

Resource 14 (Activity 7)

Guidelines For Personal Safety

- Never agree to meet a stranger on your own.
- Always tell someone where you are going and who is going with you.
- Don't use cover up stories - if something happens to you, nobody will suspect until it may be too late.
- Never accept lifts from strangers and never thumb a lift.
- Do not get into a car with someone who has obviously been drinking too much.
- When going out at night, ensure you have a safe way of getting home.
- Make sure your mobile phone is working and has enough credit.
- People are mugged for their mobile phones. Be careful where you use yours.
- Never leave a friend alone if you have planned on staying together. Remember, if you look out for your friends, they will look out for you.
- If you are delayed, ring someone and let him or her know why you are late and where you are.
- If you are being followed, go into a shop or towards people. Try crossing the road to see if the person follows you.
- Do not pressurise anyone to do anything they don't want to - remember, it could be their word against yours.
- Avoid going into dark and secluded areas on your own or at night, for example, public toilets or parks.
- If you receive an abusive phone call, hang up as soon as possible - never answer the phone by giving your name. If they continue - ask your local police for advice.
- If you are threatened, yell and run away, if possible.
- Do not wear a personal stereo because it prevents you being aware of what is happening around you.
- Always sit near the front when travelling on a bus and avoid empty carriages on trains.
- Be careful about contacts you make online. Always ask advice from an adult before giving personal details, especially in chat rooms.
- **Try to think of the possible consequences before you make your decisions!**
- **Always tell someone - keep telling until they listen.**

Resource 15 (Activity 7)

What To Do

If you are worried about something that is happening to you or to someone you know:

- Talk to one of your teachers.
- Teachers are there to listen and to help - if they can't help you with your problem they will find someone who can help you.
- If you are worried about telling things in confidence, discuss your fears with your teacher - he/she will understand. If your teacher is concerned about your safety, he/she may need to share this with others, but he/she will always tell you first.
- If you are still unsure about talking to a teacher you can telephone:

Childline	0800-1111 www.childline.org.uk
Youthline	0808-808-8000 www.contactyouth.org
Samaritans	0845 790 9090 www.samaritans.org.uk
NSPCC (helpline)	0800-800 5000 www.nspcc.org.uk

- These calls are free.
- They will help you work out what to do next.
- Don't ring these numbers as a joke. Remember, you may be preventing someone getting through who really needs help.
- Don't cry wolf! Telling lies will cause a lot of damage to everyone involved.