

Personal safety is something that is important to everybody whether they are at home, out and about or at work or college.

## Personal security

### Out and about

- If you're out and going to be late, think about how you're going to get home. For example, pre-book a taxi or arrange a lift with a friend or family member. Let someone know about your plans - and if they change.
- Take sensible precautions if walking alone in the dark. For example, try to stick to well-lit busy streets and be alert.
- Avoid walking alone in out-of-the-way areas after dark.
- Be aware of your surroundings. Remember things like MP3 players can be distracting.
- Be discreet when using your mobile phone and put it away from view after use. Keep it on vibrate so it doesn't attract attention.
- Try to not have any valuables on display.
- When going to your car or home, have your keys ready.
- Carry your bag close to your body and try not to overload yourself with items - only take what you need. Spread your valuables and don't keep them all in one place, for example a handbag.
- Don't leave your bag unattended on the back of shopping trolleys or on top of pushchairs and try not to place it on the floor.
- If someone tries to snatch your bag don't challenge the thief. Your safety is more valuable than the bag or its contents. Try to remember a good description of the person and call the Police straight away.
- Think about carrying a personal attack alarm with you. These do cost money but can sometimes be given out free by local councils, colleges etc.
- Be aware of your personal space and be on your guard if someone gets too close.

### At the cashpoint

- Never give out your personal identification number (PIN) to anyone.
- Be quick and don't hang around the cashpoint when you've finished.
- Try not to use a cashpoint late at night or in a deserted street.
- Never count your money on the street, put it away as soon as possible.
- Don't write your pin number down even if it is disguised.

### Using Public Transport

- Know where you're going and which stop you need.
- Check departure times, especially last buses and trains.
- Have your ticket or change handy. This ensures your wallet or purse stays out of sight.
- Try to stay away from out-of-the-way bus stops, especially after dark.
- On an empty or late night bus, sit near the driver.
- On a train, sit in a compartment where there are several people.
- If you feel uneasy, move to another seat or carriage or sit near to the emergency alarm.
- Don't be afraid to use an emergency alarm if you feel threatened - check where it is when boarding.
- Make use of CCTV. Many bus and train stations have CCTV so check where the cameras are and sit near to them when you're alone.

### On a Night Out

- Plan your night out and let someone know where you'll be and when you'll be home.
- Keep an eye on your drink at all times. If you accidentally leave your drink lying unattended never assume it has not been tampered with.
- Take your drink straight from the bar staff or from trusted friends.
- Never accept a drink from someone you've just met or don't totally trust.
- Remember, binge drinking makes you vulnerable to attack.
- Before the start of your night out plan how you'll get home. Arrange for a taxi or have a chosen driver within

