

# SAFEALERT

## YOUR URBAN SURVIVAL GUIDE

**WARNING!**

**PEOPLE OF THE DANGERS AND**

**CRIMINAL ACTIVITY**

**THAT EXISTS AND**

**PREVENT IT FROM**

**HOW TO**

**HAPPENING TO YOU!**

THE TROUBLE WITH VANDALISM  
PREVENTION METHODS  
FORTIFICATION & HOME INVASIONS:  
PROPERTY CRIME OFFENSES  
HOW DO SURVEILLANCE  
SYSTEMS PREVENT CRIME?  
WHAT ARE THE COMMON  
ENTRY POINTS  
PREVENT VEHICLE BREAK-INS

MOBILE RADIATION Risks  
BILLIONS OF BOTTLES OF WATER  
VEHICLE EXHAUST  
POLLUTION FACTS TO BE AWARE OF  
PICK POCKETS  
PICK POCKETS &  
Travelling Abroad  
MAIL AND PACKAGE THEFT  
QUIT SMOKING

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EACH YEAR ARE SOLD IN NORTH AMERICA

In today's day and age, people spend vast amounts of their time in front of **Computers, Online** and on their **Mobile Media Devices**

*We are dedicated to ensure our publication can help educate and raise awareness to dangers that are out there!*

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## SAFE ALERT REPORT

**Safe Alert** is a free Magazine dedicated to raising awareness to people about crime, as well as other dangers that exist out there. How you can take measures right now, to prevent yourself from becoming a victim in the future. Information and tips available on being safe whenever or where ever you live.

Our Publication provides a variety of Information and tips available on being safe.

The **Safe Alert publisher** makes extra effort to provide accurate information, that is contained within our publication. The publisher takes no responsibility for errors or exclusions in the content provided.

The information presented is meant to be helpful in providing a useful awareness message about topics of concern that impact people and the community we all live in.

**THANKS TO OUR SPONSORS FOR HELPING MAKE THIS BOOK POSSIBLE!**

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# THE TROUBLE WITH VANDALISM



**Anyone who trespasses on privately owned property without consent of the owner, is more often than not up to something no good. At least something that they do not want you to know about.**

**Failure to secure private property from trespassers, will invite other crime to happen there. They may just wreck up the place by breaking glass when entering, graffiti or in another way vandalizing the property. If you're lucky, that is the only thing that will happen.**

**More likely they will steal all your good stuff. Most often they grab stuff laying around like backpacks, electronics, equipment, wallets and jewelry and other easy to manage valuables.**

**Sometimes trespassers are there for Metal Theft... Looking for any type of metal they can resell for any value. It could include stainless steel fixtures, copper wire and piping from inside the walls. Or it can be air conditioners and other appliances. All this could cost you a lot in repair and replacement costs.**

**The criminals may even become violent, when confronted.**





**Vandalism destroys other people's property. It is a crime committed by all different ages of offenders.**

**As simple as kicking a vending machine for not returning your money or spray painting graffiti across a wall and breaking windows. These are all considered types of vandalism**

**Unnecessary money and resources are wasted each year, in restoring and replacing vandalized property.**

**Let's all help to fight vandalism, by working together as a community and bringing the culprits to justice.**

**REPORT GRAFFITI in your area.  
Vandalism destroys our community**

**Common targets for vandalism, include many places that are open to the general public and are not necessarily supervised. Shopping centers, Schools, and government buildings, as well as parks, recreational areas and public restrooms are all at the top of the list. It becomes a nonstop occurrence and happens on a daily basis, in some of these areas.**



# PREVENTION METHODS

Well lit areas, that are maintained to prevent deterioration, can go a long way in helping to discourage further vandalism from happening.

Use graffiti proof paint, as it can make removing unwanted tags a whole lot easier.

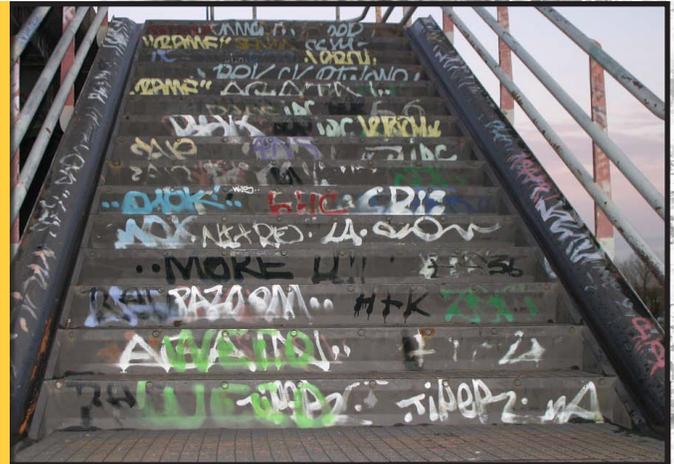
Establish an easy way for the public, businesses and residents to report any suspicious activity in their areas.

Have the local police or neighborhood watch periodically patrol the areas

Stick to more popular brands and sponsors, that are not controversial and draw unneeded attention.

Installing surveillance cameras for constant monitoring of the high risk areas. Also posting signs that let would be taggers know that the premises is being monitored. Set up a "fake" camera that is visible and then hide the real camera. This will make sure the evidence is secure.

Quickly repairing any current damages and graffiti can be costly, but it can go a long way in preventing it from happening again. Doing so within 48 hours of the crime, says someone cares about the area and will take measures to protect it. Often this is enough to drive the offenders away to a more unprotected area to commit their crimes.





**Add more lighting in the area and also try to keep trees and bushes trimmed. Don't give thieves or vandals cover to hide behind, while they look for crimes to commit. Make areas that are commonly affected by graffiti more visible to people who pass by.**

**Add timers and motion sensors to lighting fixtures, to make it appear like someone is there at all times.**

**Buy or build a gate or fence to barricade the area off, making the area not so easily accessible anymore. Even a small fence can help restrict access and discourage trespassers in the areas.**

**Putting a gate arm on a parking lot has been known to lessen the chance of theft or vandalism. Most thieves steal cars from an un-gated parking lots.**

**Plant some thorny bushes and plants around the areas prone to vandalism, making it very uncomfortable for getting too close to buildings.**

**Making a habit of patrolling the area regularly, even just walking around a bit taking notice of any changes or things out of place. It will save costs on damages, because your presence will be felt in the area.**

**Use products that aid in the removal of graffiti. There are a variety of products available today on the market designed to cut the cost of graffiti removal. It can be a type of spray paint resistant coatings or paints, that can be either removed or washed to remove the paint.**



# FORTIFICATION & HOME INVASIONS:

**Statistics show that the majority of rapes and assaults happen during a home invasion. It is very important that you know the risks and do your best to protect your family and loved ones.**

## You are not too weak to defend your home!

Anything you can do to provide yourself with extra time in order to defend yourself and your family during a home invasion. Every second counts and could mean the difference in your chances of survival. Most home invasions and break-ins happen at night time when you are asleep and at your most vulnerable.

