

# Keeping Yourself Safe

These will help to make you feel safer and reduce the chances of becoming a victim.

- Look confident and listen to your instincts – know your route, avoid alley ways, dark places and badly lit streets.
- Stay alert – do not let headphones block out traffic, strangers or potential trouble.
- Keep valuables, especially jewellery, out of sight. Put jewellery chains under clothing.
- If you suspect you're being followed, cross the street several times.
- If you still think you are being followed, try to get away from the situation. If necessary, run to a busy area such a shop or café.
- Seek help from someone such as a shopkeeper or hotel receptionist.
- Shout a clear instruction such as "call the police". Even if you don't see anyone nearby, this could still frighten off attackers.
- If you are worried, frightened or think you may be in danger, call 999.
- Always tell someone where you are going and when you will be back.
- If you take a different route home from your friends, let each other know that you've arrived safely. Call or text your friend once you arrive home safely.
- Wait for the bus, tram or train at a busy place and sit as near as possible to the driver.
- Never be afraid to use the emergency cord if in danger.
- If you are robbed, try to remember as much detail as you can, for example descriptions of offenders and contact the police.

**To contact the police by phone, 24 hours a day, call: 101**

**If life is in danger or a crime is in progress, call: 999**

