

cancel future meetings with him. You deserve to date an honest man. If he is a liar, you don't know what else he has lied about, especially his past.

Never get in a car alone with a new date. Until you get to know him well, he is still a stranger to some degree. Treat him as such.

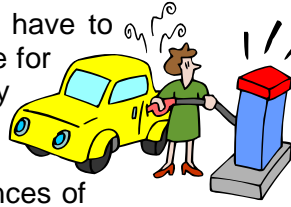
Don't use drugs or drink to excess when on a date. You may wind up revealing too much information or pass out, leaving yourself vulnerable and giving the opportunity for your personal items, such as purse, wallet, etc., to be stolen. Be aware of any drinks you may be offered that are not in an unopened bottle. Get your drink directly from the bartender or waiter. Don't leave your drink unattended. If you must leave, get a new drink when you return. There have been many cases when "club drugs" have been used to incapacitate a female.

If you determine that the man you are dating is not the right one, be polite and respectful when you break off the relationship. Come up with a reason that does not blame him for the failed relationship, such as you are still getting over your last relationship, or simply, you decided you are not ready to enter the dating world again. It will be better off for both of you to leave respecting each other rather than hating each other.

PREPARING FOR PROBLEMS

Keep your vehicle well maintained and the gas tank half full at all times. Keep an extra pair of slacks, shirt and walking shoes in

your car in case you have to walk to a nearby store for assistance. By keeping your vehicle in good condition, you reduce your chances of being stranded and at the mercy of strangers. Always carry a cell phone with you and a car charger for it. Know where you are and call police immediately if you feel yourself in danger. If you do not have a cell phone, get a used one from a friend, family member or co-worker, and as long as it has a charge, you can dial 9-1-1 without having a service provider.



Try to find a women's personal safety class and/or self defense program in your community. Learning how to defend yourself will give you empowerment and confidence that you can defend yourself.

The Mesa Police Department offers free residential home security assessments. A crime prevention officer will offer suggestions on how you can improve the safety of your home.

For more information on safety practices, please visit www.mesaaz.gov/police.

For a residential home security assessment, call the Mesa Police Department at 480-644-2300 to be referred to your crime prevention officer.



Personal Safety for Women

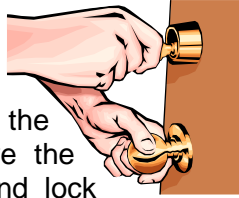


Mesa Police Department
Crime Prevention
480-644-2300
www.mesaaz.gov/police

Every woman experiences fear at certain times in her life. This may be while driving home alone, going out to an unfamiliar setting, on an uncomfortable date, or leaving work after everyone else has gone. Here are some safety tips for women.

AT HOME

Keep all doors and windows locked at all times, unless you are physically in the room with the open window. If you leave the room, be sure to close and lock the window. The majority of burglaries occur through an unlocked door or window. If possible, get an alarm (monitored, especially if you live alone) and security doors for added protection.



Tell trusted neighbors that you are alone, whether you live alone or are just alone temporarily. This will help them determine if there is a problem by observing changes at your home, such as burned out porch lights, overgrown weeds, cars that aren't moved, or newspapers or mail piling up.

If you have an answering machine or voice message system, you may wish to have your calls transferred to your cell phone. Check if your phone service provider has that option. If not, or you choose not to forward your calls, it is advisable to have a male voice on your answering message indicating that "no one is available to take your call." Never give your name in your message or tell anyone "I'm not home" or that you live alone.

When someone comes to your door, you should never open the door without knowing who it is. Use an eyeviewer to determine if

the visitor is someone recognized. If not, you can ask through the door what they want. If you're not interested in what they are offering, just say "no thanks." If they continue to knock or ring the bell, call the police. Post a "No Soliciting" sign in your front window or outside near your front door.

If it is a package delivery and you must sign for it, make sure you see an official uniform AND vehicle. Don't open the door for any delivery if you do not see a uniform or identification, AND a business vehicle. It could be a hoax. If a stranger comes to your home and wants to enter to show you a product, do not let them in. If you are interested in something, call and make an appointment for a sales person to stop by at your convenience.

Never leave your garage door open — even just a crack. A small person or child can crawl under the door and open it or force the door up. Keep any interior garage doors (to laundry room, back yard, into your home, etc.) locked at all times.

When leaving your home, wave as you leave, or verbally say goodbye to "someone" in the home. This gives the impression that someone is home. Leave a talk radio station on while you're gone. This may fool an intruder into thinking someone is home. Leave light timers on throughout the home. Set them to turn on the main inside lights approximately 30 minutes before dusk.



Have plenty of lighting outside your home. Watch for shadows or strangers lurking about. If you see anything unusual or that causes you fear, call the police.

Always have your keys ready to enter your home or vehicle. Check the floor and front and back seats of your vehicle before getting in. Lock the doors immediately. Don't sit and look at papers or go through your purse after getting into your vehicle.

DATING SAFETY

If you are currently dating, here are some suggestions to keep you as safe as possible.

Meet your date at a public location for the first few dates. Do not give him information about where you live or work, or have him pick you up from your home until you are very comfortable with him as a friend and companion.

Internet dating can be very risky. Often, people do not portray who they really are. He could be Mr. Right, just a nice guy, or a serial killer. Take your time and get to know him before providing him with personal information.

Always carry a cell phone and arrange for a family member or friend to call you once or twice during your date to make sure all is going well.



Before leaving on a date, let someone know where you are going, who you are with and how you "met" this person. If you met him online, leave his email/profile info. If through friends, leave the friend's contact info in case of a problem.

Find out where your date works. Call and check to make sure he does indeed hold a job at that place. If, at any time, you feel or acknowledge that your date has lied,