



The Suzy Lamplugh Trust

Parent's Handbook



Handbook Contents

About this document

This document is designed to outline some of the facts and advice related to Young People and their Personal Safety and gives you some practical tips on tackling the issue of Personal Safety with your Young People.

There are lots of activities to try. You will find one wherever you see this picture:



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Challenging Complacency

Young people can often be complacent about their risks. In order for young people to lead confident, safe lives, it is important that they are aware of the risks that they may face. Statistics can be an effective way of challenging young people's preconceptions about crime and their specific risk of becoming a victim.

Statistics from the British Crime Survey 2003/4:

- 10 - 15% of crimes involve violence against people.
- $\frac{2}{3}$ of crimes fall under the heading of 'Theft' and involve no or little violence against people.
- $\frac{2}{3}$ of crimes against us will be committed by someone we know.
- Across all age ranges males are *twice* as likely to be a victim of violent crime as females.
- Under 24's are most at risk of violent crime.
- 23% of victims of violent crime were under 24.
- 2% of victims of violent crime were over 65.

Statistics from the Met Police 2005

- In half of all street robberies, a mobile phone is stolen.
- Of these robberies, in 2/3 of cases, the phone is the only thing taken.
- 14 – 17 year olds are the age group most at risk of street crime.

There are a number of ways that you could use these statistics. There are some ideas listed below but try to experiment and combine methods to ensure that you make the exercise / discussion relevant for the young person / people concerned.



- Continuum Of Risk – You could use pictures or descriptions of different people (varying age, gender, ethnicity, profession etc.) and ask that the young person / people put them in order of risk from high to low. You can then challenge or back up their responses using statistics.



- True or False - You could use these statistics to create true or false questions (for example, young people are more likely to be a victim of violent crime than older people – true or false? True) like a quiz to challenge preconceptions.



- You could use the statistics as the basis for a discussion. Ask the young person / people why it is the case that young people are more at risk of crime than older people. This can lead to developing methods to reduce risk.

Safety On The Street

Young people's safety while out and about on the street is of concern to many parents. There are some simple ways to get 'Street Safety' messages across to young people.

P.L.A.N

This helpful acronym can help young children to think about Personal Safety and remember important personal safety messages:

P repare

Before you go out, think for a little bit about where you're going and how you'll get there and back. Tell someone where you're going before you leave.

L ook confident

Walk tall and hold you head up. If you look confident, other people are less likely to trouble you. Pay attention to what is going on around you so that you can see if trouble is near and avoid it.

A void danger

Keep to well lit streets and places where there are lots of people. Don't take short cuts down alleyways or paths.

N ever think 'I'm just being silly'

If anyone ever does anything to make you feel unsafe, no matter who it is, walk away and tell an adult that you trust what happened.

After talking through these messages with children, you could give them fun art based tasks to drive the message home. How about designing a poster or collage which shows how to stay safe either at home or on the street? Or drawing a cartoon or writing a story? The Mapping Exercise below is also a useful follow up to P.L.A.N.



Mapping Exercises

Print out or draw a map of your local area. You can use this map as a tool to use with young people or children. You can work together to plan a child's route to school or another location and mark safe places on the map (places they would go if they felt unsafe – a shop, police station, friend's house etc.) The map can be used with young people to plan a night out or a shopping trip into town.



Intuition – That 'Uh Oh' Feeling

It's important that children and young people recognise how their body feels when they feel unsafe. This intuition can help young people to spot when something is wrong. On a large sheet of paper, draw the outline of a person. Now ask the young person to think about how their body feels when they are scared. Next, ask the young person to draw on the outline what they feel when they are afraid (for example, if they get butterflies in their tummy, they would draw butterflies in the outline, if their heart pounds, they might draw a big heart or a drum in the outline and so on.)



When the drawing is finished, talk through how important it is that we listen to the signals that our body gives us as it's our bodies way of warning us that there is something wrong. Talk through what to do if the child or young person feels like this.

