

Safe Steps

There are lots of ways to keep safe. Here are a few:

When going out

- Tell parents or carers where you are going; call if you change your arrangements.
- Tell them who you are with.
- Agree on a time that you'll be back and call if you are delayed.

When away from home

- If you need help or are lost when out, approach a family group.
- Make sure you learn your home phone number off by heart.
- Carry extra change in your pockets for unplanned phone calls or journeys.

When cycling or walking

- Always wear reflectors (especially at night) and a helmet when cycling.
- Always let go of property being snatched from you. Your things can be replaced, you can't.
- Cross the road at a safe place if you see trouble ahead on your side.

When travelling

- In buses and coaches do not distract the driver.
- Remain in your seat when a vehicle is moving.
- When travelling alone sit near the driver or in a carriage with lots of people.

Finally

Never be pressured into anything you don't want to do.

TIP

The most important thing is to trust your instinct. If it doesn't feel safe, it most likely isn't.

Check out www.millysfund.org.uk, www.suzylamplugh.org and www.mindbodysoul.gov.uk for some top tips.