

Security Measures For Family & Child Safety



CITIZENS-POLICE LIAISON COMMITTEE
– citizens' effort for the city's peace



CPLC - Central Reporting Cell, Sindh Governor's Secretariat, Karachi-75580
CPLC Helpline: (021) 3566-2222 / 3568-2222 UAN: 111-222-345 or Ph: (021) 3568-3333
Email: info@cplc.org.pk Website: www.cplc.org.pk

LET'S BEAT CRIME TOGETHER



Security Measures For Family & Child Safety

1. PERSONAL PROTECTION MEASURES

Personal protection is largely a matter of common sense. Most people have an built-in sense of survival and avoid situations that may endanger themselves. However, most people are not aware of how criminals operate. The following measures reduce the risk of becoming a target / victim of criminal activity.

1.1 DO NOT SET PATTERNS

- a. Vary routes and timing when travelling to and from School, Work, Shopping, etc.
- b. Vary routes and timings for Walks / Jogging or Outing.

1.2 USE MAIN ROUTES AND AVOID

- a. Badly lit areas.
- b. Quiet Residential / Industrial / Barren areas.
- c. Single lane roads.

1.3 LOOK AHEAD

- a. When driving and walking, look ahead and be aware of situation that may cause you to slow down or stop. If suspicious, avoid getting into that situation. At night do not give way to a suspicious vehicle if he honks or flashes his headlights from behind to corner you.
- b. When driving lock your doors and leave enough distance from the car in front, so that in case the front car stops / blocks you, there is enough space for you to get away.
- c. Wherever possible, stay on the roads having fast moving traffic.
- d. If anybody blocks your road, try to choose an exit point even if it means damaging your car to escape the blockade.

1.4 LOOK BEHIND

- a. When driving and walking be aware of who is following you, if suspicious, stay calm, and head for the nearest safe haven such



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as police / military / navy, barracks, busy areas etc. try to lose them and never approach your house or your friends. If being followed drive fast and be alert. **Watch your rearview mirror at all times.**

1.5 ALWAYS LET SOMEONE KNOW YOUR WHEREABOUTS

- a. If possible tell someone where you are going and let them know your program / schedule. Avoid quiet early morning or noon outings.

2. SECURE FAMILY

- 2.1 Do not display your name on the gate of your apartment / house, just the address.
- 2.2 Auto Lock System at gate and doors connected to a speaker system and closed circuit TV around the house and entrance porch.
- 2.3 Intercom with coded identification to communicate with guards / servants to allow access.
- 2.4 Door Chains.
- 2.5 Guards should be positioned on Terrace with Sensor Lights activated around the house.
- 2.6 Employees must deposit:
 - i) I.D Card ii) Photograph iii) Reference iv) Registration with Police for Servants, Drivers, Maids, Guards, Sweepers, Gardeners, etc.
- 2.7 Keep bedrooms locked, pre-determined coded words for opening at all times. Identify restricted areas of the house for servants, especially males. This will also help prevent burglars from accessing the rooms of other family members.
- 2.8 Servants may drug small children. Take necessary precautions.
- 2.9 Do not be threatened by Dacoits / Burglars to disclose hidden cash/ jewelry on the mere threat of killing a family member. Make a small safe at a place where nobody looks and distribute your valuables. Be calm, do not be intimidated, act scared, start crying, the criminals like to believe they have scared you, so you must be telling the truth.



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3. PERSONAL SAFETY

- 3.1 Print only plain Visiting Cards.
- 3.2 Discourage display of Mobile Phone by children.
- 3.3 **Never sit in the front** with Home Drivers or Van Drivers.
- 3.4 Don't carry weapons.
- 3.5 Late Night Outings should be discouraged.
- 3.6 **Be careful** whilst inside and when leaving Lockers, Banks, Moneychangers and approaching ATM machines.
 - a. When approaching any of the above, visually scan the area before getting out of your car.
 - b. If there is **something suspicious**, like someone just standing around or people in a nearby vehicle, but no one especially at the ATM, then leave the area immediately and **use another ATM**.
 - c. When transaction is completed immediately **take your ATM card, receipt, money, etc. and leave**. Count your money later at a safe place.
 - d. **When in lockers to take jewelry put it on your person**, never carry it in your purse. Put your duppatta around and observe as in above while leaving the area. Match your rearview mirror. You may be followed to be intercepted quickly hand-over your purse, which would contain empty jewelry boxes. Use especial purse to visit lockers.
 - e. **Banks and Moneychangers are always hot targets of criminals**. They may be even observing you when standing beside you when drawing cash. Be extremely cautious and alert when returning as warned above.
- 3.7 Share a **family code for identifying genuine telephone messages** sent through strangers / acquaintances for its genuineness and safety.
- 3.8 Do not leave old people on their own at the mercy of servants.