Safety On The Street - continued



What If Scenarios

Thinking things through before they happen can help us to stay in control and not act on impulse. Ask a child / young person to think about what they might do if the following happened to them (some suggestions on what a child / young person could do are included below each scenario in blue):

Children	Young People
Someone comes up to you after school and says that your Mum has asked them to collect you and take you home. Say no. You could also agree a code word with your parents that an adult will use if they come to collect you in your parents / carer's place.	You meet another group of young people from another school and they are out for trouble. Walk away, it's not worth getting hurt over. You're not being a coward, you're being sensible. Go to a safe place. If necessary, call for help.
Someone comes up to you in the street and demands your mobile phone. Don't try to fight or play the hero – hand over your valuables if you are threatened.	Your friends dare you to 'happy slap' a stranger. (Happy Slapping is the recent craze among young people of being violent toward someone and filming the act on a mobile phone). Say no (See How To Say No Ideas Sheet on page 13). You could seriously hurt someone and it's illegal.
You're walking and you think someone is following you. Cross the road, and walk in the other direction. Head for somewhere busy or a safe place. Don't just ignore it and pretend it's not happening.	Someone comes up to you in the street with a knife and demands your mobile phone. Don't try to fight or play the hero – hand over your valuables if you are threatened.
You're home on your own and someone calls and asks for your parents / carer. Don't say that they aren't in; instead, say that they can't come to the phone at the moment. That way, the person on the phone won't know that you're on your own.	You're walking and you think someone is following you. Cross the road, and walk in the other direction. Head for somewhere busy or a safe place. . Don't just ignore it and pretend it's not happening.
You're out walking and a car pulls up next to you. Turn around and walk the other way to a safe place, you can turn quicker than the car can.	You're in a club and someone offers you a drink. Say no. Never accept a drink from someone you do not know or trust. It could be spiked with more alcohol than you think is in it or drugs.

Do challenge answers if necessary but be sure to stress that they are in a safe environment and that the likelihood of these things happening is slim – don't scare them!

Tracing Systems For Young People

It is essential that we know where our Young People are, who with and when they will be back. In case of an emergency, a Young Person would be very grateful that a parent or guardian had this information. Remember though, it works both ways. If you are to expect Young People to provide this information and agree to consequences if they forget, then you'll need to abide by the same rules! Below are some true or false questions to stimulate discussion and help Young People to understand why a tracing system is necessary and how it works.



True or False?

1. My Mum / Dad / Guardian would not know where to start looking if something happened to me and I didn't come home at the expected time.
2. My Mum / Dad / Guardian know what to do if I didn't come home on time and I have agreed to this.
3. My Mum / Dad / Guardian would not know where I was if I decided to change my plans while I'm out.
4. If I forget to call / text my Mum / Dad / Guardian when I said I would, I know that there will be consequences and I know what they are.
5. If my Mum / Dad / Guardian are out or stay late at work, I know about it and they let me know when they will be home.
6. I would know what to do if my Mum / Dad / Guardian did not return home at the expected time.
7. If my Mum / Dad / Guardian forget to call me when they said they would, they know that there will be consequences and they know what they are!

You could even draw up a kind of contract – both of you sign the bottom and agree to the Tracing System that you put together. On the next page you will find an example, you could use this one but the Young Person may appreciate being involved in what goes in to the contract!



Tracing System Contract

Discuss the below, fill in the blanks and sign to make your commitment! Your signature means that you commit to the following:

Commitment from Young Person:

When I go out I will tell my Mum / Dad / Guardian:

- Where I am going
- Who with
- When I will be back
- _____
- _____

I understand that if I do not call or arrive home when I said I would then my Mum / Dad / Guardian will...

If I change my plans while I am out I will make sure I tell my Mum / Dad / Guardian straight away.

I understand that if I forget to call / text when I said I would, the consequence is...

Commitment from Mum / Dad / Guardian

If I am going out or staying late at work, I will tell (Young Person's name) about it and let them know when I will be home.

I understand that if I do not call or arrive home when I said I would then, (Young Person's name) will ...

I understand that if I forget to call / text when I said I would, the consequence is...

Signature of Young Person

Signature of Mum / Dad / Guardian

Appearance and Attitude

There are studies that show that aggressors consistently look for certain 'qualities' in their victims. Understanding the traits and behaviours that assailants look for can help us to avoid becoming a victim.

Activity Ideas:



A Mugger's Guide (works best with a group) - Lay down some lining / flip chart paper on the floor. One young person lies on the paper and another draws around them – the result is the outline of a person. The young people are then asked to imagine that they are muggers looking for a potential victim. What would they look for? They draw their thoughts on the outline (for example, they might draw an ipod or mobile phone, or a map showing that their victim would look lost etc.) Discuss what they have drawn and help them to convert their drawings into risk reduction strategies (for example, if they drew a mobile phone, their strategy could be to only use their mobile phone in safe places, if they drew a map, their strategy could be to plan their route in advance so that they don't get lost etc.)



