

# NEIGHBORS TOGETHER WORKBOOK

**Get started.**  
**Make a map.**  
**Say hello.**

**Know your neighbors.**

**Connect & communicate.**

**Make a neighborhood contact list.**

**Meet your neighbors.**

**Prepare your home.**

**Create SAFE Spaces for all.**

**Collaborate for creative solutions.**



503.823.4064

# NEIGHBORS TOGETHER

Neighbors Together supports communities to build connections, to access public safety resources, and to create collaborative safety solutions.

We believe our city is stronger and more vibrant when ALL Portlanders participate in public safety. Let's work together to build safer, engaged, and resilient communities!

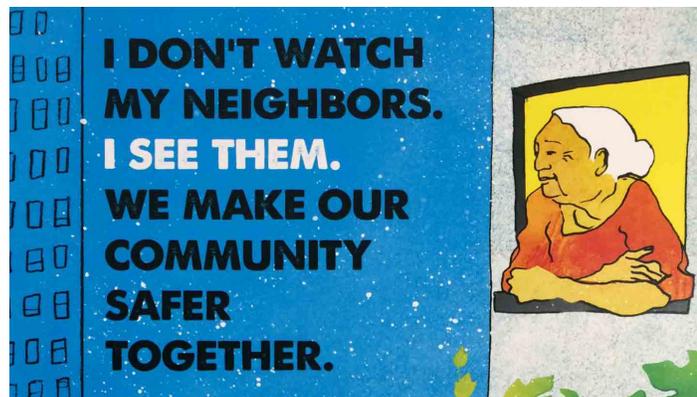
## GET STARTED

**Say hello to your neighbor.** This is a critical first step in building a safe and resilient neighborhood.

**Attend an existing meeting.** Community meetings in person or virtually are held throughout the city.

**Organize your own meeting or event with your community.** Set a goal of meeting with your neighbors and community at least 2-3 times a year. One way to connect is to celebrate with communities by hosting a block party.

## IMPLICIT BIAS



Detail of a poster created by Micah Bazant for Justice for Families.

**Implicit bias** refers to the attitudes or stereotypes that affect our unconscious understanding, actions, and decisions. These biases can impact our judgment or understanding of other people.

### Why does implicit bias matter?

What we believe consciously and what we feel and do unconsciously can be two very different things. It can have a direct impact on who we deem as suspicious and how we report crimes. In fact, people tend to report information that their implicit bias deems important information, versus reporting the actual criminal behaviors.

### What can we do about implicit bias?

Everyone possesses implicit biases, but it is important to know that we have the power to gradually unlearn these biases. Research shows that the more we recognize and talk about our unconscious biases, the more we can make sure that it's not a factor in how we treat people. Make a conscious effort to acknowledge your own implicit biases and interrupt negative thinking or actions related to them. As you participate in your daily activities, try to become more aware of how your biases may be affecting your decision-making, whether it is reporting a crime or engaging/not engaging with another neighbor.

# COMMUNITY SAFETY TRAININGS

Our trainings are free and open to groups within the City of Portland. Trainings range from 30-90 minutes and can be scheduled Monday-Friday, during the daytime or evening. Weekend times may be accommodated with more advance notice. We coordinate trainings that are tailored to the safety interests and needs of your group including virtual teleconferencing.

All current training topics and materials can be found online:  
[www.portlandoregon.gov/civic/41438](http://www.portlandoregon.gov/civic/41438)

## Training topics include and are not limited to:

- Emergency preparedness awareness
- Personal safety awareness
- Staying connected, reducing social isolation
- Active transportation, safe routes to school & pedestrian safety awareness
- Youth safety
- Public safety systems navigation
- Community advocacy & organizing
- Crime Prevention Through Environmental Design (CPTED) principles
- Block party organizing and other street events
- Multi-dwelling safety (apartments, condos)
- Community care litter removal event (schools, parks, block)
- Bicycle theft prevention

## To schedule a training:

[www.portland.gov/civic/  
communitysafety](http://www.portland.gov/civic/communitysafety) or  
503-823-4064

PublicAlerts



Portland United Against Hate is building a rapid response system that combines reporting and tracking of hateful acts and providing the support and protection our communities need. If you believe you have experienced or witnessed a hate/bias incident you can report it through [www.reporthatpdx.com](http://www.reporthatpdx.com)

# SAFETY TIPS where you live, work, and play



Get to know your neighbors in person and or virtually. Find ways to help the most vulnerable especially during an emergency.

