



Partners for a safe community

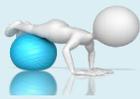
Burnaby RCMP Crime Prevention Unit

Digital Tips

Issue 1

January/ February 2016

New Year's Resolutions...



Fitting in Fitness

- Put your valuables in a secured locker or leave them at home. *Thieves work in the gym too!*
- Wear a pedestrian reflector when going to the gym in the early morning or late evening hours. *Drivers may not always see you!*
- Be aware of your surroundings. *Report any suspicious or criminal behaviour!*



Enjoy Life & Get Out

- Lock windows and doors with primary and secondary locks. *While away, thieves might play!*
- Create an illusion that you are home. *Confuse thieves by using random light timers inside your home!*
- Remove valuables from plain sight. *If criminals look into your home, they have less temptation.*



Travel More

- Bring a photocopy of all important travel documents – *They might be stolen or lost!*
- While sightseeing and touring stay with a group. *You have power in larger numbers!*
- Conceal cash and don't carry large amounts on you.



Meet New People

- Be aware of where you are meeting someone. Pick a public place and tell a friend. *Personal safety is key!*
- Do an online check. Use Google, Facebook, etc. *Past behaviour usually indicates future behaviour!*
- Be wary of information you post online. *Keep your personal info personal!*



Learn Something New

- Crime prevention is a vast field. There are many good books on personal safety and crime prevention.
- Attend Crime Prevention Unit information seminars once a month and learn new information in Burnaby.
- Have conversations with friends and family to share your new knowledge.

Upcoming Events:

2016



January 28

Safe Community Series: Alzheimer's & Dementia

6:30 – 8:00 pm

City Hall Council Chambers
4949 Canada Way, Burnaby

February 18

Safe Community Series: Digital Awareness

Internet Safety and Anti-Bullying
6:00 – 7:30 pm. Location TBD.



See Something? Report it! Crime Stoppers

Crime Stoppers

Crime Stoppers is an anonymous way to report crime and suspicious activity. Crime Stoppers welcomes tips by email, phone or text message – the preferred way of contact is through email.

Email

Email allows on-going confidential correspondence. **YOU STILL REMAIN ANONYMOUS.** The benefit of email is that it allows investigators to easily contact you with further questions or to obtain more information to assist the case.

Phone

If you chose to phone, it is recommended to have a follow-up call two weeks after the initial call. Tips are quickly handed over to the investigators; however, setting up the investigation takes a lot of planning and resources.

Take away

If the investigators are able to follow up with you whenever necessary, this allows faster and more efficient work, ultimately resulting in a successful arrest! See <http://www.solvecrime.ca/> for more.



Missing: Alzheimer's and Dementia Wanderers

January is Alzheimer's awareness month. Sometimes Alzheimer's and Dementia patients wander and go missing. This experience is a huge loss for the family and the community. Below are some tips regarding wandering and missing persons.

What is Dementia & Alzheimer's?

Dementia is the umbrella term denoting symptoms caused by varying disorders affecting the brain. Many diseases can be the cause of dementia such as Parkinson's, Huntington's, and Alzheimer's.



Alzheimer's disease is a specific form of dementia where symptoms are irreversible due to the degeneration of brain cells.

Dementia symptoms include:

- memory loss
- difficulty performing daily activities
- thinking loss or difficulty
- changes in judgment, reasoning, behaviour, and emotions.



What happens when they wander?

A wandering person with a brain disorder could get lost even when in familiar places, or when they go out late at night. Either way the person is then placed in a vulnerable position.



What can you do to prevent wandering?

- Install chimes or alarms. These notify you when someone leaves.
- Take them for regular walks and exercise during the day. Their needs are met and they will more than likely sleep through the night.
- When going for a walk, someone should go with them.
- Inform your neighbours and the local community that a family member with dementia symptoms is in the area.



If they do wander, what do you do?

Preparation is a key component! If possible, have all the information about the person on hand: height, weight, hair colour, gender, unique identifiers, identification bracelet, name tags, carrying cards, or sewn in tags on the person. Call the police and follow their procedures.

If you find a wanderer, what do you do?

- Approach from the front and move slowly.
- Identify who you are and how you are going to help them.
- Speak slow, calm, and present one idea at a time.
- Ask more closed questions to allow them to respond.

For more info visit:

<http://www.alzheimer.ca/bc/>

Facts: most common place found: creeks, drainage areas, briars or bushes. 90% found one mile of where they left.

Safer Internet Day & Pink Shirt Day

Feb 9, 2016 is designed to promote the safe and responsible use of technology otherwise known as Safer Internet Day.

Feb 24, 2016 is designed to promote the prevention of bullying and starting healthy relationships otherwise known as Pink Shirt Day.



Digital Reputation How will you be perceived...

- **Messaging**
Positive and negative messages leave differing impressions. Practice positive comments about events, services, others and more.
- **Timelines**
Social media tracks actions. When you search your name, what do you want to see and more importantly what do you want others to see?
- Check out the childnet.com reputation checklist for more info.

Parental Controls What can you do...

- **Privacy Settings**
Establish your own settings and make sure your child understands them, how to block others, and report information.
- **Stay Informed**
Technology, Apps, and messaging services keep changing. Stay updated to be aware of the latest trends and risks associated.
- Check out cybertip.ca for more info.

Valentines: Looking for that Perfect Gift

Many people hope to buy that perfect gift for their significant other on this romantic holiday. In this digital era, it has become increasingly convenient to shop online. However, while many online stores are legitimate, there are many fraudulent websites out there hoping to trick the unsuspecting buyer.

Follow these tips to be a smarter shopper!



If it's too good to be true, it probably is!

If an item is advertised at a much lower price than usual, then this should be a red flag.



How do you communicate with the seller?

Does the seller only communicate with you through email? What is the company's repertoire? Do your research before sending the \$\$\$.



Picking up hints from the advertisement

Does the ad use very generic descriptions and contain many spelling and grammatical errors? Legitimate websites almost always have perfect spelling – be weary if you see errors!