Make Me Safe – Start by collecting pictures of things that a mugger / aggressor might look for in a victim. You could draw them with a young person or cut them out of magazines. Pictures could include:

Traits:

Someone looking distracted (or listening to a personal stereo or using a mobile phone)

Someone looking scared or nervous

Someone looking drunk (or holding a bottle of alcohol)

Someone looking lost (or holding an A – Z)

Valuables:

Ipod / MP3 player

Mobile Phone

Jewellery

Easy to snatch bag

Lots of shopping bags (which would make it hard to run or get away)

High heeled shoes (which would make it hard to run or get away)

Work through the pictures discussing why each one might make you unsafe and how the young person might be able to increase their safety. Where possible, let the young person develop their own personal safety strategies.

See page 14 for some tips on staying safe.

Internet and Mobile Phone Safety

Internet and Mobile Phone use amongst young people has never been higher. This technological age has brought with it lots of new risks for young people. It is essential that we recognise these risks and advise young people how to deal with them.



The following questions are a useful introduction for children and young people to what can often be considered a slightly embarrassing topic.

Q and A on Internet Safety

Q. How many young people (under 18) in the UK use the internet regularly?

To the nearest 100,000.

A. Internet Crime Forum estimates that 4.8million young people in the UK now use the internet (that's about 35% of young people in the UK). UK Children Go Online estimates that more like 75% of young people use the internet.

Q. What percentage of young people receives unwanted sexual solicitation or approach while using the internet?

A. The National Centre for Missing & Exploited Children's national survey of 1501 American 10- to 17-year-olds found that approximately one in five (about 20%) received a sexual solicitation or approach over the internet. One in thirty-three received an aggressive sexual solicitation (a solicitor who asked to meet them somewhere; called them on the telephone; sent them paper mail, money, or gifts).

Q. What percent of young people experience unwanted exposure to explicit pictures while using the internet?

A. One in four (25%) children had an unwanted exposure on the Internet to pictures of naked people or people having sex in the last year. UK Children Go Online found that over half of the children surveyed in the UK had experienced this exposure.

Q. Who is more likely to encounter online risks – skilled young people familiar with the internet or beginners?

A. London School of Economics and Political Science say that children and young people who are more skilled at using the internet take up more online opportunities than beginners - such as using the internet for learning, communicating with friends or seeking advice. It is skilled young people, more than the beginners, who are likely to encounter online risks - such as bullying or online pornography.

Tips and advice for children and young people:

- Only give your mobile number out to people you already know and trust
- Be careful who you trust – people may not be who they say they are
- Stay in charge in chat – if something bothers you, leave the chat room
- Check your profile and make sure it doesn't include any personal information (including your age, school, where you live etc.)
- Meeting someone you have only been in touch with online can be dangerous
- If you really want to meet someone from the net, take someone with you and tell your parent or carer

Internet and Mobile Phone Safety - continued



'What If' Scenarios

'What If' scenarios are a really great way of helping children and young people to think about things that might happen to them and the consequences of their actions in a safe environment. Ask a young person to think about what they might do if the following occurred:

- Someone you've been chatting to online asks you for your mobile number so they can text you. (Don't give out your mobile number to people you don't know).
- You receive a threat via text from a number you don't know. (Tell someone you trust, a parent or teacher).
- Someone at school asks for your friend's mobile number so that they can call them direct. (The answer should be to keep the number to yourself – respect your friend's privacy, say you'll give their number to your friend if necessary).
- Someone in a chat room starts to say dirty stuff that makes you uncomfortable. (Leave the chat room immediately and tell an adult).
- Your girlfriend / boyfriend asks you to take some teasing pictures of yourself for him / her. They promise not to show anyone. (NB for parents – this may sound far fetched but there have been several cases of this happening so it may be best to deal with the situation before it arises). Advise the young people to remember that once the picture is taken, you have no control over where it goes. Even if your girlfriend / boyfriend doesn't mean to show anyone, their phone maybe taken or borrowed and then the photo could go anywhere).

Try to follow each scenario through a conclusion (For example, you questions like '...and what might you do then?' 'What if this happened though?' 'How would that make you feel?'). Challenge young people's answers if necessary.