What would you do if an armed intruder were to enter your home? How do you think you would react? Would you be ready? What do you think they would be after? Would there be anything that you could do to protect yourself from the events that might carry out? Don't you think these are the types of hard questions that you should ask yourself, so you can have the advantage. It is your home and not theirs, isn't it? You should have the advantage in any case, and you know it! Just watch the news and you will come to the realization that home invasions are happening more frequently and becoming more violent than ever.

**Don't wait for it to happen before you react to it. These crimes could affect you too.**



# Do you hide your precious items and valuables in the usual hiding places?



Closet in your bedroom / Drawer of your dresser / Back of the Freezer / Under the bed... These are the first places criminals look, when they break into your home.

More often than not a burglar remains in your home for only 8 ---> 12 minutes. They don't have much time to waste for digging and prying around your house with hopes that something might be there... They go for the obvious spots and then move on to the next place to rob because there is less risk in it. You can see how if you invest a little bit of your time and effort in securing a proper stash spot in your home, it could protect your stuff for you when you cannot be there.



Many break-ins happen between 10 in the morning and 3 in the afternoon

Most often the chances you have for a professional burglar targeting your home is very low... A lot of the time, it is a neighborhood teenager that is roaming around, up to no good. A professional thief looks for a sure thing or a higher payoff, to maximize the gains to justify the risk that they would be taking.





Most break-ins happen in residential homes and communities

If your house does not have a security system in place, it has 3 times the risk of a break-in happening to it than an secured home with a system does.



Think about what are the first places a thief might look in your home? They often target the master bedroom first off. Everyone knows that that is where people keep most of their important stuff and valuables... Keeping them close by while they sleep at night.

Ask yourself what would a thief typically be looking for, if they chose to break into your house? A good thief will look for the things of high value and easy to sell. That means -  
- Electronic devices - Firearms - Jewelry - Cash - Silverware  
- Drugs & Medicines, are all common targets for thieves.



Most would be burglars are on the lookout for the homes where no one is at home at the time, because most thieves don't want any un-needed confrontation. They could see that there are no vehicles in the driveway.

If possible, notify newspapers and mail delivery to be halted while you are away.



Get some Motion sensor lights for the backyard and in the front and sides of your home.



Leave on a TV or some of the interior lights in your home when you leave for the evening. This will give your house the illusion that there is still someone in the home. You could also set devices on a timer, to go on and off at certain times while you are away.



If you have a good relationship with the neighbors and you trust them... You could always ask them to keep an eye out and watch your home for you.

### **Other things that prevent you from being an easy target for criminals.**

It only takes a burglar around 1 minute to effectively force entry into your home.. Any more time than that and your house becomes a liability, and the more time they spend means the more risk that they will take. Installing things like deadbolts on all your doors and bars on windows, as well as shatter proof film or tint on all window glass can help slow them down. Pins in sash windows are more secure.. By taking some easy measures to secure your home, you may change the thief's mind for them.. these things help to drive them off to find easy prey somewhere else.

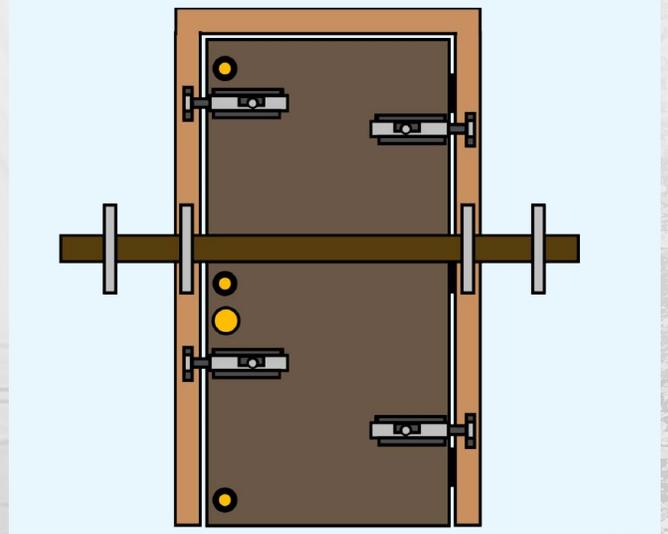


## ALWAYS MAINTAIN YOUR YARD



Let the burglars know that you care about your home and are willing to protect it. Trim the hedges and trees around your house that may give burglars easy cover to hide while they perform their work. If you have a tool or work shed, make sure that it is properly secured. Criminals like to steal tools and building supplies, as these things are generally easy to resell quickly and are hard to track down. You also, do not want criminals to use your own tools to break into your home.

## MOST DOORS ARE MADE TO BE DECORATIVE



There is only about 1 inch of wood that holds your door from opening.. Is that all that protects you from a home invasion? Most doors are made by contractors to be decorative and are not always the most secure entrances to your home. The easiest way for an intruder to gain entry to your house is in fact kicking in the front door. Your front door is the gate you should maintain for your safety.

## REMEMBER:

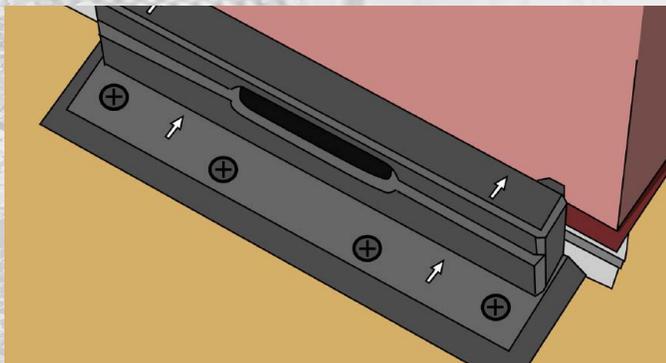
An Alarm system will not prevent an armed criminal from kicking down your door and entering your home. Most doors are surprisingly easy to break down. Often it takes them only a few seconds.