Explore an improvement project such as a garden, library box, wall mural, street calming painting, clean up, safe play area, etc.

## A connected community keeps all of us safer!

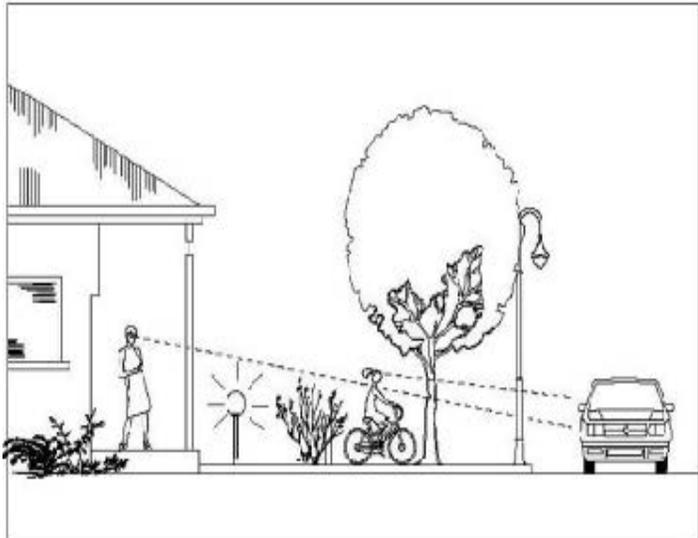
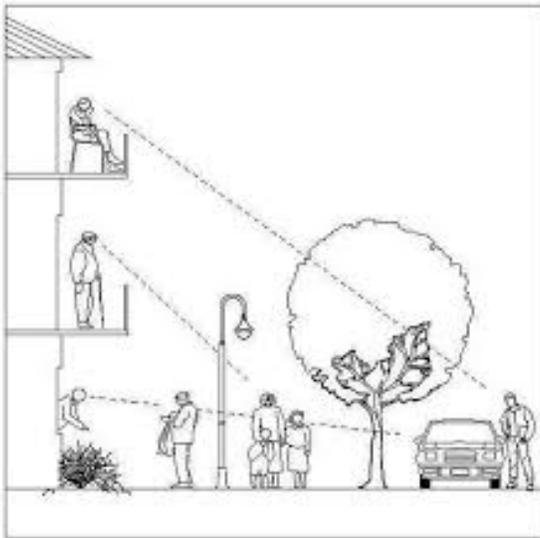
If you are able:



Trim vegetation that can block views of the inside of your home to and from the street to create visibility.

Ensure there is adequate lighting. If not, consider adding lighting to the outside of your home.

## See and be seen!



Also, check for open windows and doors keeping them closed and locked and keep valuables secured and out of sight. Bring in all mail-ask someone you know to help.

Keep ladders and other objects that enable entry from windows or doors safely stored away and do not hide keys outside of your home.

To request information on **Crime Prevention Through Environmental Design (CPTED)** go to [www.portland.gov/civic/communitysafety](http://www.portland.gov/civic/communitysafety), 503-823-4064.

# THE POWER OF PREPAREDNESS

Everyone can get ready for a disaster. It does not need to take a lot of time or money. Disasters happen without warning. It is important to get prepared before an emergency. Before a disaster strikes ask yourself these questions:



How will I contact my loved ones if we are separated during a disaster?



Do I have an emergency kit to survive on for a few days or weeks?



Do I know what to do during and after a disaster?

## What to include in an emergency kit?



A disaster supply kit will help you to get through the first few days. Store it someplace easy to get to in an emergency.

