

9. Plan, rehearse, continually reassess your security procedures and be prepared to respond.

Effective personal safety depends on you — on how well you plan, how automatic your family's daily security habits are and how you are prepared to respond quickly. The ability to respond quickly and effectively to threats to your safety depends on knowing in advance what you would do, and on having the necessary aids available quickly.

Involve your family members in planning security procedures. Rehearse procedures for securing the home, for answering the door or telephone, or for fire evacuation; doing so could reveal oversights in your plan. Be vigilant in identifying and reporting circumstances which may require you to enhance your security measures. Discuss possible scenarios and responses with your family. Know who to contact and have emergency phone numbers handy. Identify a place of refuge for emergencies. Make sure all family members keep one another informed on their whereabouts. Do not allow your preschool children to wander from the house or play in unprotected areas. Caution teenagers against blind dates or meeting anyone they do not know. In some countries children should be escorted to and from school. Warn school authorities that under no circumstances are your children to be picked up by persons other than family members or specifically authorized people. Have family documents in order and money accessible so that you can respond quickly in emergency situations. Know your company's emergency preparedness plan.

10. Be aware of drugs and the law.

Being involved with drugs, whether knowingly or otherwise, can lead to serious legal consequences in both a host country and Canada — not to mention having a possible adverse impact on your career.

Drug use and trafficking are prohibited in all countries, even though drugs are readily available and openly used in some places. Most countries impose heavy fines and long prison sentences for possession and trafficking. In some countries, possession of even small amounts of drugs carries the death penalty. Never transport any parcel that isn't yours across a border — not even an envelope. Choose your travelling companions wisely. Never cross a border with a hitchhiker or as a hitchhiker. Though you may not be carrying anything illegal, your companions could be.

When thinking about security, consider...

- ▼ How to ASSESS threat
- ▼ How to PROTECT from threat
- ▼ How to DETECT attempts
- ▼ How to REACT to attempts

**Remember,
practice makes perfect.
Good security is based primarily
on knowing your environment,
applying common sense,
and integrating the principles and habits
of good security into daily life**

Resources

The Consular Operations and Emergency Services Division (IPO) of the Department of Foreign Affairs and International Trade can provide information on conditions and events in countries around the world. Call 1-800-267-6788, or 944-6788 in the National Capital region.

The booklet *Bon Voyage, But...* (subtitled *Tips for Canadians travelling abroad*), along with information on obtaining a list of Canadian Embassies and Consulates, is available from the Infocentre Division of the Department of Foreign Affairs and International Trade, which is located in the Lester B. Pearson Building, 125 Sussex Drive, Ottawa, Ontario K1A 0G2. Their

Information Hotline telephone number is 1-800-267-8376, or 944-4000 in the National Capital Region.

The Regional Security Division (ISR) of the Department of Foreign Affairs and International Trade is available for consultation on an as-required basis. Call (613) 992-6697

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