What can you do to prepare yourself in the event of a **Home Invasion?**

Don't wait for it to be too late!

## METAL DOOR BRACES

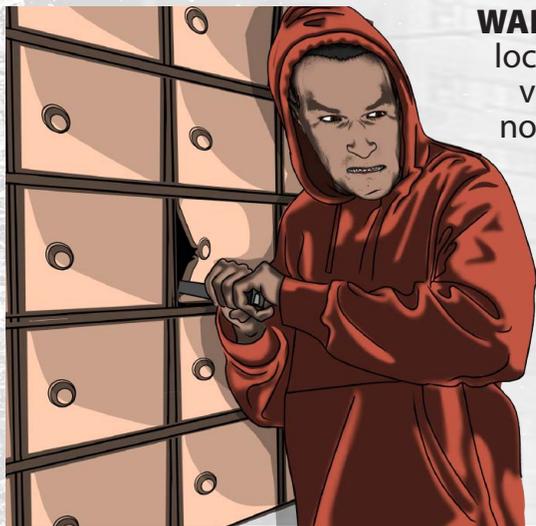


Products like **Metal Door Braces** provide your door with more protection from being kicked down. Much more than an unsecured door would! Solid steel construction can reinforce your door. There are many types of door braces on the market in order to protect from threats of violent home invasions and break-ins.

## CROOKS SOMETIMES USE CAR JACKS



Crooks sometimes even use car jacks to crank apart the foundation of your doorway. This spreads apart the door frame and makes the door open easy for them to enter... This tactic doesn't make very much sound, making it quiet enough to sleep through.



**WARNING!** Even locking up your valuables, will not insure their safety in a high risk theft areas.

## Many break-ins

happen because the house was improperly secured.

Many had security systems in place, but failed to set them, leaving an opportunity for the thieves to get in.



During the winter months there are normally increased amounts of break-ins that happen. Make sure to lock your doors, even when you are at home and asleep at night time.

**Always give your house the appearance that it is well lived in... Many burglars will move on to another mark.**



# PROPERTY CRIME

# OFFENSES



include

Vehicle Theft, Arson, Burglary,  
Theft-Larceny and Vandalism

- Around 75% of break-ins or burglaries happen at a person's residence
- Roughly 70% of all property crimes that are reported are related to larceny theft
- Areas which have a high presence of addictive drugs, either frequented by users or dealers, can increase the risks of property crimes happening. This is mainly due to users need to steal valuables for support of their habits.
- 70% of burglars use force to enter a targeted home, but they mainly prefer an easy access point like an unsecured door or window.

# HOW DO

# SURVEILLANCE SYSTEMS PREVENT CRIME?



**Prevention** -----> Even during business hours, a well placed camera system can help you spot shoplifters. At the very least knowing what is happening and how, can go a long way in preventing these kinds of thefts from happening again in the future.



**Prosecution** -----> If a criminal breaks into a home or business that is protected with a surveillance system, they will be captured on camera. This will help with the police investigation as well as play a big role as evidence in court. It could make the difference in getting a conviction of the guilty parties involved.

**Deterrence** -----> Even if a thief only thinks the premises may be constantly monitored by video surveillance, they most often will move on to an easier target. In some places of business they put up phony cameras with signs stating that the area is being monitored. This is sometimes enough for a business owner to deter thieves from entering their place of operations.

-----> People who do real business, might even feel more comfortable knowing that a place is being monitored for their safety. This benefits the customer as well as the business owner.

Places where surveillance cameras are most likely to be effective, are the places that cannot be monitored by the human eye over a 24 hour period. Places like Parking lots, Back alleyways and entrances behind your place of business. Also places in and around shops and stores with easily stolen types of merchandise, like clothes and electronics. This can monitor things during business hours as well as at nighttime when the place is unattended.

Parking lots and driveways are a good place for cameras. This is because studies show that your vehicle is more likely to be a target than your home... Footage of the crime can help you get compensation from your insurance company for the loss.

**Take measures to help yourself protect your home and property, before the criminals help themselves!**

## **What are the common entry points accessed by burglars when they are breaking into your home?**



Make sure to properly secure all the windows and doors in your home



Make sure that you always keep some lights on in your home at night, even when you are not there.. Use timers to ensure that the lights in your house come on and off at certain times so a would be thief cannot detect any patterns of activity. The small extra cost of electricity, is nothing to what it would cost to replace all your stuff.





Alert your

**NEIGHBORS** of any signs of trouble in your neighborhood and community

Most of the crime that is happening out there is property crime

Put your preparation into action, don't just sit and wait and see! **PREPARE** your family, your home and your business.



If you must hide or store extra keys around your home. Make sure that they are well away from the windows and mail boxes, because they are easily found.



Make a record of any important valuables that you keep around your home.

**ALSO:** Don't keep large cash amounts in and around your home.



Have a proper alarm and surveillance system installed in your home..

**Thanks to the internet!** You now can have a system that allows you to monitor your residence from a distance, via a mobile device or computer with an internet connection.



**PREVENT VEHICLE**



# BREAK-INS

**What is your vehicle really saying to thieves?**

**IS IT CALLING OUT TO THEM SAYING,**

**“Hey! Over here - free stuff inside?”**

- Don't allow your car be a target for thieves!
- What to do when someone has broken into your vehicle or property.



What you should know  
about

# MOBILE RADIATION Risks



Radiation from our  
mobile devices can  
eventually lead to  
DNA damage.

It can contribute to many health factors, such as Headaches, ringing in the ears, sleep loss, memory loss, joint pain and even fatigue.