Mobile Phone Safety

Bullying OnLine estimates that ¾ of children in the UK now own a mobile phone. In half of all street robberies, a mobile phone is stolen. Of these robberies, in 2/3 of cases, the phone is the only thing taken. 14 – 17 year olds are the age group most at risk of street crime. These figures show that Mobile Phone Theft is common among young people these areas and look out for people using their mobile phone.

Here are some simple tips to avoid and combat mobile phone theft:

- Be aware of your surroundings. You can't be completely aware if you are on the phone.
- Keep your phone out of site, even in busy areas like cinemas and school; thieves have been known to target these areas. If you're phone is in your hand or at your ear – you are an easy target.
- Keep a note of your IMEI number so that you can report and immobilise your phone if it's stolen. Press *#06# to get your number.
- Immobilise you phone straight away if it's stolen. Call 08701 123 123 or go to www.immobilise.com.
- Treat your phone like a £100 note, that's what it is to thieves. Would you get a £100 note out in a queue for the bus?

Going Clubbing / Going Out



There are various personal safety issues associated with clubbing and going out, these include: the effect of alcohol on personal safety, getting to and from your destination safely and the issue of drug rape. Below you will find some facts and figures as well as some advice on these subjects to help you inform your discussions with young people on these issues.

Alcohol

- There is lots of evidence that people that have been drinking are more at risk of becoming a victim (or perpetrator) of attacks, robberies, muggings and sexual assaults.
- In some studies, in up to 81% of rape and sexual assaults, the victim has been drinking before the assault.
- Remember that statistically, it is Young Men that are most at risk of becoming a victim of crime.
- An estimated 23,000 alcohol-related incidents take place each week in Britain. If you visit a pub or bar regularly, you are twice as likely to be a victim of assault.
- When you're drinking, your ability to gauge a situation and take appropriate action is reduced. Plan ahead.

Before going out:

- Make arrangements for getting home
- Know where you're going and make someone else aware too
- Charge your mobile and have credit
- Take a licensed taxi number with you
- Keep enough cash aside for your journey home
- Keep keys and your mobile phone separate from your bag
- Eat something

While you're out:

- Think twice about accepting a drink from someone you don't know
- Pace yourself
- Try not to drink in rounds – you end up drinking more
- Don't mix alcohol & drugs
- Don't leave your drinks unattended

On your way home

- Use a licensed cab
- Don't fall asleep on the way home – travel with someone if possible.
- Don't flash your mobile (81% of mobile phone theft victims are young men)

Clubbing / Going Out - continued

Transport

Taxis

In the past 12 months 214 people were sexually assaulted after getting into illegal minicabs - those that tout for trade on the street - according to figures released by the Metropolitan Police.

Tips for avoiding risk:

- Always try to pre-book a car through a licensed minicab office.
- Ensure the car you ordered is the one you get into.
- Know the car details and ensure the driver knows what name it was booked under.
- Sit in the rear of the vehicle and carry a mobile phone or shriek alarm. (Personal Alarms are available from The Suzy Lamplugh Trust – visit www.suzylamplugh.org for more info).
- Carry the phone number of a minicab company you've used before and trust.
- Check that the driver has been given your name and destination by his operator.
- If you have a problem with the driver of a black cab, make a note of the number on the white plate inside the cab and report it to the police or the Public Carriage office.
- If you have a problem with a minicab driver remember the car's make and number and report it to the Police.
- Transport for London can give you local licensed cab numbers in London. Most local councils will be able to provide numbers outside of London.

Bus/Train

- Know which train / bus to take and what time it leaves.
- Know what time the *last* bus / train leaves.
- Wait in well lit, busy areas.
- Take note of where the emergency alarms are on platforms and on trains / buses.
- Don't feel embarrassed to move if you feel uncomfortable – you have a right to feel safe.

Clubbing / Going Out - continued

There is a lot said about the dangers of drinks being spiked with drugs. However, the reality is that alcohol alone is far more likely to put you at risk, whether you are male or female. While drug assisted rape is not as common as you may think, it's still worth taking some precautions:

- Remember to watch how much you're drinking - alcohol is the most common drug rape drug (people's drinks are spiked with alcohol or more alcohol than they think).
- If you're boozing, be aware of your tolerance to alcohol. If you feel odd, nauseous, or wasted after a couple of drinks when you'd normally feel fine, go somewhere you feel safe.
- If you are with a friend you trust, tell them why you're worried. Get them to help you home and ask them to stay with you until the drug has worn off.
- If you are alone or with a stranger, go to the pub landlord or manager and ask for their help. Wait in their office while they ring your parents, a friend or a taxi to take you home safely.
- Don't let a stranger help you - they could be the person who spiked your drink.
- Never ever leave a drink unattended. If you go to the loo take your drink with you. If for whatever reason you have left it unattended do not drink it.
- If a stranger offers you a drink do not accept it. Even if workmates or acquaintances offer you a drink make sure you see it either poured or opened and ensure that no one touches it except the barperson prior to drinking it.
- Remember these drugs are tasteless, odourless, and although one (Rohypnol) has a blue dye added to it; this blue dye does not show up for almost 20 minutes. Also it does not show up in red wine, in cola or any other dark drinks. It cannot be seen in a coloured bottle (i.e. in a bottle of Beck's, Budweiser, or wine bottles).
- Swizzle sticks to test for drugs are now available, however, these do not detect every drug and can sometimes miss even the drugs they are intended to detect – *don't* rely on them.
- Just because you're not drinking alcohol doesn't make you safe. There are reports of victims being spiked in tea, coffee, milk, milk shakes, and cola.

Understanding Our Personal Triggers

There are situations that will make us angry and we may want to respond aggressively, even if we have taken all the advice in this booklet. This is because we all have personal triggers, like buttons that, if pushed, can make us act instinctively rather than thinking through our actions first. By helping young people to understand their own personal triggers, we can begin to help them consider their own reactions to them and to stay calm in a situation where their buttons are pushed.

Activity idea:



Works best in a group. Ask the group to stand. Then identify one 'zone' of the room, which is angry, and the other end of the room, which is passive. Give a series of scenarios one by one and ask the young people to put themselves in the zone which they think would match their feelings in that scenario. Use the exercise to raise individual's awareness of their own triggers but also to show how differently people respond to situations and apply this to personal safety. For each scenario follow up with how trigger could have been managed asking for suggestions from the group on what they could do and how they could remain calm and in control of each situations.

As a follow up exercise, you could break the group up into smaller sub groups and ask them to write up their top 10 tips for managing their triggers or draw it in a picture.

Example Scenarios:

Be sure to select or create scenarios that are going to be relevant to your group of young people.

1. You're riding your bike and someone cuts in front of you
2. Whilst in a hurry you knock into someone who is abusive to you
3. A group of other young people shout after you in the street, when you respond one of them produces a knife
4. Someone criticises your appearance as you walk past them
5. You hear a man threatening his wife in a shop
6. You are out with your friends and an older person refers to you as yobs when they walk past
7. Another person comes on to your girlfriend/boyfriend in a club
8. Someone at school disses your mum / dad / carer.
9. While you're out with your mates, a police man stops you and wants to search you.
10. You find out that someone has hurt your brother / sister / best friend.

Appendix 1

What Are Thieves Looking For In Their Victims?

Thieves look for people who are not paying attention to their surroundings. They make good targets because they will be taken by surprise and probably won't have time to react.

TIP: Stay alert and avoid doing anything that might distract you from what is going on around you e.g. listening to music through headphones.

If someone is planning to rob you, then they will be on the look out for something to steal.

TIP: Keep valuables out of sight. Be especially wary of talking on your mobile in the street as it shows a thief that **a)** you have something to steal and **b)** you are not giving your full attention to your surroundings.

Women with handbags can be at particular risk from bag snatchers.

TIP: A slim shoulder bag can easily be worn underneath a coat or jacket at times when you might be vulnerable to this sort of crime. Try and make sure you don't carry all your valuables in one bag but instead distribute them about your person. This way, even if you lose your bag, you should still have your phone, keys and perhaps some money on you.

People weighed down with bags are an obvious target for thieves because they are likely to be slow to react and probably won't pursue the thief.

TIP: Try and keep one hand free at all times. If you have lots of shopping to get home, then why not put it in a trolley or rucksack?

People who are looking scared or confused can be targeted because they look less likely to resist.

TIP: Always try and look confident and purposeful, even if you don't feel it. If you need to look at a map or ask directions, why not go into a shop rather than stand in the middle of the street?

People who have obviously drunk a bit too much are good targets because alcohol dulls reactions and can affect your balance.

TIP: If you are going to be drinking, then know your limits and plan a safe way to get home such as booking a licensed minicab or taxi in advance.

The fewer people around the better as far as a mugger or bag snatcher is concerned so they will look for people in quiet streets etc.

