

Staying safe when you go out



This document is in easy read.

About this guide



It is important for us to get out and about and to do different things.

It is important that we see our friends and our families.



But, it is important that we stay safe while we are doing them.

This guide gives you some ideas to help you stay safe.

Things to think about before you go out



It is safer to go out with a friend or someone you know.



It is safer to go out in the day time.



Tell someone what time you will be home.



Tell someone where you are going.



If you are going to be late, tell someone.

Things to take with you when you go out



Your keys.

Always keep them in a safe place.



A personal alarm if you have one.



Your mobile phone.

Make sure it has credit and is charged up.



Money.

Do not carry too much.

Only take what you will need.



In Case of Emergency card.

This gives people information about your health.

It tells them who to contact if there is an emergency.

Keep to safer places when you are out and about



It is safer to be in a busy place with streetlights and lots of people.



Do not walk through lonely places like:

- subways
- alleys
- parks
- side streets

Using your phone outside



Try to use your phone when you are in a shop or cafe.

Keep expensive things like jewellery and phones out of sight.

Look out for your friends



It is good to stick with your friends.

Help each other stay safe and get home safely.

Always keep your bag and money with you



Keep your bag closed and in front of you where you can see it.

Keep your coat and bag where you can see them.



Some places have a cloakroom where they will look after your coat and bag.

Take out your money and phone from your coat pocket, if you hang it up.

Getting money out



Get your money from a cashpoint inside a bank or a shop.

It is safer than using a machine on a street.



Cover the keypad with your other hand.

Make sure people can't see your PIN number.

Stay at the cashpoint, until you get your money.



Put it straight in your wallet or purse.

Look after your drink



Only let people you know and trust buy you drinks.

Do not take a drink from someone you do not know.

Never leave your drink where you cannot see it.



If your drink looks or tastes funny do not drink it.

If you feel ill ask for help from a friend or the bar staff.

Do not walk home on your own after an evening out



If you live close to your friends, walk home with them.

Or get a taxi.

Book your taxi before you go out.



If you have not booked your taxi, get it from a taxi rank or office.

Never get a lift from strangers even if they say they are a taxi driver.

Is someone following you?



Go to where there are lots of people like a shop or restaurant.

Ask someone for help.



Call the police: 999.

Someone tries to take something from you



Do not try to stop them, you might get hurt.

Call the police: 999.



If you are attacked use your personal alarm if you have one.

Shout for help as loud as you can.
Tell people to call the police.



Always tell the police if you are abused when you are out.

You can phone 101 to talk to the police.

If it is an emergency phone 999.

If there is a terrorist attack



The police tell you to do 3 things:

- **Run**
- **Hide**
- **Tell**



Run:

Get away from danger as quickly as you can.



Hide:

If you cannot get away, hide.

Go with others to a place that is safe.

Stay there until the police help you.



Tell:

Tell the police about everything you saw.

Tell your friends and family that you are safe.



Do not stop to take photos or videos.

Safe Places Scheme



There may be a Safe Places Scheme in your area.



What is a Safe Place?

If you feel scared or lost when you are out and about, a Safe Place can help you.



Some Safe Places can be supermarkets, shops, museums and other places.



You can carry a card that has important details on, like:

- your name
- who to contact in an emergency



You can find out where the Safe Places Schemes are on the website:

www.safeplaces.org.uk

You can ask your staff team or friends to help you find the Safe Places.

Reporting a crime



There are many ways to report a crime:

- Visit a police station.
- Call 101.
- Online.

If it is an emergency, call 999.

What to do:

- Write down what happened right away.
- Who was there?
- What time did it happen?
- If there was a vehicle, what is the registration number?



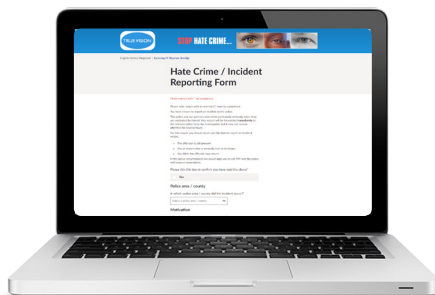
Reporting a crime:

You can report a crime on the police website for your area.



Or

You can use the True Vision reporting form:
www.met.police.uk/true-vision-report-hate-crime/



Or

You can fill out a form and send to your local police station:
www.report-it.org.uk/self_reporting_form