LIMIT

## SPEAKING ON MOBILE PHONES

to under 2 minutes

*USE A LANDLINE  
WHENEVER POSSIBLE, TO  
AVOID RADIATION.*

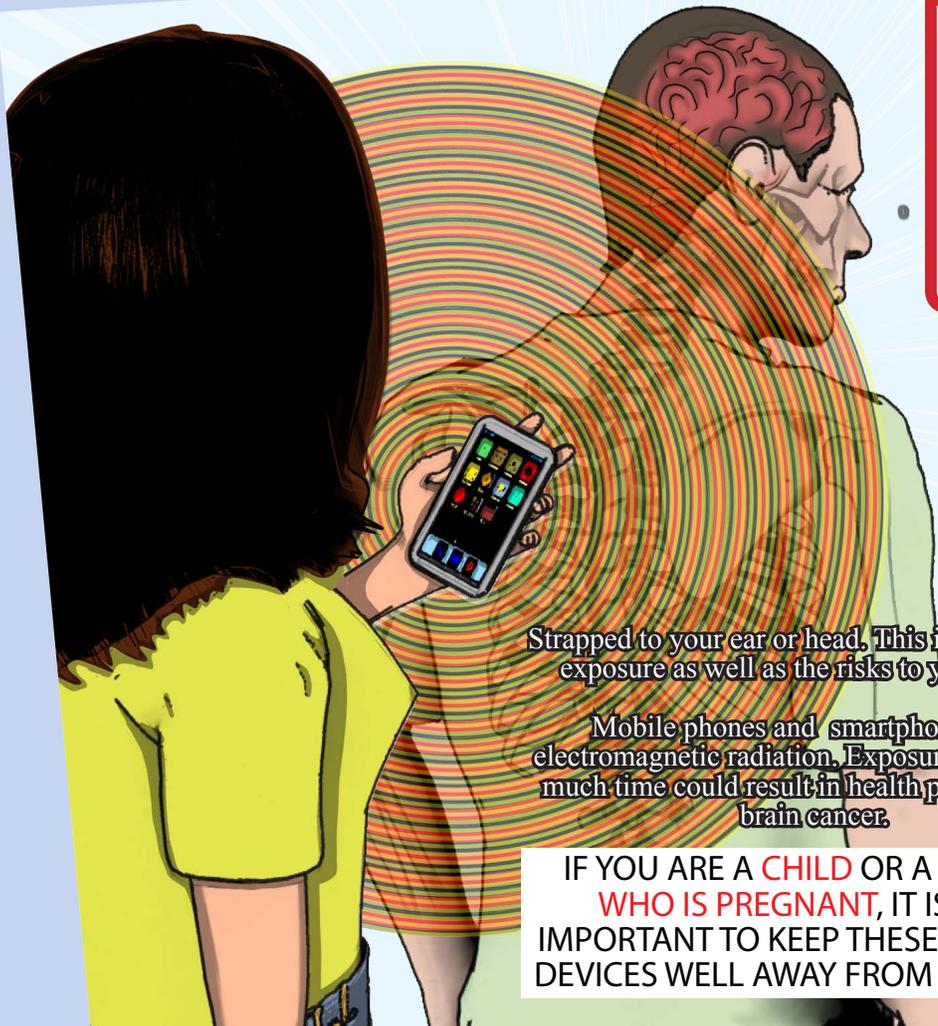
*Use an ear bud or bluetooth  
headset, or even the speaker  
phone option,*

*to lessen your contact with the  
device.*

# NEVER KEEP A MOBILE PHONE

## WARNING YOUR CELLPHONE EMITS RADIO-FREQUENCY ENERGY

Most people today use a cell phone! Whether or not you are a business owner, it is for your job or you just want the added convenience of staying connected with love ones. There has been many reports of radiation from these devices as well as their towers can be very hazardous to our health. Yet that doesn't stop us from seeking out the latest in high tech gadgets to be used as our mobile phones. The higher tech the gadget, the more microwave radiation it gives off because of the complex inner workings of the device equals that of a personal computer system.



Strapped to your ear or head. This increases your exposure as well as the risks to your health.

Mobile phones and smartphones emit electromagnetic radiation. Exposure to it for too much time could result in health problems like brain cancer.

IF YOU ARE A **CHILD** OR A **WOMAN WHO IS PREGNANT**, IT IS VERY IMPORTANT TO KEEP THESE TYPES OF DEVICES WELL AWAY FROM YOURSELF.



### Your cellphone emits Radio-frequency Energy

You are exposed whenever your phone is turned on.

**Always keep a mobile device away from your body.**

# OTHER HEALTH CONCERNS RELATED TO CELLPHONES MAY INCLUDE:

Impaired Immune System / Tumors of the Hearing Nerve / Break in Blood Brain Barrier / Reduced Melatonin produced by the brain / Genetic Damage or DNA mutations / Interference with pacemakers and internal electronic health devices / Melanoma of the eye / Tingling pressure build-up in the head / Brain Tumors / Altered electrical activity within the brain / Stress on the heart / problems with eyes or vision.

Alzheimer's, Parkinson's disease, Hearing impairments, Geno Toxic Effect, Electromagnetic Hypersensitivity, Infertility and Cancer Have all had risks associated with the radiation caused by cellphones and mobile devices.

It is important that cellphone towers are not built around any schools or playgrounds, as they could have long lasting effects on them. Children between the ages of 5 years to 17 years of age are at the most risk of radiation and the related affects that come along with it.

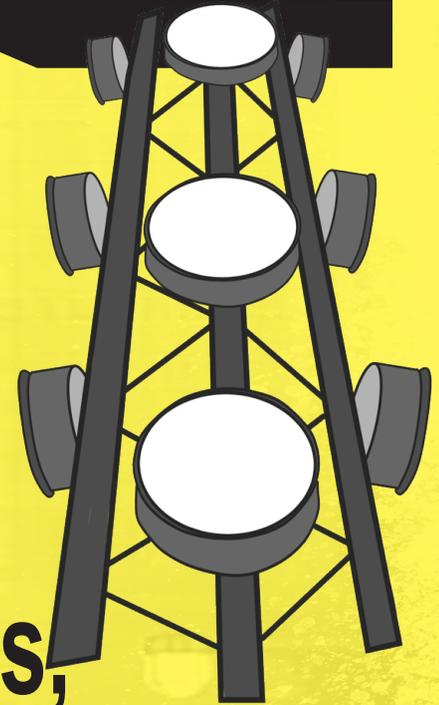
**Many studies have showed the many health hazards caused by close proximity to cell towers.**



# A child spends around six hours daily at schools,

it is where they eat, learn and play. They continue this for 12 years or so... This is why it is important to keep kids safe from the risks of prolonged exposure to radiation.

