

# Crime Prevention News

## STREET SMARTS

Relatively speaking Iowa City is safe, most of the time. Based on crime per capita, Iowa City is one of the safer university communities in the country. But, we still have crime. With the recent attacks on women we all need to be more aware of our surroundings and watch out for ourselves and others. This issue of *The Crime Prevention News* focuses on our "street smarts." Take the following short quiz to see where you stand. It doesn't matter if you are a man or a woman, there is still merit in increasing your street smarts.

### Test Your "Street Smarts" IQ: Do you...

- Jog or walk by yourself early in the morning or late at night when the streets are quiet and deserted?
- Stuff your purse with cash, keys, credit cards, checkbook - and then leave it wide open on a counter, your desk, the floor?
- Put your wallet in a jacket, which you then hang up or throw over a chair?
- Let your mind wander - thinking about your job, or all the things you have to do - when walking or driving?
- Think it's a waste of time to lock your car when you'll be back in a few minutes?

If you answered "yes" to any of these questions, you need to change a few habits. Even if you answered "no" and had a perfect score, read on. Spend a few minutes now to prevent trouble later.

### Basic Street Sense

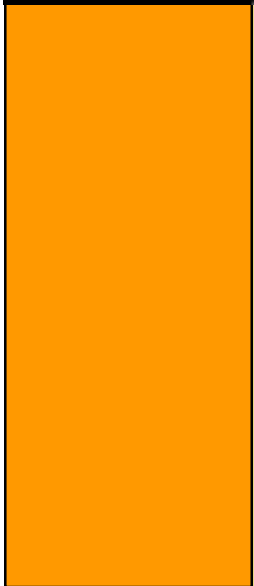
- Wherever you are - on the street, in an office building or shopping mall, driving, waiting for a bus - stay alert and tuned in to your surroundings.
- Send the message that you're calm, confident, and know where you're going.
- Trust your instincts. If something or someone makes you uneasy, avoid the person or leave.
- Know the neighborhoods where you live and work. Check out the locations of police and fire stations, public telephones, hospitals, and restaurants, or stores that are open late.

### On Foot

**\*One in four college women experience sexual assault.**

\*Sexual Victimization of College Women (2000).

- Stick to well-traveled streets. Avoid shortcuts through wooded areas, parking lots, or alleys.
- Don't talk on your cell phone while walking, it sends a message that you're not paying attention to your surroundings.
- Carry a purse close to your body, not dangling by the straps.
- Put a wallet in an inside coat or front pants pocket, not a back pocket.
- Try to use automated teller machines in the daytime. Have your card in hand and don't approach the machine if you're uneasy about people nearby.
- Don't wear shoes or clothing that restrict your movements.
- Have your car or house key in hand before you reach the door.
- If you think someone is following you, switch direction or cross the street. Walk toward an open store, restaurant, or lighted house. If you're scared, yell for help.
- Have to work late? Make sure there are others in the building, and ask someone - a colleague or friend - to walk you out.



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### **Learn more about auto theft and carjacking.**

- Keep your car in good running condition. Make sure there's enough gas to get where you're going and back.
- Always roll up the windows and lock car doors, even if you're coming right back. Check inside and out before getting in.
- Avoid parking in isolated areas. Be especially alert in lots and underground parking garages.
- If you think someone is following you, don't head home.
- Drive to the nearest police or fire station, gas station, or other open business to get help.
- Don't pick up hitchhikers. Don't hitchhike.

### **On Buses**

- Use well-lighted, busy stops.
- Stay alert! Don't doze or daydream.
- If someone harasses you, don't be embarrassed. Loudly say "Leave me alone!" If that doesn't work, hit the emergency device.
- Watch who gets off with you. If you feel uneasy, walk directly to a place where there are other people.

### **If Someone Tries To Rob You**

- Don't resist. Give up your property, don't give up your life.
- Report the crime to the police. Try to describe the attacker accurately. Your actions can help prevent others from becoming victims.

### **Learn more about things you can do to make your community safer.**

- Take a stand, you don't have to be a victim.
- Make your neighborhood and workplace safer by reporting broken street lights, cleaning up parks and vacant lots, and lobbying local government for better lighting in public places.
- Join a Neighborhood, Apartment, or Office Watch to look out for each other and help the police. Or find out how you can organize a neighborhood watch.
- Help out a friend or co-worker that has been a victim of a crime.
- Listen, sympathize, and don't blame.
- Look at the root causes.

### **Enroll in a self-defense class.**

The University of Iowa Police offers Rape Aggression Defense classes (R.A.D.) to all university faculty, staff, and students. There are courses for women as well as men. We are currently accepting applicants for a womens' self defense class to be scheduled after winter break. If you are interested in more information on the program as well as contact information it is on page three.

Stay safe, and respect one another,

Officer Brad Allison  
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### Rape Aggression Defense Programs

The [R.A.D. System](#) is the largest women's self defense program in the country. There are over 6,000 certified instructors in the United States and Canada. The program has been taught at more than 1,400 colleges and universities. The University of Iowa offers classes through the Department of University of Iowa Police. All courses are free to University students and have a lifetime free practice and return policy.

#### ***Basic Self Defense***

- 12 hour course usually broken down into 3 or 4 hour segments.
- Free student manual.
- Ego free learning environment.
- Instruction and participation in self-defense techniques.

- Opportunity to participate in several simulations.



**For information on how to join a class contact: Officer Brad Allison at [brad-allison@uiowa.edu](mailto:brad-allison@uiowa.edu)**