**Personal Safety and Awareness**

**Purpose**

Personal safety is about being aware of your surroundings, recognizing potential risks, and taking proactive steps to protect yourself. This worksheet provides strategies for staying safe in various environments, including public spaces, online platforms, and emergencies. Remember to trust your instincts! If your instincts say something is off and wrong, trust them and do not dismiss them. You can always reassess when you are in safety.

**What is Personal Safety?**

Personal safety involves behaviors and precautions that minimize risks and protect your well-being. It includes physical safety in public spaces, digital security, and preparedness for unexpected situations.

**Step 1: Assess Your Current Safety Practices**
**Exercise** Reflect on how you currently approach personal safety:

* Do you regularly assess your surroundings for potential risks? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Are you cautious with sharing personal information online? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Do you have an emergency plan in place for your home? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 2: Stay Safe in Public Spaces**
**Tips for Public Safety**:

* **Be Aware**: Avoid distractions like looking at your phone while walking.
* **Trust Your Instincts**: If something feels off, leave the area or seek help.
* **Stick to Well-Lit Areas**: Especially at night, choose paths that are well-lit and populated.
* **Carry Essentials**: Have your ID, phone, and a small amount of cash on hand.

**Exercise** List three actions you can take to enhance your public safety:

**Step 3: Online Safety and Privacy**
**Tips for Digital Safety**:

* **Protect Personal Information**: Avoid oversharing details like your address, phone number, or daily routines.
* **Use Strong Passwords**: Create unique passwords for each account and consider using a password manager.
* **Be Cautious of Links**: Avoid clicking on links from unknown sources to prevent phishing scams.
* **Update Privacy Settings**: Regularly review the privacy settings on your social media accounts.

**Exercise** Identify one area of your digital safety to improve and write an action plan:
**Area to Improve**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**Action Plan**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 4: Prepare for Emergencies**
**Tips for Emergency Preparedness**:

* **Create an Emergency Kit**: Include water, non-perishable food, flashlight, batteries, first aid supplies, and important documents.
* **Plan Escape Routes**: Know the safest exits from your home or workplace in case of fire or other emergencies.
* **Have Contacts Ready**: Save emergency numbers in your phone and ensure your family or roommates know who to contact in an emergency.

**Exercise** Write down three items you need to add to your emergency kit or steps to enhance your preparedness:

**Step 5: Practice Situational Awareness**
**Tips for Heightened Awareness**:

* **Observe Your Surroundings**: Pay attention to people, exits, and unusual activity in your environment.
* **Stay Focused**: Avoid distractions like headphones in unfamiliar or crowded areas.
* **Have a Plan**: Think ahead about how you would react in potential situations, such as someone approaching you aggressively.

**Exercise** Think of a situation where you felt unsafe. What could you have done differently to increase your awareness or preparedness?
**Reflection**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Conclusion**

Personal safety and awareness empower you to navigate the world with confidence and reduce potential risks. By staying alert, taking proactive precautions, and preparing for emergencies, you create a safer environment for yourself and those around you. Each step you take strengthens your ability to respond to challenges calmly and effectively. What’s one safety habit you’ll commit to practicing today?