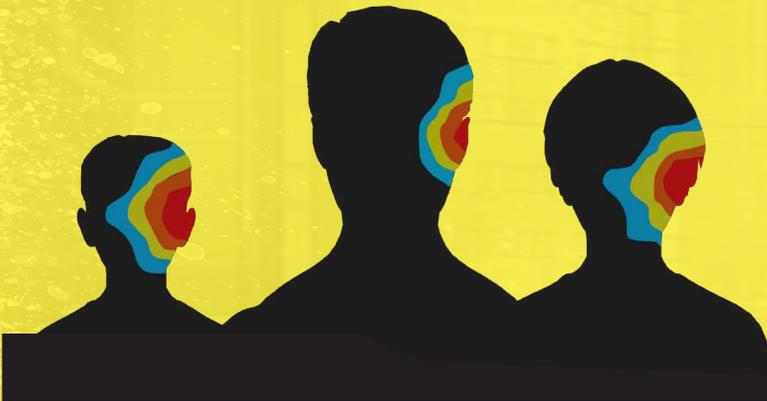
Young children are still developing as they grow, they have rapid cellular reproduction. This makes them even more at risk of DNA damage than full grown adults are.



## Other devices that emit radiation risk

**Especially to new  
borns and fetuses.**

**Wi-Fi routers / Baby monitors / Bluetooth  
earpieces / Towers / Antennas / Smart  
boards / Smart meters / Cordless phones  
/ Other wireless devices**



How can you protect  
your family from

# Cellphone Radiation?

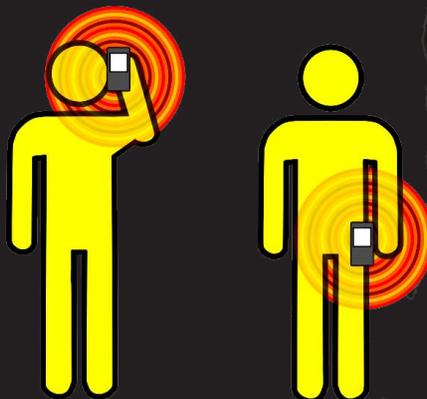
Always keep  
**DEVICES AWAY  
FROM YOUR BODY.**

Using a  
**headset or  
speaker,**

can lower your risks of exposure.  
Texting instead of calling, is another  
way to reduce the risk.

**YOUR CELLPHONE EMITS  
RADIO-FREQUENCY ENERGY**

You are exposed  
**whenever  
YOUR PHONE  
IS TURNED ON.**



There are new studies being done to find out the potential risks of these devices and their proper use. We don't have all the facts yet!

Never keep your mobile phone device beneath your pillow

When your phone battery is low and on the last remaining bar of power, never answer the phone, as the radiation that it emits is about 1000 times more powerful.



**CELLPHONE**

**RADIATION**

**IS ABSORBED BY THE EYE AND  
BRAIN TISSUES.**

**The eye has no protection from the skull,  
WHICH MAKES IT EVEN MORE VULNERABLE TO  
THE IMPACT. THESE EYE CELLS ARE CALLED  
MELANOCYTES.**

**Cancer rates have increased, and this  
could explain why.**

# There are well over 7 BILLION

phone plans around the world.

The number of mobile phone devices out there exceeds the actual amount of people on the planet.

The amount of radiation given off ranges anywhere from 400MHz and 3GHz.

Experts say that mobile phone towers should not be installed in or around any populated area.



# Billions of bottles of water each year are sold in North America

80% of the bottles end up in places like landfills, instead of being recycled.



## When a plastic bottle heats up

from the sunlight hitting it, causes them to release chemicals into the air and water systems

## Bottled water

Bottled water costs as much as double the price of gasoline.

## How can you be sure

that the water is from the actual source that the big bottled water companies say that it comes from?

## The production of the billions of water bottles

The production of the billions of water bottles each year, uses around 50 million barrels of oil. The process creates about 3 tons of CO2 each year



# VEHICLE EXHAUST

Pollution that is released by automobiles is made up of carbon monoxide, nitrogen oxide and hydrocarbons.



**IT ALSO**

contains lead, sulphur dioxide and suspended particulate matter.

IS A **VERY DANGEROUS HAZARD**. TOO MUCH EXPOSURE TO IT, CAN **NEGATIVELY IMPACT THE RESPIRATORY TRACT**.

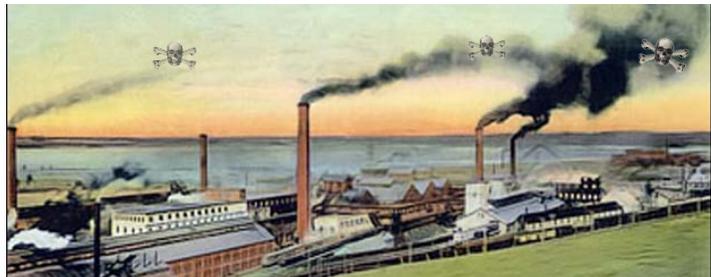
# POLLUTION FACTS TO BE AWARE OF

When the rain comes in and rinses the streets and neighborhoods clean, it also carries the pollutants from the air and the roads straight down into the ground and the water drainage systems. Nasty stuff like **chemicals, motor oils, weed poisons, windshield washer fluids, among other toxic substances**, like what is in the exhaust spewing from our vehicles.

Our vehicles are not built to filter the air that is passing through them, especially when we sit in traffic for hours at a time.. We think because the air conditioning is on, we are breathing cleaner air than is outside the car... Pair that with a fancy car air freshener and we would never know the difference between clean air or dirty air anyway. It is not like most cars are completely sealed off from the outside only letting the air in after it passes through a hepa filtration system before it reaches us.. If it did it would get clogged constantly, and the manufacturers would want to sell us new ones, wouldn't they? This makes it obvious that this kind of issue is not commonly discussed. The real facts about what we are really breathing in on a day to day basis eludes us. How

it negatively affects our health in the long term, might shock us.. But would it be enough for you to give up driving your vehicle to work? People don't really want to think about such a thing, do they?

The toxic truth about motor oil: ----> Motor oil is a dangerous substance that cannot be allowed to enter the water supply. If even one gallon of motor oil reaches the clean water supply, it can go as far as contaminating around 3, 785, 410 liters or 1 million gallons of water. That works out to be a year's worth of drinking water for 50 people. Never dispose of oil products by pouring down the gutter or storm drain, it is illegal. If you have to dispose of these types of substances, whether liquid or used oil filter products. You can either take it to a Certified collection centre. There should be one located locally in your area, for safe disposal of them. You can also have residential curbside collection, if they are properly separated in the right containers that are available.



# RISK FACTOR

There are many things out there in the environment that contribute to disease.

## ☠️ **Smoking**

and the second hand smoke that it creates.