TIP: Whenever possible stick to routes with lots of people on them and if it is after dark choose well lit streets. If you feel threatened then head for the nearest place you are confident of finding people e.g. a shop, bar, garage etc.

Appendix 2

How To Say 'No' Ideas Sheet

STRATEGY	EXAMPLE
WITH DIRECTNESS	Stand tall and look confident No, thanks!" (You don't need to offer an explanation)
WITH A FRIEND	Plan with a friend beforehand what each of you will or will not do and stick together "I'll pass" (you will be more confident knowing your friend will also pass)
WITH AN EXIT	Plan ways to physically remove yourself from a situation if you are not comfortable, such as going to buy a drink
WITH AN EXCUSE	I can't now I have to meet my boyfriend /girlfriend
WITH AN INVITATION	Not this time but we could do it next Tuesday



Personal Safety on Foot – Quiz

Choose one answer to the questions below.

When you are out and about, you should try to:

- a. Look like you own the road; be over confident to try to scare people off.
- b. Look confident, be alert and walk tall.
- c. Look timid and keep your eyes on the ground to avoid trouble.

If you are wearing a personal stereo you're likely to:

- a. Look distracted and be more vulnerable
- b. Look cool, no-one will want to bother you
- c. Look distracted which means know one will bother you

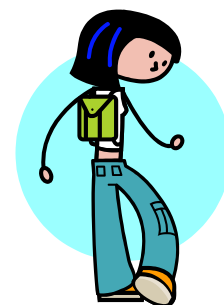


On your way home you should:

- a. Take the quickest route home, the quicker you get home, the less likely anything will happen to you.
- b. Take the quietest route home, the quieter the route, the less likely it is that anything will happen to you.
- c. Take the busiest route home, the busier the route, the less likely it is that anything will happen to you.

Why is it important to plan your route home?

- a. So that you know where to go if something happened.
- b. So you don't get lost.
- c. So that you feel more confident.
- d. All of the above



When you are walking:

- a. Try to walk with friends or near a group of people.
- b. Avoid parked cars with their engines running and people sitting in them.
- c. Try to keep you hands free and avoid carrying heavy bags.
- d. All of the above.

If you are trapped or in danger you should shout:

- a. Help!
- b. Fire!
- c. Call the Police!



Personal Safety on Foot - Quiz - continued



If you get that funny 'uh-oh' feeling you:

- a. Act straight away even if you're not sure that you're in danger.
- b. Wait and see what happens - you could make the situation worse by over reacting
- c. Ignore it; it's probably just you being paranoid.

If you are confronted by someone, it's best to:

- a. Strike before they do, it'll catch them off guard.
- b. Freeze - do and say nothing.
- c. Stay calm, speak slowly and clearly and try to talk your way out of it.

What should a personal alarm be used for?

- a. To attract attention and get help.
- b. To diffuse the situation.
- c. To shock an attacker and get away.



Personal Safety on Foot - Answers



The correct answers are shown below highlighted in grey.

When you are out and about, you should try to:

- a. Look like you own the road; be over confident to try to scare people off.
- b. Look confident, be alert and walk tall.
- c. Look timid and keep your eyes on the ground to avoid trouble.

It is important to keep your mind on your surroundings and pay attention to what is going on around you. You are less likely to become a victim of violence or violent crime if you look confident and alert.

If you are wearing a personal stereo you're likely to:

- a. Look distracted and be more vulnerable
- b. Look cool, no-one will want to bother you
- c. Look distracted which means know one will bother you

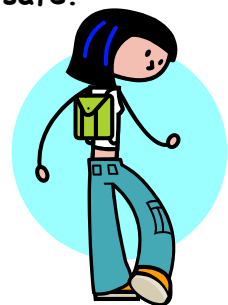
If you are wearing a personal stereo (or using your mobile phones), you will be distracted and you won't hear someone approaching you from behind. Looking distracted can make you a target for muggings or attacks. You are also exhibiting your valuables which can make you even more of a target.



On your way home you should:

- a. Take the quickest route home, the quicker you get home, the less likely anything will happen to you.
- b. Take the quietest route home, the quieter the route, the less likely it is that anything will happen to you.
- c. Take the busiest route home, the busier the route, the less likely it is that anything will happen to you.

Avoid danger spots like quiet or badly lit alleyways, subways or empty car parks. Don't be tempted to take short cuts if they are not safe.



