

Travelling To and From School in Safety

- If possible travel with a friend – a group of you would be even better.
- Stay alert – keep an eye on everything that is happening around and in front of you.
- Keep both hands free and don't weigh yourself down with lots of heavy bags - you need to be able to move easily.
- Trust your instincts - if you have a 'funny feeling' about someone or something, don't ignore it, act on it straight away.
- Take the route you know best and stick to well-lit, busy streets.
- Avoid danger spots like subways, badly lit areas or anywhere where you do not have good all round vision.
- Walk in the middle of the pavement, facing oncoming traffic.
- Think about your route home. Where would be a safe place to go if something went wrong? Safe places might be busy places like shops or garages, friends' houses or a police station.
- Have your keys ready so you can get into your home quickly.



Travelling By Bus or Train

- Always wait for a bus or train in a well-lit place and near other people if possible.
- Try to sit near the driver or guard and make sure you can see as much of the bus deck or carriage as possible.
- Look for carriages on trains with lots of people in them and if a bus is not busy, stay on the lower deck.
- Notice where the emergency alarms are located - there are alarms on every bus, in every train carriage and on every platform.



GUIDANCE SHEET

- Have your travel pass or correct change ready, so that your purse or wallet stays out of sight.
- Carry extra money in case you get stranded and need to take another bus or train or ring for a lift.
- Try to get someone to meet you if you are going to be alone when you get off at the bus stop or train station.

What to Do If you Feel Threatened

- If a situation makes you feel uneasy you should try to get away at once. If you are on a bus or train then move to a different seat or carriage. You can also alert the driver, guard or station staff.
- Don't panic, breathe slowly and think clearly about how to react.
- Always give away your bag, purse or wallet rather than fighting. Your things can be replaced - you can't.
- Your voice is one of your best forms of defence. Don't be embarrassed to make as much noise as possible to attract attention. Yell at the top of your voice, giving a specific instruction like *"Phone the Police!"*
- If you are on a bus or train you can press the alarm. Train platforms have telephones situated at the Help Points - it will connect you immediately to the British Transport Police or station staff.
- You could also phone 999. The operator will ask for name, address, emergency you require - give the information as clearly as you can and ask for the police. After you've contacted the emergency services call your family and let them know where you are.



SIMPLE STEPS to Street Safety



「NATIONAL PERSONAL SAFETY DAY」
11th October 2010

How to improve your safety when out on the streets:

Stay Alert - Remember, if you are wearing headphones or chatting on your mobile phone you will be distracted from your surroundings and will not hear trouble approaching.

Invest in a personal safety alarm – These can be used to shock and disorientate an attacker giving you vital seconds to get away.

Make sure you avoid danger spots - Stick to busy well lit streets whenever possible and avoid quiet or badly lit alleyways, subways or isolated parks or waste grounds. Take the safer route, even if it's longer.

Plan Ahead - Know where you're going and the best way to get there. Whenever possible, avoid long waiting times at bus stops and stations by checking the arrival times before leaving home.

Listen to your instincts - If you feel threatened, head for a safe place where there are lots of people, such as a pub, shop, garage etc.

Ensure you take the same precautions wherever you are – It's natural to feel more relaxed and comfortable in your own neighbourhood than when you are in an unfamiliar area but it's important not to get complacent about your personal safety when close to home.

For more safety tips go to www.suzylamplugh.org