

Seattle Police Department 西雅圖警局

Personal Safety/Robbery Prevention & Response

人身安全/搶劫防範及應對



General

概述

- Preparation is key to personal safety. Before you leave home, decide what you actually need to take with you rather than automatically taking your entire handbag or wallet out of habit. For example, if you are going to the grocery store for a few items, you can carry cash, or a credit/debit card, I.D. and keys in a pocket.

作好準備是人身安全的關鍵。在你離開家之前，決定你實際需要隨身攜帶的物品，而不是習慣性的自動帶上整個手提包或者錢包。比如說，如果你要去雜貨店買幾樣東西，你可以在口袋裡帶上現金或者一張信用卡/借記卡，身份證明和鑰匙。

- Follow your intuition. Pay close attention to the uncomfortable feelings that often warn us of potential danger. "Trust Your Gut." If you feel that a situation is not right, move out of the situation. Trusting your own instincts that a situation feels "wrong" can be the best personal safety tool you have. Don't be afraid to cross the street, change directions, return to a business, or ask for help based on that "funny feeling"; you may be right.

遵循你的直覺。密切注意那些不祥的感覺——它們經常是在警告我們潛在的危險。“相信你的直覺。”如果你覺得某處情況異常，就應離開。相信你自己覺得某處“不對勁”的直覺可以是你保障人身安全的最佳工具。不要羞於基於那個“奇怪的直覺”而過馬路到街道的另一側，改變方向，回到一個商店裡，或尋求幫助；你的直覺可能是對的。

- Always dress so that your movements are not restricted. Wear clothing and shoes that allow you to move freely and quickly.

總是穿著不防礙行動的衣物。穿著讓你行動便利的衣服和鞋子。

- Carry minimal items; overloading yourself can make you appear vulnerable.

攜帶盡可能少的東西；攜帶著太多東西會讓你顯得弱勢。

Being Safe On The Street

在街道上保持安全

- Develop a plan *before* you see trouble. Crossing a street, entering a store or changing direction may get you out of a potentially bad situation.

在你遇到麻煩之前作好計劃。過到街對面，進入一個商舖或者改變行走的方向，可能會幫你避免一個有潛在危險的狀況。

- Always plan your route and pay close attention to your surroundings. Avoid unknown shortcuts.

總是計劃好出行路線並且密切注意周圍環境。不要走不熟悉的小道。

- Scan your surroundings and make eye contact with people, not to stare them down, but to let them know that you are aware of them and acknowledge their presence. This sends the message that you not only know they are there, but you can also identify them if necessary.

掃視周圍的環境並與他人進行眼神交流，不用盯著別人看，但讓他們知道你知道他們在你的周圍。這樣做可以傳達一個信息：你不僅知道他們在那裡，並且在需要的情況下能夠辨認他們。

- Walk confidently. Project an assertive, business-like image.

充滿自信的走路。投射一個自信，務實的形象。

- **Avoid walking or jogging alone at night. As much as possible, walk or travel with a friend, even during the daytime. Stay on paths that are well lit where you can easily see and be seen.**
避免在夜間獨自行走或跑步。即使在白天，也盡可能地和一個朋友一起出行。使用照明良好的路線-你可以容易地看到別人，也容易被看到。
- **Avoid listening to music through earphones when out on the street. It can prevent you from paying the full attention needed and distracts you from what and who is around you.**
當在街上時，避免用耳機聽音樂。用耳機聽音樂有可能影響你的全副注意力，從而觀察不到你周圍的事情和人。
- **Carry a cell phone and keep it on whenever possible. However, be mindful that talking on the cell phone when you are walking may also distract you from your surroundings.**
攜帶手機並儘可能地保持開機。但是，記住當你走路時，打電話會分散你對周圍環境的注意力。
- **Walk near the curb and away from buildings, trees, and shrubbery, which can hide potential threats.**
靠路邊一側行走，盡量遠離建築，樹和灌木叢，因為後者可以隱藏潛在的威脅。
- **If you are being followed, or you see a person or group that makes you feel uncomfortable, give yourself permission to act; cross the street, walk in another direction, go in to a business, or ask other people walking if you may walk a short distance with them.**
如果你被跟蹤了，或者你看到了讓你覺得不適的人或人群，請給自己行動的許可；你可以過馬路，換個方向走，進入一家店鋪，或者問問其他的行人你能不能和他們同行一小段。
- **If a car follows you or beckons you while you are walking, do not approach it. Instead, turn and quickly go to a safe location.**
如果當你走在路上的時候，有一輛車跟蹤你或者向你示意，不要接近那輛車。相反地，轉身并快速的走向一個安全的地點。
- **When walking to your home or apartment, carry your house keys in your hand. Don't stand in a doorway and fumble in your purse or pocket for your keys. Have them ready to use.**
當走向你家或者公寓的時候，把鑰匙拿在手裡。不要站在門口的同時在包里或者衣服的口袋裡摸索鑰匙。提前把鑰匙準備好以便使用。
- **Carry your valuables safely. Don't display items (e.g., iPods, iPhones, cash), when walking to and from your destination.**
安全的攜帶貴重物品。當從目的地出發或離開時，不要對外顯示它們（比如，蘋果播放器，蘋果手機，現金）。
- **Learn street names, hundred blocks and directions (i.e. north, south, east, west). Chances are you'll be using a cellular phone to report something of significance, and anything you can do to help the first responders locate you or the incident you are reporting is extremely helpful.**
熟悉街道的名字，街區的編號和方向（比如北，南，東，西）。有可能你會使用手機來報告異常情況，如果你能提供信息幫助第一反應者（比如警察，急救員或者消防員）找到你或者你報告的事件的發生地，這將是非常有用的。
- **Practice getting good descriptions of others. Train yourself to be more observant. This is a skill that can be learned and honed.**
練習如何提供一個好的關於他人的描述。訓練自己變得更細心。這是一個可以不斷學習和練習的技能。