Personal Safety on Foot – Answers – continued

Why is it important to plan your route home?

- a. So that you know where to go if something happened.
- b. So you don't get lost.
- c. So that you feel more confident.
- d. All of the above



Think about where you would go along your route home if something happened. This will help you to feel more confident if a situation does arise. Try to make sure someone knows where you're going and when you expect to return too.

When you are walking:

- a. Try to walk with friends or near a group of people.
- b. Avoid parked cars with their engines running and people sitting in them.
- c. Try to keep your hands free and avoid carrying heavy bags.
- d. All of the above.



Try not to walk alone; it's safer to be with friends or a group of people. Walk facing oncoming traffic to avoid kerb crawlers. A vehicle does pull up next to you, turn and walk in the opposite direction – you can turn faster than any car! Avoid parked cars with the engine running if possible and never accept a lift from a stranger or someone you don't trust completely. Finally, keep your hands free.

If you are trapped or in danger you should shout:

- a. Help!
- b. Fire!
- c. Call the Police!

Practise shouting – it may sound silly but if we are trapped or in danger, our voice can often fail us, practising to use our voice in advance can help. If you do shout for help, try to give specific instruction to anyone that will hear you, like 'call the police', people are more likely to respond to specific commands and to take it seriously.

Personal Safety on Foot – Answers – continued



If you get that funny 'uh-oh' feeling you:

- a. Act straight away even if you're not sure that you're in danger.
- b. Wait and see what happens – you could make the situation worse by over reacting
- c. Ignore it; it's probably just you being paranoid.

Trust your instincts – they are there to warn you of danger. The worst that can happen if you are wrong is that you may look a bit silly, but if you are right and you don't act, the consequences are far greater.

If you are confronted by someone, it's best to:

- a. Strike before they do, it'll catch them off guard.
- b. Freeze – do and say nothing.
- c. Stay calm, speak slowly and clearly and try to talk your way out of it.

Try not to panic, remember that if you stay in control, you are more likely to stay safe. Don't try to fight or be a hero, hand over your bag or wallet if that is what the person wants – you are worth more than anything in the bag or wallet.

What should a personal alarm be used for?

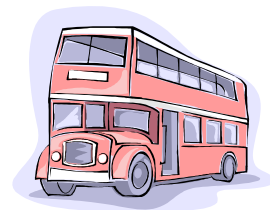
- a. To attract attention and get help.
- b. To diffuse the situation.
- c. To shock an attacker and get away.



If you carry an alarm, know how to use it and be prepared to get away as soon as you have activated the alarm. Remember to make sure that it is functioning when you take it out (battery charged or gas left).



Using Public Transport- Quiz



Choose one answer to the questions below.

What is it important to do before travelling?

- a. Purchase tickets in advance.
- b. Get train or bus times.
- c. Plan your route.
- d. All of the above.



Where is it best to wait for your bus / train?

- a. In a well lit area, near other people.
- b. Near the exit or toilet.
- c. Away from the bus stop or train platform so that people don't know you are waiting for a bus / train.

On an empty bus you should try to sit:

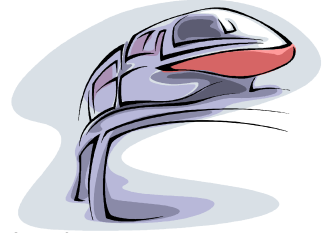
- a. At the back of the carriage or bus, away from any trouble entering the vehicle.
- b. Near the driver.
- c. Near the exit.



When you are travelling, it's a good idea to take with you:

- a. Extra cash in case you get stranded and need to take another bus or train or call for a lift.
- b. You're ipod or mp3 player so that you have something to do while waiting for the bus / train.
- c. A knife or pepper spray so that you can defend yourself if anyone starts on you.

Using Public Transport- Quiz - continued



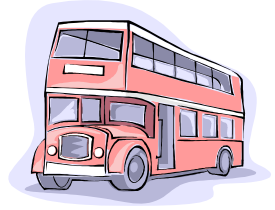
You are on a train and someone gets on that makes you feel a bit uneasy, he/she sits close to you, what do you do?

- a. Stay where you are, try not to draw attention to yourself - stay quiet.
- b. Move to another seat or carriage or get off at the next stop.
- c. Take out your phone or personal stereo and ignore the person.