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3.9 Obnoxious / Annoying Telephone Calls:-

- a. Always install a telephone line with Caller ID.
 - Caller-ID is a great way to screen your phone calls.
 - Instruct children to check the Caller-ID before answering the phone and only answer the phone calls from recognized numbers.
 - If Caller-ID is not available, arrange a "ring code" like one ring, hang up, count to three and call again.
 - An answering machine is another safe way to screen your incoming phone calls for you and your children.
 - If you receive "obscene" phone calls from strangers who ask questions regarding private matters, HANG UP!!! Be sure to keep a log of the dates and times of these phone calls.
 - Chronic harassing phone calls should be reported to the Police or CPLC.
- b. **Blackmailing**, call CPLC / Police.
 - i) "Phone calls from friendship magazine" are for blackmailing.
 - ii) Take care when photographed at parties, they can be misused.
 - iii) Never get blackmailed. Face it the very first time, have them apprehended.
- c. **Do not** make friends through phone.
- d. **Do not encourage chatting** with strangers **on Internet or lead** to personal relationship.
- e. **Extortion / Threats**, call CPLC / Police.
- f. Never give your name, number or secret code of mobile / land line telephone. **Ask which number have they dialed and for whom?**
- g. **Never give out any personal information, financial information or a credit card number during an unsolicited phone survey or sales promotion.**
- h. **Do not fall prey to the claim that "You've Won a Prize!" and all the caller needs is your credit card number. Tell the caller to notify you by mail.** If he has your telephone number he should have your address also, don't provide anything on your own.



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4. HOW TO HANDLE KIDNAPPING FOR RANSOM

- 4.1 Give the kidnapper your **pre-determined digital residence telephone number** (essentially with caller ID) and name to contact. (**negotiator**).
- 4.2 Be calm, family must inform Police on Emergency No. '15' or CPLC on **(021) 111-222-345** or **3568-3333** immediately, for assistance and training on how to deal with the situation.
- 4.3 **Decide negotiator within family.**
- 4.4 Father and son should preferably not travel to work together. Also do not carry a cheque-book, if necessary write fake / coded balance on counterfoil, to avoid disclosing actual financial status.
- 4.5 Discuss within the family how to respond when confronted with such a situation by any member.
 - Salary.
 - Home Ownership.
 - Vehicles: Self / Company / Leased.
 - Bank Balance / Jewelry.
 - Mobile Phone Auto-lock.
 - Family details / status.
 - How not to get intimidated.
- 4.6 When Women / Girls are Kidnapped while in car how to Escape?
 - (a) If he has taken you hostage by sitting in the back seat of the car with a gun, **be calm.**
 - (b) If he tells you to quietly move to the next seat, just get down from the car and refuse to accompany him.
 - (c) If you have your child tell him / her to get down softly, but firmly.
 - (d) Tell him to take your purse, car and whatever is inside quietly, you assure him you will not report this for an hour, but refuse to accompany him. Just walk off. **Report it to the Police immediately.**
 - (e) If he tells you to drive off while he is sitting in the back, go ahead and drive. View the road and keep your car amongst other cars. Try to come to a red light at the signal **and bang the car in the**



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front. This will create a commotion. The criminal will quietly get down and escape at the first opportunity.

- (f) You can now run and shout for help. Afterwards give your explanations. Call CPLC if you need any further assistance.

QUESTIONNAIRE

In case of abduction, the kidnapers pose the following questions. Prepare your own answers after discussing with the family. Do not ever disclose your true financial status, make up a fabricated income / expenses breakup leaving very little savings. Keep a sealed copy of the answers of the questionnaire at home to refer in any such eventuality.

