

OUTANDABOUT

ON FOOT

- If you can, walk with a friend and avoid dodgy shortcuts.
- Think about safe places on your route e.g. shops, friends' houses etc.
- Walk down the middle of pavements facing the oncoming traffic.
- Never accept a lift with a stranger or someone you don't know very well.
- Avoid parked cars with their engines running and people sitting in them.
- Have your keys ready so you can get into your home quickly.
- If a car pulls up by you, turn and walk in the other direction - you can turn much faster than a car.
- Always be aware of who is about.

Out with your mates

- Let someone know where you're going and tell them if your plans change.
- If you need help, approach a family group rather than a single adult.
- Meet friends in a public place so you won't be waiting on your own.
- Before you go out make sure you have got what you need e.g. phone charged and in credit, cash and keys.
- Plan how you're going to get home i.e. taxi, bus parents/carer etc
- Always look out for each other, stay with your mates. Don't let anyone wander off.
- iPods are great but they can stop you hearing someone approaching from behind, which puts you at risk.
- When you're out and about try to look confident.
- Bullies tend to choose victims who look an easy target, so walk tall, look confident and act like you know where you're going.
- Walk away from groups that might provoke you.
- Don't lose it; think about keeping yourself out of trouble.
- Messing about with your mates can get out of control and land you in trouble.
- Enjoy yourselves but think about how your actions and behaviour can affect others.

Keep your stuff safe

- Keep your phone separate from the rest of your stuff.
- Keep your stuff out of sight. So you are less likely to be mugged.
- Jackets and bags on the back of chairs make easy targets.
- Be careful where you leave them.
- Get your phones, ipods and expensive things security marked.
- Put your house number and postcode on them using a UV pen.
- If you do get mugged don't fight back. It's safer for you to give them what they want.