- ✓ **Store one gallon of water per person, per day for 14 days.**
- ✓ **Select nutritious foods that require no refrigeration.**

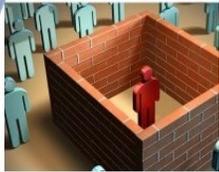
**Other items:** First aid kit, blankets, flashlights, batteries, cash, fire extinguisher, trash bags, required medication, sturdy shoes, can opener, diapers, baby formula, hygiene products, warm clothes, etc. See a detailed list at [www.PublicAlerts.org](http://www.PublicAlerts.org).

Be prepared and request a Neighbors Together training on **PBEM's Community Resilience WORKBOOK** [www.portland.gov/civic/communitysafety](http://www.portland.gov/civic/communitysafety), 503-823-4064.

# STAYING CONNECTED MATTERS



“Social isolation is defined as lack of contact with others, where people experience a lack of companionship and support.”



## Why being connected to others matters?

People who engage in meaningful activities with others tend to live longer, boost their mood, and have a sense of purpose.

## Tips to reduce isolation:

- ❖ Connect in ways that can best help to interact safely (Nextdoor, phone tree)
- ❖ Observe if your neighbor’s mail is piling up or for any other signs of inactivity.
- ❖ Be brave, if you know of a vulnerable neighbor reach out and help if you can.
- ❖ Leave a note with your contact information.
- ❖ Make time to reach out to your contacts and start a fun community activity.
- ❖ Host a training on ways to stay connected with preparedness and safety tips.
- ❖ Recognize the digital divide as not all have access to technology.



## What can You do today?

- Who are the **three people** you need to contact for your well-being and to ask for help?
- Who are the **three people** you will contact to check in on and offer support or a referral?
- Who are the **three people** you will tell about the Neighbors Together training?

# STAY SAFE walking & strolling

**Did you know?** “A quarter of all pedestrians struck by vehicles are hit in crosswalks” (ODOT)

Every intersection is a crosswalk, whether its marked or not. By law, a pedestrian is in a crosswalk when any part of the pedestrian moves into the roadway, at a crosswalk with the intent to cross, this includes a wheelchair, cane, stroller, walker.

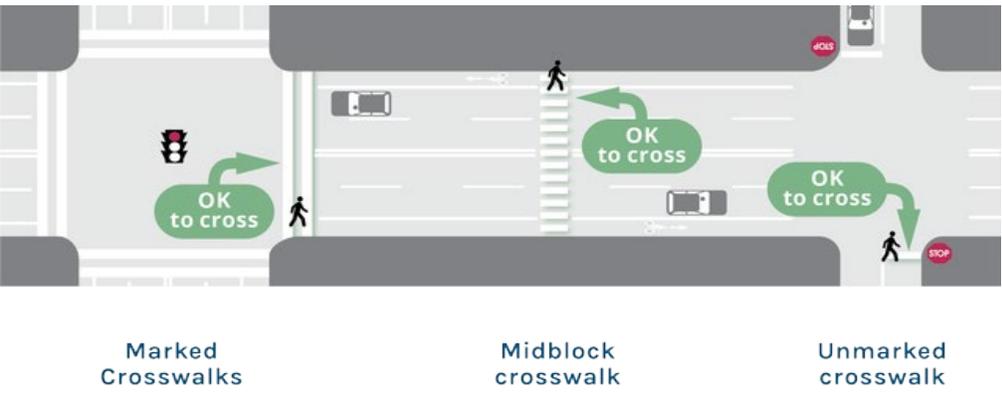
### When out on a stroll--

- **Obey all traffic control devices.**
- **Give a clear indication that you are going to cross.**
- **Cross at crosswalks and intersections.**



### When Crossing

**Connect** – Make eye contact with drivers. **Look** – Don't cross until cars have stopped. **Cross with caution** – Make sure cars in all lanes have stopped.



### Tips for your Stroll

**Make yourself visible** Wear bright clothes.

### Minimize distractions and be alert

Put away, cell phone, headphones.