Month Safety - Stay Aware. Stay Safe.

This Women's Month, let's look out for one another. Share these practical safety reminders with the women in your life and help create safer communities for everyone.

### Stay Aware

Distractions are everywhere, especially our phones. Whether you're walking, driving, parking or arriving home, keep your attention on your surroundings. Awareness remains your first and most effective layer of personal safety.

### Keep Valuables Out of Sight

Avoid drawing unnecessary attention to expensive items such as smartphones, handbags and jewellery. Keeping valuables discreetly stored reduces the opportunity for opportunistic crime.

### Don't Walk Alone If You Can Avoid It

Whenever possible, travel with someone you trust, particularly during the early morning or after dark. If you need to walk alone, choose well-lit, busy routes and avoid isolated areas.

### Familiar Doesn't Always Mean Safe

It's easy to let your guard down in places you visit regularly. Your neighbourhood, favourite coffee shop or walking route can still present risks. Stay alert, even in familiar surroundings.

### Be Ready

If you carry a personal safety device, such as pepper spray or a mobile panic button, make sure it is easily accessible. In an emergency, every second matters.

### Trust Your Instincts

If something doesn't feel right, don't ignore it. Your instincts are often your earliest warning system. If someone's behaviour makes you uncomfortable or you believe you're being followed, move to a safe place and report it.



### Mobile Phone Safety

- Keep your phone safely stored rather than leaving it on restaurant tables or other public surfaces.
- When waiting in queues or using an ATM, keep your phone out of sight.
- Avoid walking while texting and stay alert when making or receiving calls in public.
- When stopped in traffic, resist the temptation to text or scroll. Criminals often target distracted motorists.
- Going for a walk or run? Consider leaving your phone at home where it's safe, or carry it securely and use it only if necessary.



**Small habits make a big difference.  
Stay alert, stay prepared and  
make safety a daily priority.**

