

Personal safety

Personal violence is significantly under reported to police with offenders targeting people who they perceive as vulnerable and less likely to resist.



If a crime is happening now,
call **Triple Zero (000)**.

If not, think **Policelink 131 444**
or report online
or via the **Policelink app**.

Find us at

www.police.qld.gov.au

For news and alerts sign up to
myPolice.qld.gov.au

 /queenslandpolice

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 @qldpolice

When out and about

There are a number of things you can do to appear confident in your surroundings:

- Always exhibit strong and positive body language to appear self-assured.
- Be aware of your surroundings and alert to what is going on around you.
- Listen to, trust, and act on your instincts and if you sense danger from someone, something or a place, immediately remove yourself from the situation.
- Remove headphones or use of your mobile phone while out walking or crossing the road – distraction reduces your awareness of what is happening around you and can make you more vulnerable to a potential offender.
- Wherever possible, walk in well-lit areas and face oncoming traffic.
- Ensure you inform someone where you are going and an ETA for your return.

If your safety is threatened

- Do what you think will best preserve your safety which includes running away, screaming or calling for assistance, or calmly negotiate with the offender. Always use physical defence as a last resort.
- If someone threatens you and tries to steal your possessions, the safest option is to surrender the items, don't put up a fight. Instead, take note of the offender's description and immediately report the incident to police.

Always remember

If you are a victim of any form of assault or violence, always report it to police as soon as you can.

If you observe suspicious or threatening behaviour, contact police immediately and if it is safe to do so, respond to any calls for assistance.

