

# Personal Safety

## **Protecting Yourself for Women** (20-60 minutes)

*Chief Lang*

Safety tips for women. Not how to fight, but how to break free and avoid a confrontation.

## **Personal Safety for Women** (20-60 minutes)

*Officer Nesbitt*

Will cover tips for identifying suspicious activity in your surroundings. Keeping eyes, ears, and hands free whenever possible. Will also cover tips for traveling alone and different safety precautions you can take to keep yourself safe. Will explain how and when to react when you find yourself in a dangerous situation.

## **Domestic Violence** (30-60 minutes)

*Captain Lamkin or Officer Nesbitt*

Identify causes of domestic violence, power, and control tactics used by the batterer, identify barriers to safety for women, and identify reasons why safety planning is critical to help keep victims safe.

## **Safety on the Internet (parents/pre-teen/high school)** (20-30 minutes)

*Lieutenant Murphy*

One of three different types of internet safety presentations for children and adults of all ages.

## **Firearm Safety** (20-30 minutes)

*Officer McCormick or Officer Smith*

How to handle firearms safely.

## **Wheel Safety** (20-30 minutes)

*Sergeant Coon*

Bicycles, skateboards, rollerblades, and scooters. Learn the proper safety equipment, clothing to wear, and rules of the road.

## **Effects of Distracted Driving** (15-30 minutes)

*Officer McCormick or Officer Mangers*

How cell phone use, stereos, and other distractions inside and outside of the vehicle, make us unsafe drivers.

## **Personal Safety** (20-45 minutes)

*Officer Lauenstein or Officer Price*

Learn how to keep yourself and your property safe.

**Traveling Safely** (20-30 minutes)

*Sergeant Carver or Sergeant Moss*

Learn how to keep yourself and your property safe while you are away.

**College Campus Safety** (30-45 minutes)

*Officer Chisano*

To help in ensuring safety on campus this course will help to familiarize you with safety tips to help raise awareness and provide you with some of the tools necessary to avoid being a victim of a crime.

**Don't Drink & Drive** (20-60 minutes)

*Officer Jordan*

Will cover topics of drinking and driving and effects of alcohol use while driving.