## ☠️ **Pollution**

that we subject ourselves to in our everyday environment.

## ☠️ **Air pollution**

in your home, that is caused by solid fuels

## ☠️ **High blood pressure levels**

## ☠️ **Low weight**

in early childhood

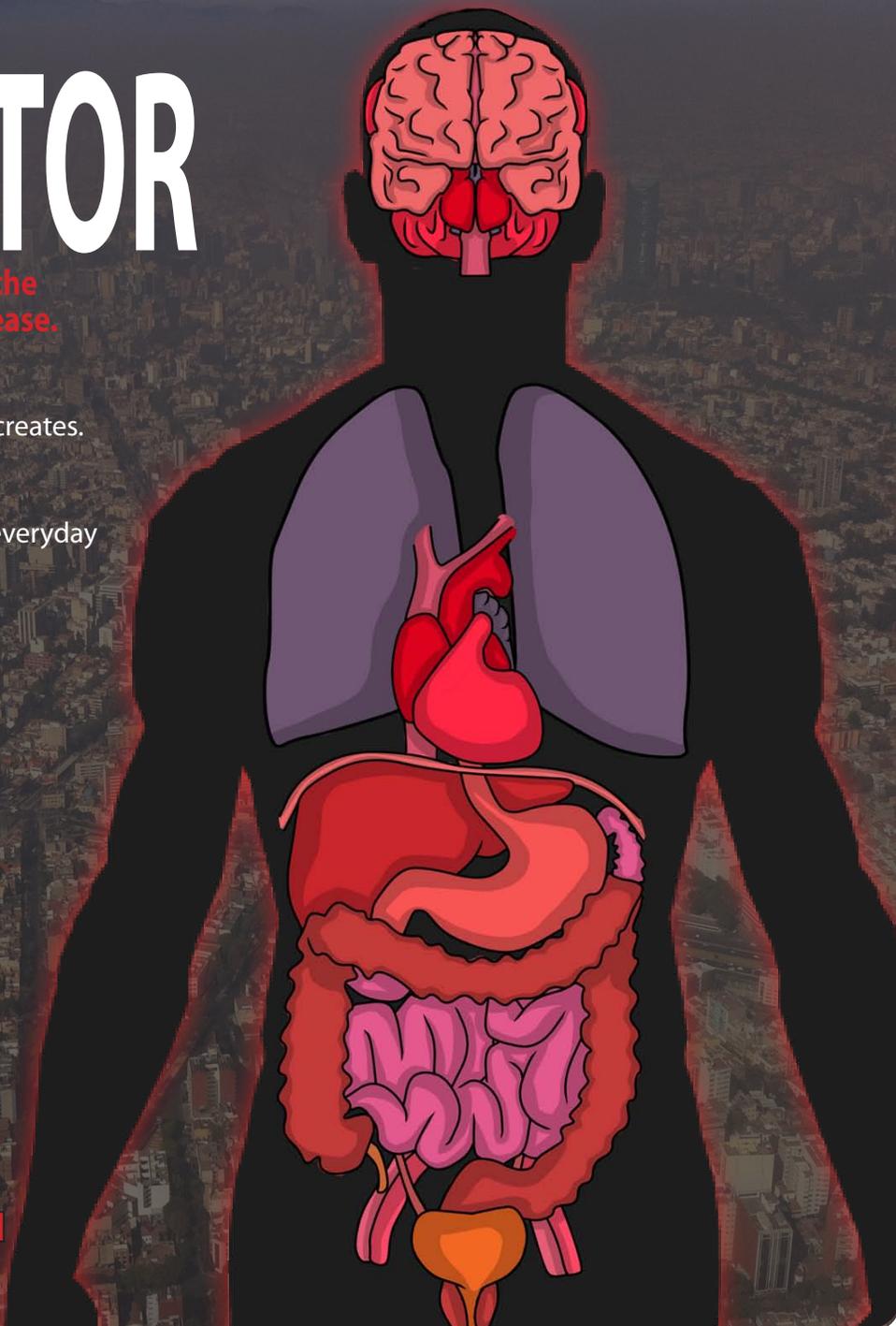
## ☠️ **Not enough fruit in your diet**

☠️ If you have too high levels of **Plasma Glucose in your blood stream**

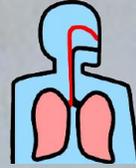
## ☠️ **Too much alcohol**

## ☠️ **Low levels of iron in the blood**

## ☠️ **Not breast fed as an infant**



# WHAT CAUSES AIR POLLUTION?



Clean air consists of mainly nitrogen and oxygen gases, along with small amounts of carbon dioxide as well as some water vapor.

There are some places in the world that the air is so polluted, children are told to stay home from school. If people have to be

outdoors, they must wear masks for their protection from the harmful effects.

Air pollution is the result of human activities mostly, but there are some natural causes, such as spores, dust and pollen, Volcanoes and natural gas mains.

## MEASURES TO REDUCE THE EFFECTS OF AIR POLLUTION:

- REMOVE HARMFUL PARTICLES LIKE SMOKE, PET ALLERGENS, POLLEN, MOLD, TRAFFIC & INDUSTRY POLLUTION, BACTERIA & VIRUSES
- **SMOKING, INDOOR AIR POLLUTION AND EXHAUST ARE ALL CONTRIBUTING FACTOR RELATED TO CARDIOVASCULAR & RESPIRATORY DISEASE.**
- ENFORCE THE REDUCTION OF INDUSTRIAL EMISSIONS
- **CREATE INCENTIVES FOR ALTERNATIVE MEANS OF TRANSPORTATION**
- LOWER THE AMOUNT OF DIESEL FUEL EMISSIONS
- **INFORCE LAWS ABOUT WOOD BURNING**



# Try having a **DUMMY WALLET**



**in your back pocket with  
nothing in it.**

It could help you keep your money safe,  
while travelling.

## **When in foreign places,**

IT IS NOT UNCOMMON FOR YOU TO BE SURROUNDED BY GROUPS OF LOCAL TEEN AND CHILDREN, WITH THE INTENSION OF STEALING YOUR STUFF BY DISTRACTING YOU.

IF YOU CHOOSE TO TRAVEL OR LIVE AND STUDY IN A FOREIGN LAND, IT CAN BE A VERY REWARDING EXPERIENCE. TAKE CERTAIN PRECAUTIONS AND BE AWARE OF ANY KINDS OF THREATS THAT YOU MAY FACE. THINK SAFE, AND YOU WILL BE OK.

