

# NEIGHBORHOOD WATCH

## Fountain Valley Police Department

10200 Slater Avenue, Fountain Valley CA 92708

Daniel S. Llorens, Chief of Police

### Police Phone Numbers

Non-Emergency: 714-593-4485 / 714-593-4486

Watch Commander: 714-593-4487

Crime Prevention Office: 714-593-4526

Crime in Progress: 9-1-1

### Neighborhood Watch

Office: 714-593-4488

Report Graffiti: 714-593-4604

## Spring 2013 Issue

### Welcome Spring!!

I'm excited to begin another year working in conjunction with the Fountain Valley Police Department on our Neighborhood Watch program. I've learned that an effective neighborhood watch program is like an additional set of eyes and ears for law enforcement. It is our goal in 2013 to continue promoting crime prevention and personal safety basics.



Be safe!!

Kellie Hopkins - Neighborhood Watch Volunteer

## Conflict Resolution Tips

*A quick list of things to remember when managing conflict*

- Note that anger is a normal feeling.
- How we handle our anger and how we deal with other people who are angry can make the difference between managing conflict effectively and having conflict end in violence.
- Be aware of triggers, which are any verbal or nonverbal behaviors that result in anger or other negative emotional reactions that can get in the way of resolving conflicts.
- Triggers are like lightning bolts. When they strike, they can interfere with communication.
- To avoid pulling others' triggers, pay particular attention to your own behavior, even your body language.
- Note that people already use strategies to control their anger (for example, walking away from a dangerous situation), and that all they need to do is build on that foundation.
- Point out that, even though we sometimes think of ourselves as being "out of control," we often choose to blow up at some times and stay calm at other times. For example, there's a difference between how we handle anger with our friends and anger with a parent or grandparent. To resolve conflict, you must stay calm to communicate.
- The less "hot" the anger, the more you can control it.
- Even though your anger may be legitimate, it usually doesn't help to show your anger to the other person. Sometimes the other person will take you more seriously if you remain calm and courteous.
- Remember that your goal is to be able to get angry without becoming abusive or violent, and to communicate your wants and needs effectively without threatening others.

Resource: [www.NCPC.org](http://www.NCPC.org)

# NEIGHBORHOOD WATCH



## Home and Neighborhood Safety

In these times of economic distress, many people are concerned about the threat of rising crime in their communities. Fortunately, there are ways to help protect your home and your neighborhood from crime. From simple steps like keeping your doors locked to participating in a Neighborhood Watch program, there are plenty of things you can do to prevent crime.

Work with your neighbors to keep your neighborhood clean and orderly. Keep spare keys with a trusted neighbor or nearby shopkeeper, not under a doormat or planter, on a ledge, or in the mailbox. Set timers on lights when you're away from home or your business is closed, so they appear to be occupied. Illuminate or eliminate places an intruder might hide: the spaces between trees or shrubs, stairwells, alleys, hallways, and entry ways...it has never been more important for citizens to work together to prevent crime.

Resource: [www.NCPC.org](http://www.NCPC.org)

TAKE A BITE OUT OF  
**CRIME**<sup>®</sup>

### Home Security Checklist

Use this as a guide as you check your home for safety measures. Boxes marked "no" indicate areas where you could take action to improve your home's security. These are just some of the steps you can take to decrease the likelihood that you or your home is targeted.

#### Exterior Doors

- |   | Yes                      | No                       |
|---|--------------------------|--------------------------|
| All doors are locked at night and every time we leave the house—even if it's just for a few minutes.              | <input type="checkbox"/> | <input type="checkbox"/> |
| Doors are solid hardwood or metal-clad.   | <input type="checkbox"/> | <input type="checkbox"/> |
| Doors feature wide-angle peepholes at heights everyone can use.   | <input type="checkbox"/> | <input type="checkbox"/> |
| If there are glass panels in or near our doors, they are reinforced in some way so that they cannot be shattered. | <input type="checkbox"/> | <input type="checkbox"/> |
| All entryways have a working, keyed entry lock and sturdy deadbolt lock installed into the frame of the door.     | <input type="checkbox"/> | <input type="checkbox"/> |
| Spare keys are kept with a trusted neighbor, not under a doormat or planter, on a ledge, or in the mailbox.       | <input type="checkbox"/> | <input type="checkbox"/> |

#### Garage and Sliding Door Security

- |   | Yes                      | No                       |
|---|--------------------------|--------------------------|
| The door leading from the attached garage to the house is solid wood or metal-clad and protected with a quality keyed door lock and deadbolt. | <input type="checkbox"/> | <input type="checkbox"/> |
| The overhead garage door has a lock so that we do not rely solely on the automatic door opener to provide security.                           | <input type="checkbox"/> | <input type="checkbox"/> |
| Garage doors are all locked when leaving the house.   | <input type="checkbox"/> | <input type="checkbox"/> |
| The sliding glass door has a strong, working key lock.  | <input type="checkbox"/> | <input type="checkbox"/> |
| A dowel or a pin to secure a glass door has been installed to prevent the door from being shoved aside or lifted off the track.               | <input type="checkbox"/> | <input type="checkbox"/> |
| The sliding door is locked every night and each time we leave the house.  | <input type="checkbox"/> | <input type="checkbox"/> |

#### Protecting Windows

- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| Every window in the house has a working key lock or is securely pinned.            | <input type="checkbox"/> | <input type="checkbox"/> |
| Windows are always locked, even when they are opened a few inches for ventilation. | <input type="checkbox"/> | <input type="checkbox"/> |

# NEIGHBORHOOD WATCH

## Neighborhood Safety Tips For Parents

Unfortunately no neighborhood is completely immune to crime. However, there are steps you can take to help keep your family and your neighborhood safe.

