



Personal Safety

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Burlington is a safe community. We have a low rate of violent crime compared to other cities our size. In this regard we are fortunate. Personal safety, however, is an important topic for everyone, particularly our youth. Below you will find just a few tips for staying safe in Burlington and everywhere!

1. Teach children about Internet safety. Remind them to never give out personal information online and to never meet persons they met online without adult supervision. Be sure children know that people are frequently not who they say they are.
2. Prevent Identity Theft – never give out personal or financial information online or over the phone. Remember to shred financial documents and cut up old or unwanted credit cards prior to disposing of them.
3. “Date rape drugs” – never leave drinks unattended or accept drinks from anyone other than a trusted acquaintance. If you suspect you have been drugged, seek medical treatment and contact the police immediately.
4. Teach children to keep their bodies safe. Talk to them about ruses or ploys that adults might use to lure them away from safety. Teach kids that anytime someone does something that makes them feel uncomfortable, they should say no, get away, and tell an adult.
5. Walking or jogging alone – it is always better to have a friend along. If you must jog or walk alone, particularly after dark, be aware of your surroundings, do not wear headphones and stick to well-traveled and well-lit routes. Carrying a cell phone or

other personal protection device such as a whistle or pepper spray may be prudent.

6. Always buckle up! Whenever you get into a motor vehicle be sure that all passengers wear their seat belts. Take extra time to ensure that children under eight are properly secured in a federally approved child passenger safety seat that is appropriate for the child's size and weight.
7. Bicycle safety – Always wear a helmet. Obey the rules of the road and don't forget to wear reflective or highly visible clothing.
8. Firearms safety – If you choose to own or store firearms at your home, always be sure they are safe. That means unloading all weapons, locking them and storing the ammunition separately. Free gunlocks are available from BPD. Call 658-2704 x257 to receive your free gunlock.
9. Never drive while under the influence of drugs or alcohol. Never get into a vehicle with an impaired operator.
10. Be a courteous driver and obey all traffic laws.