## **PICK POCKETS**

### **Personal item theft**

is one of the most common crimes... It happens a great deal to tourists travelling abroad.

### **When you travel in high traffic areas.**

Places like subway systems and shopping centers, city parks, schools, colleges and universities, etc... You have to watch out for your belongings at all times.

### **When you carry a back or bag**

It becomes something to watch out for by thieves who prey upon unsuspecting victims in crowded places. Your bag becomes their target.

### **Never**

leave your own personal items unattended. They will be gone and there is nothing that you can do about it.

# PICK POCKETS

## & Travelling Abroad

Phones are stolen all the time: People know what types of phones are being stolen, but most of them don't really believe that it could actually happen to them.

## HIGH RISK PICKPOCKET AREA

Take some precautions to protect your personal belongings. Bag thieves and pickpockets may be operating in this area.

What can you do to prevent this? Especially when travelling abroad...

The trick to being a good pickpocket is not only the ability to snatch your precious stuff. There is even more to it than that. A good thief will set you up or distract you from what you are doing in order to take advantage of your inability to multi-task. Places like Europe is saturated with pickpockets, with 8 of the 10 worst cities for these types of crimes are found there. Always be mindful of your belongings when you travel and be aware of pickpockets and how they operate.

All it takes is a bump or a hand shake for a professional pickpocket to liberate you of your jewelry, cash or devices.



# ALWAYS WEAR YOUR BACKPACK



in the front of you or just carry it close to your body... Never wear your pack on your back the way it was intended to be worn. It is too much of a target for thieves and easy to steal from, without you noticing this way. You could also hang the straps diagonally across your body, keeping it close.

Always keep your personal space or distance from people you don't know, especially when you move through a crowded place.

Make sure your wallets as well as any valuables that you have are kept secured away in a front zippered pocket. Keep it where it is not visible or bulging out.

If you know that your wallet is secured, try to not touch or pat it too much checking if it is ok. Thieves watch out for this type of behavior. It gives away the location of your valuables, and makes for an easier target.



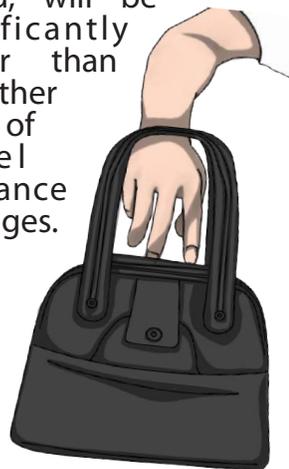
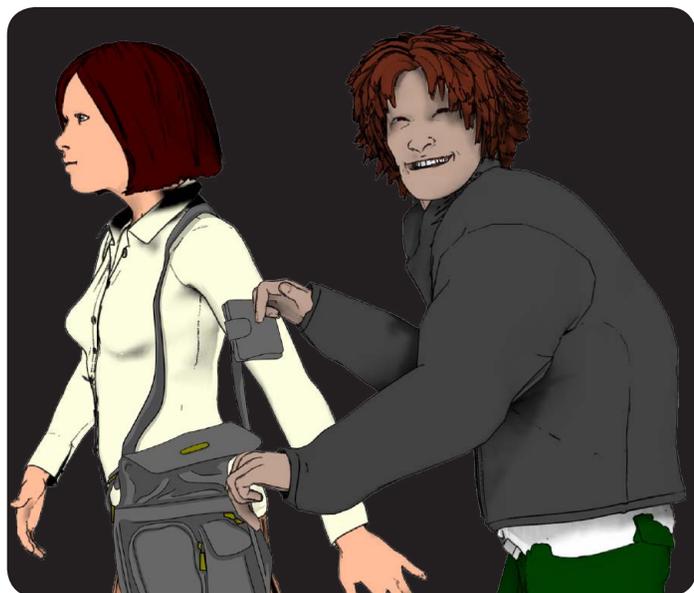
# THERE ARE DIFFERENT TYPES OF PEOPLE THAT CHOOSE THE LIFE OF THE PICKPOCKET...

**Some who just occasionally commit these acts for some quick cash, here and there.**

Other types make stealing from others their full time job. Some troll for victims in crowded subways and bus terminals. Some thieves target shopping centers and stores with many people moving in and out, guaranteed to have money to buy things. Why else would they be in a store other than to purchase things, unless they are there to pickpocket

people. Also there are some clever pickpockets that just tour the bar and night clubs, looking for unsuspecting easy targets that are intoxicated. In some cases, you can cover more expensive items like your lap top computer or expensive jewelry under your home insurance policy.

Check with your agent for the details. If you do add any of these types of items to your home insurance policy, it will not just cover the items for your trip, but after you get back as well. The limits on the costs of the items added, will be significantly higher than on other kinds of travel insurance packages.



## TIPS

### How to Protect your stuff

**If you carry a purse**

or bag with you that contains your money or wallet. Make sure it is pushed way down to the bottom of the bag.

**Keep an eye out,**

when you visit an ATM machine or withdrawal money from your account... If you think you are being followed or are wary of suspicious behavior. Even if you find yourself frightened or in trouble, go find the nearest Police station, bank or place of business.

**Remember**

a thief or pickpocket is just a normal looking person... They train themselves to blend into the crowd, so they aren't noticed when they commit their crimes.

**If you carry a camera**

or photography gear, make sure it is secure, because it's a easy item to re-sell. Cameras and smartphones are a common target for pickpockets.

# MAIL AND PACKAGE

# THEFT

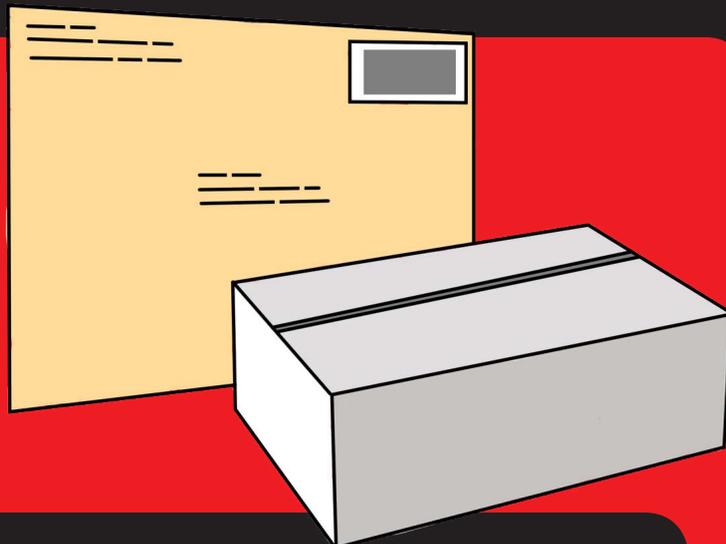


## CLUES OF IDENTITY THEFT happening to you.

You find that your bills are not coming to you on a regular basis and maybe they are being intercepted.