1. What do you do?
2. What is your salary (Immediately reply, any one figure)?
3. Banker?
4. Bank Balance (Threat; if you have a balance you will be saved, otherwise shot dead).
5. Jewelry?
6. Wife, Children? Names, Studying etc.?
7. Telephones, how many, numbers?
8. House Rented or Owned?
9. Rented, O.K. give Landlord / Landlady telephone number, how many children, address etc. (Check Out).
10. Salary P. F. Collected, any other benefits of company.
11. Car Self or Company's? How many cars? (Remarks; Shoot him! He is lying, No! choke him to death with his tie so that there is no noise. **(These are only intimidations to terrorize you).**
12. Check his briefcase, wallet etc. Asks details from Cheque Book, Wallet, Credit Cards, Telephone Numbers etc. **(Write balances on cheque book in coded language).**
13. Slaps, threatens, intimidates, while one member is sympathetic.



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14. Calls leader Sinee / Sardar etc. refers of him often.
15. Asks names of brothers and other family members, what job they do? income per month? where they live? etc.
16. What will your company pay for you?
17. O.K. give him a telephone, Tell your family to bring jewelry, cash etc. Minimum 25 lacs or we will kill you. **(False threats, pretend you are scared, start crying).**
18. Never carry excess cash in person.
19. Program your Mobile Phone to **lock outgoing calls by the push of one button** when abducted.

PLEASE TELL YOUR FAMILY WHAT TO DO IN SUCH A SITUATION, WHOM TO CONTACT ETC.

5. SECURE PROPERTY

- 5.1 Property listed and Coded as per attached performa.
- 5.2 Cash, Household articles etc. should be preferably insured.
- 5.3 Please keep valuables in bank lockers. **Jewelry photographed.**
- 5.4 Give special instructions to bank that if signature is deliberately being extended on a cheque, take the person in custody and call police. The gang can be apprehended and it may also result in saving your life.
- 5.5 When having a new cheque book issues, please count its leaves in serial order and its exact.

6. VEHICLE SECURITY

- a. Install Vehicle Alarm System. The latest **Satellite Vehicle Tracking System** not only secures your Vehicle, but cares for the security and safety of your family.
- b. When approaching a parked car, ensure that no suspicious person/s are around.



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- c. Do not leave children inside parked cars. **Avoid sitting in the vehicle at roadside or shopping centers.**
- d. Instruct drivers to park the car at a prominent place, lock it and stand away from the car while waiting for you to return.

7. WAYS TO HELP PREVENT A CHILD ABDUCTION / MOLESTATION

- 7.1 Teach your child his full name, your full name, address, and telephone number. Make sure you teach him how to make local and long distance phone calls. Even a small child can be taught to dial "15" for help, or '3566-2222 / 3568-2222' CPLC operator. Find out if "15" or CPLC is servicing your local area.
- 7.2 Take head-to-shoulder photos every six months for children aged six and younger, annually for older children.
- 7.3 Listen attentively when your child talks about "a man or woman" he or she met in your absence. Create an environment in which the child feels free to talk to you, let him / her know that you are interested and sensitive to their fears.
- 7.4 Teach your child not to wander off, to keep you in sight at all times, and to avoid lonely places.
- 7.5 Keep your child in sight at all times; when your child is away from you, know whom he or she is with and where.
- 7.6 Teach your child never to go anywhere with anyone who doesn't know a family "code" word.
- 7.7 Don't let your child accept rides from anyone with whom you haven't made previous arrangements-even if they are known or a friend of the family.
- 7.8 Children should immediately tell you if someone has asked them to keep a secret from you.
- 7.9 Never leave your child alone in a public place, stroller or car, not even for a minute.
- 7.10 Tell your child about the abduction problem in a calm and simple way as if you were teaching any other important coping skill.



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- 7.11 Teach your child that it's OK to run away or to scream if someone is making him or her to do something he or she should not do.
- 7.12 Children should scream and scatter books and belongings, if they are forced towards a building or a car.
- 7.13 Children should not take candy or other gifts from strangers or anyone else without asking a parent first.
- 7.14 Children should know that no one, even their teacher, does not have the right to touch any part of their bodies that a bathing suit would cover.
- 7.15 Accompany your child on the day of issuance of Report Card to school.