- **Know where your children are.** Have your children tell you or ask permission before leaving the house and give them a time to check in or be home. When possible, have them leave a phone number of where they will be.
- **Help children learn important phone numbers.** Have your children practice reciting their home phone number and address, and your work and cell phone numbers. If they have trouble memorizing these, write them down on a card and have them carry it at all times. Tell your children where you will be and the best way to reach you.
- **Set limits on where your children can go in your neighborhood. Do you want them crossing busy roads?** Playing in alleys or abandoned buildings? Are there certain homes in your neighborhood that you don't want your children to go to?
- **Get to know your children's friends. Meet their parents before letting your children go to their home** and keep a list of their phone numbers. If you can't meet their parents, call and talk to them. Ask what your children might do at their house and if they will be supervised.
- **Choose a safe house in your neighborhood. Pick a neighbor's house where your children can go** if they need help. Point out other places they can go for help, like stores, libraries, and police stations.
- **Teach children to settle arguments with words, not fists. Role-play talking out problems, walking away from fist fights, and what to do when confronted with bullies.** Remind them that taunting and teasing can hurt friends and make enemies.
- **Work together with your neighbors. Watch out for suspicious and unusual behavior in your neighborhood.** Get to know your neighbors and their children so you can look out for one another.

Resource: [www.NCPC.org](http://www.NCPC.org)

Getting educated and taking a few basic steps may well keep you from becoming a victim of crime and fraud—and save you a great deal of time and trouble.

## How to Protect Your Computer

The same advice parents might deliver to young drivers on their first solo journey applies to everyone who wants to navigate safely online.

- "Don't drive in bad neighborhoods."
- "If you don't lock your car, it's vulnerable; if you don't secure your computer, it's vulnerable."
- "Reduce your vulnerability, and you reduce the threat."

Below are some key steps to protecting your computer from intrusion:

**Keep Your Firewall Turned On:** A firewall helps protect your computer from hackers who might try to gain access to crash it, delete information, or even steal passwords or other sensitive information. Software firewalls are widely recommended for single computers. The software is prepackaged on some operating systems or can be purchased for individual computers. For multiple networked computers, hardware routers typically provide firewall protection.

**Install or Update Your Antivirus Software:** Antivirus software is designed to prevent malicious software programs from embedding on your computer. If it detects malicious code, like a virus or a worm, it works to disarm or remove it. Viruses can infect computers without users' knowledge. Most types of antivirus software can be set up to update automatically.

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**Install or Update Your Antispyware Technology:** Spyware is just what it sounds like—software that is surreptitiously installed on your computer to let others peer into your activities on the computer. Some spyware collects information about you without your consent or produces unwanted pop-up ads on your web browser. Some operating systems offer free spyware protection, and inexpensive software is readily available for download on the Internet or at your local computer store. Be wary of ads on the Internet offering downloadable antispyware—in some cases these products may be fake and may actually contain spyware or other malicious code. It's like buying groceries—shop where you trust.

**Keep Your Operating System Up to Date:** Computer operating systems are periodically updated to stay in tune with technology requirements and to fix security holes. Be sure to install the updates to ensure your computer has the latest protection.

**Be Careful What You Download:** Carelessly downloading e-mail attachments can circumvent even the most vigilant anti-virus software. Never open an e-mail attachment from someone you don't know, and be wary of forwarded attachments from people you do know. They may have unwittingly advanced malicious code.

**Turn Off Your Computer:** With the growth of high-speed Internet connections, many opt to leave their computers on and ready for action. The downside is that being "always on" renders computers more susceptible. Beyond firewall protection, which is designed to fend off unwanted attacks, turning the computer off effectively severs an attacker's connection—be it spyware or a botnet that employs your computer's resources to reach out to other unwitting users.

For more information on Internet schemes and how to protect yourself online, visit [www.fbi.gov/scams-safety/computer](http://www.fbi.gov/scams-safety/computer)

**Whether it's TV, Internet, or movies, some kids don't realize what the TV is actually saying to them. It's important to think carefully about what you watch so that it doesn't change the way you act or think.**

- Part of being smart about how you watch is seeing the difference between TV and real life. When you watch TV with your family, talk about how what you see is different from reality, and what is left out on TV.
- When you watch TV shows and movies, or play video games, watch out for violence, or people hurting other people.
- Unlike on TV or in the movies, someone gets hurt when people are violent in real life. And not just one person—the violent person gets in trouble, the victim gets hurt, and everyone who cares about both people ends up sad, too.
- Watching violence is bad for kids. If what you're watching or playing is violent, turn it off. Watch something else. Play outside.

It can be hard to walk away when something is on—especially if other people in your family think it's cool. But you know what works for you. Trust your instincts.

Resource: [www.McGruff.org](http://www.McGruff.org)

## GET CONNECTED...VISIT US ON

Visit our website at [WWW.FVPD.ORG](http://WWW.FVPD.ORG) and sign up to receive Crime Alerts and the NW Newsletters!  
Spring is in the air!! Be safe out there!!