You get calls from debt collectors that you know are about debts that don't belong to you.

There has been withdrawals from your own bank account that you cannot explain or remember.



**Was your package returned** back to you with a suspicious label on it?

**Reshipping Fraud** exists and how can you prevent it.

**Tricks criminals play** with the mail, to get you to pay extra shipping costs that do not exist.

**Package theft** Protect your mail and packages from theft and Prevent Identity Theft.

# QUIT SMOKING

If you quit smoking right now, you are much less at risk of death from a smoking related Health problems than those who keep smoking. At the age of 30 years, if a person removes smoking from their lives... They reduce their risk by up to 90%. The longer you wait to quit, the higher the risk. When you are 50 years old, your chances of death are reduced by 50%.

It takes a few years after you quit, for your cancer risks to begin declining. The further benefits of not smoking anymore increase, the longer you don't smoke.

20 minutes after quitting smoking, your heart rate and blood pressure will lower.

The effects smoking has on the body begins to be reversed in as few as 12 hours after quitting. This happens by dropping the levels of carbon monoxide in your body back to normal levels.

Between 1 to 3 months later your body has less risk of heart attack. The functions of your lungs and breathing begin to improve. The blood circulation of your body also improves.

After about 1 year later, your risk of heart disease gets reduced by 50%. You will find it easier to breathe, with less shortness of breath when you are active. Your lungs

begin to regain the functions of the cilia, managing mucus by clearing the lungs from risk of infections.

Between the next 5 to 15 years, your body has no more risk of a stroke than a non-smoker does. Your cancer risk is 50% lower than that of a smoker, for types that impact the mouth, throat, esophagus and bladder. You also have less risk of cervical cancer.

After 15 years without smoking, your body should be back to better health, with no more risk than that of a person that never smoked.



## Action Plan

# Smoking

is one of the leading causes of premature deaths. Know the facts.

It is time for people to realize the risks associated the use of tobacco.

It takes a lot more than just statistics, to help a person finally quit the habit of smoking.

Finally being able to quit smoking, will positively impact the quality of your life in many ways. Turn your life around!

Make a plan to quit right now! This will increase our chances of succeeding. Find a plan that is realistic and that fits within your own life style.

Choose a date within the next week.

Pick a method for quitting... Cold Turkey / Gradually / Medication / Nicotine Replacements

Prepare yourself for the day that you finally quit. Get use to the idea of cravings and living without smoke.

On the day you chose to quit, make sure you stick to it!



# MAKE REALISTIC GOALS

MAKE GRADUAL CHANGES OVER A PERIOD OF TIME, SO YOU CAN REACH SUCCESS. IF YOU HAVE THE URGE TO SMOKE, YOU HAVE TO ACKNOWLEDGE IT. TAKE MEASURES TO AVOID TRIGGERS OR SITUATIONS, THAT MAKE YOU REALLY WANT TO HAVE A SMOKE. YOUR URGES CAN MANIFEST EITHER MENTALLY OR PHYSICALLY, BE PREPARED AND YOU WILL MAKE IT THROUGH.

# TOBACCO PRODUCTS

cause almost 6 million deaths every year. Judging by current trends, the numbers are only going up.



**The ingredients that cigarette are made of, release over 7,000 different chemicals when burned. Many smokers contemplate quitting on a regular basis.**

## Many people

find it hard to break the routines that keep them in the habit of smoking. Maybe they smoke right after they finish a meal, or when they drink alcohol. When these people find a way to replace this habitual behavior with a substitution that is more healthy, they find that the cravings are reduced.

## When quitting

**smoking**, it helps to stay active. This can go a long way in eliminating the stresses of withdrawal. Working out also helps us strengthen the heart, as well as keep our weight down. A simple as going for a short walk after work. In no time you will notice that you no longer have any shortness of breath.



## LEARN HOW TO MANAGE THE STRESS FROM QUITTING.

When we are stressed out, we tend to give into cravings. In the first few months after giving up the habit, your stress levels will go up. Start engaging in healthier patterns. Learn to pause and take deep breaths, before giving into the temptations.

Have you considered joining a support program designed to help people deal with the pressures of quitting smoking? Family and friends can also act as an excellent support system. They can help you put things into perspective and identify problems dealing with withdrawal symptoms.

Summon up all your will power to help yourself quit. Set goals and reward yourself for accomplishing them. If you find yourself go off track, give yourself a kick and correct your path again.

# IT IS NEVER TOO LATE, TO QUIT THE HABIT.

Improve your health

Lower your stress level

Food tastes better

Sets a better example for the younger generation.

Better sense of smell.

Better health for your kids

enhance yourself confidence and feel better.

Better overall health and physical fitness

# **In just one week of quitting smoking,**

- **you will notice a better taste and smell. Most of the nicotine has left your body.**
- **30% more lung capacity after 3 months, and they renew the ability to heal and clean themselves**
- **When you have quit smoking for 1 year, you have saved about \$4000. Your risk of heart disease is decreased by 50%**

**Every time you choose not to smoke, gets you one step closer to good health.**





SAFEALERT.CA

# SAFE ALERT

## REPORT

### YOUR URBAN SURVIVAL GUIDE



**Criminals look for the easy target.  
Don't make things easy for them.**

Get involved and know what's happening in your communities and neighborhoods. Look out for each other...

**WARNING!**

**PEOPLE OF THE DANGERS AND**

**CRIMINAL ACTIVITY**

**THAT EXISTS AND**

**HOW TO**

**PREVENT IT FROM**

**HAPPENING TO YOU!**

**[www.safealert.ca](http://www.safealert.ca)**

**CRIME COSTS CANADIANS AROUND 59 BILLION DOLLARS A YEAR.  
WE CAN ALL FIND A WAY TO DO OUR PART AND HELP KEEP THE  
STREETS AND NEIGHBORHOODS IN OUR COMMUNITIES SAFER ?**