



Crime Prevention

People with disabilities are more often victims of crime than people without disabilities. Criminals may think that you are an easy target or that you do not know how to protect yourself.

There are things you can do to help you be safe in your community.

How to Stay Safe in Your Community

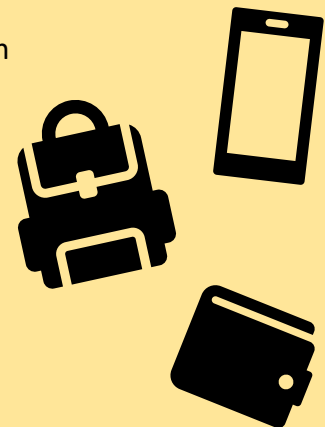
Be Prepared



- Be sure to lock the door to your home when you are leaving.
- You are safer in the community if you are with someone than if you are alone, especially after dark.
- When going to new places, make sure you know where you are going and how to get there before you leave home. If you look lost, you may be at greater risk.
- Put away your cellphone and look around. People who are distracted by looking at a phone are easier targets.
- Walk in neighborhoods that have good lighting.
- Know who you can contact in case you need help or feel unsafe.

Be Careful with Your Belongings

- Keep your things hugged close to your body.
- Put your cellphone away when you are not using it. Criminals can snatch cellphones right out of your hand!
- Keep your wallet and cellphone in your front pocket.
- Be sure to completely zip up your purse or backpack.
- Only pull out the money that you need to pay for the item. Showing people how much cash or how many debit cards you have, could make you a target.
- Do not share your credit or debit card PIN number with other people, unless you need to, and you know that person well close to.
- Never share your PIN with someone that you just met.



Know Your Real Friends

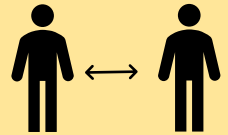
- Sometimes, people you think are your friends can hurt you or steal from you.
- Most crime against people with disabilities is committed by someone the victim knows. This can include people who are your helpers.
- If you feel like someone isn't treating you right, let someone else know.
- Trust your instincts.
- Be careful when someone encourages you to do something you don't want to, even if they are your friend.

Say "No"

- Someone else should touch you with **only** your permission, especially touching places covered by your bathing suit.
- You have the right to say "No" to someone else's ideas that make you feel unsafe. You don't need to explain why.
- You can say "No" at any time, even if you said it was okay before.

Personal Space

- Unless you are in a crowded place, keep at least one arm's length between you and strangers.
- If someone is making you feel unsafe or uncomfortable, move away or ask them to leave you alone. Say it clearly and loudly.



Getting Help



- Tell someone as soon as possible when you feel unsafe or have been the victim of a crime.
- Letting someone know may help catch the criminal and stop someone else from being a target.
- Try to remember as many details as you can about the criminal and where you were when it happened.
- Make sure your cellphone has phone numbers for the local police in your area. Sometimes 911 calls go to police in another town.
- The police may ask you questions. Be calm and answer their questions as accurately as you can.
- It is okay to have a friend or advocate with you when you talk to the police for support.
- It is okay to say "I don't know" or "I can't remember" if that is the truth.

If a crime happens to you, tell someone you trust and call your local police!



Wellness and Safety Bulletins are produced by the Department of Developmental Services to alert you and your family to specific risks. Please provide feedback on this bulletin and what we can do better through this survey: [Bulletin Survey](#)