You are on a bus and someone gets on and starts to shout and point at you, they tell you to get off with them or else... You should:

- a. Stay quiet and look at the ground and do what they tell you.
- b. Make as much noise as possible to attract the driver's attention, sound the emergency alarm.
- c. Shout back and tell them you and your mates will sort them out if they're not careful.

Using Public Transport- Answers



The correct answers are shown below highlighted in grey.

What is it important to do before travelling?

- a. Purchase tickets in advance.
- b. Get train or bus times.
- c. Plan your route.
- d. All of the above.

Planning ahead is a great risk avoidance strategy - try to have train or bus times before you leave, especially details of the last bus or train if you're going to be out late. Try to buy in advance to avoid fumbling with cash in public.



Where is it best to wait for your bus / train?

- a. In a well lit area, near other people.
- b. Near the exit or toilet.
- c. Away from the bus stop or train platform so that people don't know you are waiting for a bus / train.

It is often reassuring to wait with other people and try to wait in a well lit area. Some bus stops or train platforms may not be well lit, try to find the alarm or help point on a train platform. If at a bus stop, consider waiting at the next or previous stop (as long as you know the way there and the route is safe).

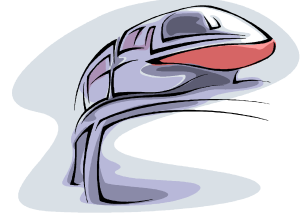
On an empty bus you should try to sit:

- a. At the back of the carriage or bus, away from any trouble entering the vehicle.
- b. Near the driver.
- c. Near the exit.

Sitting close to the driver is a good idea as help will be close by if you need it.



Using Public Transport- Answers - continued



When you are travelling, it's a good idea to take with you:

- Extra cash in case you get stranded and need to take another bus or train or call for a lift.
- You're ipod or mp3 player so that you have something to do while waiting for the bus / train.
- A knife or pepper spray so that you can defend yourself if anyone starts on you.

It's always a good idea to have a back up plan. Take bus or train timetables and / or a licensed cab number with you when you go out and have some spare cash with you just in case.

NB Note on point C - LEGALLY you are *not* allowed to carry anything to defend yourself except a personal alarm. Any weapon you carry is illegal.

You are on a train and someone gets on that makes you feel a bit uneasy, he/she sits close to you, what do you do?

- Stay where you are, try not to draw attention to yourself - stay quiet.
- Move to another seat or carriage or get off at the next stop.
- Take out your phone or personal stereo and ignore the person.

If you feel uncomfortable, don't be embarrassed to get up and move away. It isn't stupid to do something that makes you feel safer.

You are on a bus and someone gets on and starts to shout and point at you, they tell you to get off with them or else... You should:

- Stay quiet and look at the ground and do what they tell you.
- Make as much noise as possible to attract the driver's attention, sound the emergency alarm.
- Shout back and tell them you and your mates will sort them out if they're not careful.

If you feel threatened on public transport, attract the attention of a fellow passenger or the driver or guard and don't be afraid to ask for help.

Where To Go For More Help & Advice

Check out The Suzy Lamplugh Trust's website (www.suzylamplugh.org) for lots of free help and advice or you can email us at info@suzylamplugh.org or call us on 020 8876 0305.

The Suzy Lamplugh Trust also provides talks and workshops to schools and youth groups for £150 plus VAT and Travel Expenses. This gives young people the chance to work through many of the exercises included here and more with their peers. The sessions are interactive and fun and are a great way of getting personal safety messages across to young people. For more information, check out the Training section of our website, email us at training@suzylamplugh.org or call us on the number above and ask for the Training Department.

The Suzy Lamplugh Trust have recently taken over the work of Milly's Fund. Milly's Fund and The Suzy Lamplugh Trust provide a variety of resources for young people of all ages. For more information, check out the Shop section of our website, email us at resources@suzylamplugh.org for a brochure or call us on the number above and ask for the Resources Department.

Other places to seek further help include:

www.immobilise.com. – Immobilise your mobile phone if it's stolen

www.kidsmart.org.uk - Internet safety advice

www.thinkuknow.co.uk - Internet safety advice

<http://www.nch.org.uk> - Internet safety advice

www.fkbko.co.uk - Internet safety advice

<http://www.bullyonline.org/> - Advice on Bullying

<http://www.getconnected.org.uk> – Finds the best advice for young people whatever the problem.

<http://www.met.police.uk/stalking/leaflet/> - Protection from Stalking and Harrassment. A Guide to Minimising the Risk to Children.