Being Safe On The Bus Or Light Rail

在巴士或者轻轨上保持安全

- **Use the transit schedules to minimize the length of time waiting for the bus or train.**
使用公共交通的時間表來最小化等待巴士或軌道交通工具的時間。

- While waiting for public transportation, keep your back close to a wall (or pole) so that you cannot be surprised from behind.
當等待公共交通時，將背面靠近一堵牆（或者桿子）從而減少從背後受到驚嚇的可能。
- Don't use or flash valuables like laptops, iPods, iPads or iPhones on the bus or train.
不要在巴士或軌道交通上使用或顯示貴重物品，比如筆記本電腦，蘋果播放器，或蘋果手機。
- If there is a problem on the bus or train, notify the driver and/or call 911.
如果在巴士或者軌道交通上有異常情況，通知司機並且/或者撥打 911 報警電話。
- If someone is bothering you on the bus or train, notify the driver.
如果在巴士或者軌道交通上有人騷擾你，通知司機。
- If few people are on the bus or train, sit near the driver.
如果巴士或軌道交通上人很少，坐在靠近司機的位置。
- Keep your purse, shopping bag, backpack, packages, etc., in your lap, on your arm, or between your feet -- not by themselves on an empty seat.
將你的錢包，購物袋，背包，包裹等放在你的腿上，肩膀上，或兩腳之間——不要將它們單獨放在一個空座位上。
- Don't let yourself doze off on the bus or train; doing so can make you an easy target.
不要在巴士或者軌道交通上打瞌睡；打瞌睡會讓你成為一個（犯罪分子）容易得手的目標。
- If you feel uneasy about getting off at your usual stop, stay on until the next stop.
如果你對於在你平常的站點下車感到不安，待在車上等到下一站再下車。

If You Are Confronted

如果你遇到了危險

- Figure out the one thing you could do in a frightening situation. Could you scream? Could you kick? Can you run? Do you have an eye for details that would help identify the person/vehicle? Great, now practice, practice, practice.
找到在可怕的情況下你可以做的一件事。你能喊叫嗎？你能踢踹嗎？你能跑嗎？你有能夠幫助辨認人物/車輛的觀察入微的眼睛嗎？很好，從現在開始練習，練習，再練習。
- If someone demands your property and displays or implies in any way that they have a weapon, don't resist. Physical property isn't worth getting injured or killed over.
如果有人向你索要財務，並且顯示或者以任何方式暗示他們有武器，那麼不要抵抗。不要因為物質財產而受傷或被殺害。
- If someone tries to grab you, make a scene. Scream, kick, fight . . . do what you can to get away and attract attention.
如果有人嘗試抓住你，要大吵大鬧。喊叫，踢踹，打鬥。 。 。做一切你能做的來逃脫並且吸引其他人的注意力。
- If you are attacked, make as much noise as possible. Yell, scream, call for help, blow a whistle, etc. Get distance between you and the attacker. Do not pursue your attacker. *Call 911 and report the crime as soon as possible.*
如果有人攻擊你，盡可能多地製造噪音。號叫，喊叫，呼喊幫助，吹口哨，等等。在你和攻擊者之間創造距離。不要追趕你的攻擊者。*盡快撥打 911 報警。*

Crime Prevention Coordinator

犯罪預防專員

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