

CRIME and STAYING safe



LOOK OUT FOR

Tips for staying safe:

- At night don't walk around or go on buses and trains alone.
- Stick to footpaths and well-lit areas. Never take a short cut through a dark alleyway.
- Act confidently, even if you don't feel it.
- If you wear lots of jewellery cover it up with clothes.
- Let your friends know where you are going.
- If you think someone's following you, cross to the other side of the road and keep walking. Head for a well-lit area where there are other people.
- Always ask for help if you need it.



WHAT NEXT

How to keep your mobile safe:

- Don't show it off to groups of people.
- Type *#06# into it to get your IMEI number and write it down. If your phone is stolen this number will be needed to stop anyone else making calls on your phone.
- Have a PIN number that only you know.
- Keep the phone locked with the PIN number unless you're using it.
- Report a stolen phone to the police.

What to do if you're mugged:

- Scream and shout but hand over whatever you're asked for. It's better to run off and be safe than fight and end up hurt.
- Tell the police.



CONTACTS

- Connexions Direct
080 800 13 2 19
www.connexions-direct.com
- 0800 1111 www.childline.org.uk
- Police 999 in an emergency - you can do this even if you have run out of credit
- www.crimestoppers-uk.org
- www.victimsupport.com
- www.livelifesafe.org.uk
- www.channelmogo.org go to 'Need some advice'

"When my friend got beaten up, I was scared of going out for weeks afterwards. I thought that it was going to happen to me too."

Although crimes such as muggings and robberies are regularly reported in the papers and on TV, they are really quite rare.

However when you're out and about it makes sense to take care of yourself and your possessions. There are things you can do to keep safe and feel more confident.

Never carry weapons. Trust your instincts - they are often right, so if a situation doesn't feel right or you feel uncomfortable, walk away.

Make sure that someone knows where you are, and try to stay with a group of friends, especially at night.

Don't go around flashing your mobile phone or iPod. Remember, if you are listening to music you could be unaware of things going on around you and not hear someone approaching.

You shouldn't let fear of crime stop you going out, but if you know how to stay safe you'll feel a lot more confident.

