



Catholic Diocese of Memphis

October 2026 Safety & Security Newsletter

Head Down, World Gone

People often look at their phones while walking, but that habit is only an example of the larger issue. We get distracted every minute of every day. That is common. The issue is how long we spend on that distraction. We might genuinely need to check our phones, but the real concern is how long are we distracted by our phones?

This Month's Safety Message

Distractions are natural. However, being distracted by your phone can impact on personal safety. Prioritize your attention. Remember awareness is a defensive skill you need to develop.

This Month's Safety Checklist

- ✓ **Put your phone away while walking.** Texting and scrolling can take your attention away from your surroundings.
- ✓ **Stay aware of your surroundings.** Know who and what is around you, especially in parking lots, garages, and unfamiliar areas.
- ✓ **Do not walk while texting.** If you need to send a message, stop in a safe location first.
- ✓ **Be especially alert in parking lots.** Make eye contact with drivers when possible and do not assume a vehicle sees you.
- ✓ **At night, stay in well-lit areas.** Try to stay in areas with good lighting.