8. VALUE OF LIFE Your life is Priceless. Value it!

- 8.1 Do not frequently visit Video Shops, avoid public Billiard Places.
- 8.2 Never ever become friendly with strangers.
- 8.3 Always keep someone informed or note your fears.
- 8.4 Identify friends you can be proud of.
- 8.5 Never get involved with Teachers especially at Tuition Centres, it is merely infatuation. It is also a **breach of trust bestowed by your parents**. Report all such advances / intentions of your teacher to your parents / friends / school principal.
- 8.6 Say No to **Drugs!**

9. HOW YOU CAN HELP?

- 9.1 Educate others what you have learnt regarding personal safety.
- 9.2 See or Hear anything suspicious / criminal, call **"15"** or **CPLC 3566-2222 / 3568-2222**.
- 9.3 Offer moral and financial support to CPLC and its campaigns.
- 9.4 Sponsor Neighbourhood Care (CPLC-NC).
 - i. Keep your area lighted.
 - ii. Organize Police Patrolling.
 - iii. Arrange awareness talks / programs.



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HOW TO CONTACT THE POLICE

If you think a crime is in progress or you see or hear anything suspicious.



**Before you call,
use your judgment**
**THINK IS IT AN EMERGENCY
IF YOU ARE IN ANY DOUBT
DIAL 15**

Then, false alarm or not, you will have done the right thing.

REMEMBER

When you phone, state your name and address and telephone number

- Stay where you are
- Do NOT approach suspicious people
- Remain calm
- Continue to watch

If you need any advice or help when it is not an emergency, such as security advice for your home or a confidential personal matter etc.



Contact your CPLC OFFICE
021-3566-2222
021-3568-2222

SOME USEFUL TELEPHONE NUMBERS

Your Local Police Station _____

Your Fire Brigade Officer _____

Your Ambulance Assistance _____

Your Family Doctor _____

CITIZENS-POLICE LIAISON COMMITTEE | (021) 111-222-345



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WHAT THE POLICE NEED TO KNOW

If you see or hear anything suspicious or think a crime is being committed this is the kind of information which will be useful to the police.

Description of a suspicious person	
<ul style="list-style-type: none"> • Male / Female - Complexion _____ - Height _____ - Built _____ - Age _____ • Hair - Colour _____ - Length _____ - Straight _____ - Curly _____ - Wavy _____ - Receding _____ • Eyes (colour) _____ • Glasses _____ 	<ul style="list-style-type: none"> • Face - Long _____ - Thin _____ - Round _____ - Cleanshaven _____ - Moustache _____ - Beard _____ • Marks - Scars _____ - Tattoos _____ • Mouth - Narrow _____ - Wide _____ • Dress - Description of clothing _____
Description of a suspicious vehicle	
<ul style="list-style-type: none"> - Car / Van / Lorry / Motorbike _____ - Make / Model _____ - Colour _____ - Body type _____ - Registration number _____ - Direction _____ - Other details damage, company name etc. _____ 	



Otherwise phone your local Police Station



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PLEASE KEEP THIS DOCUMENT IN A SAFE PLACE

MARK YOUR POSSESSIONS WITH YOUR POSTCODE

followed by your house / flat number (or first two letters of house/ flat 'name'), and record the details on this card.

Complete the details for all of your possessions.

LOCAL POLICE TEL #

If they are stolen or lost, it will help the police identify and recover them.

Item	Make / Description	Serial No.	Value	Position of 'Mark'
Video & tapes				
Home computer equipment				
Hi-Fi / Stereo				
Television				
Radio/s				
Camera & equipment				
Watches & clocks				
Antiques with photographs				
Jewelry with photographs				
Other valuables				
Kitchen electrical				

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F.I.R

FIRST INFORMATION REPORT

Insist for your
FREE
copy of the
F.I.R

It is your legal right to lodge a F.I.R of a cognizable offence. It is the duty of the police to record such F.I.Rs and give you a copy.

In case you are a victim of crime and registration of your F.I.R is being delayed or refused by the concerned Police Station, report it to us for help in lodging of the F.I.R.

A Police Officer will be available at CPLC and at all CPLC Zonal Reporting Cells to lodge your F.I.R or process your complaint without any further delay.

When the F.I.R has been recorded, the nominated person(s) need not necessarily be arrested before a proper investigation.

Remember! Lodging of false F.I.R is punishable under Section 182 PPC

For help and assistance Dial HELP LINE 35662222 or 35682222 or your nearest CPLC Zonal Reporting Cell (ZRC) functioning in all 5 former District SSP Offices

Snip and save for ready reference

South Zone	East Zone	West Zone	Central Zone	Malir Zone
35687333 35687444	34942222 34942223	32562222 32562333	99246168 99246169	35018888 35018889



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