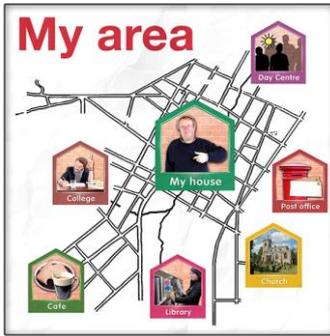


Keeping Safe – When out and about



When you go out

Plan your Journey before you start.



Keep your valuable items such as your money, bankcard, keys and mobile phone safe.



Don't take out more money than you will need.



Be aware of other people around you. Make sure that you keep your possessions with you and do not give anything to a stranger.



Stay in well lit areas.



Make sure you have your mobile phone and know how to phone help if needed.

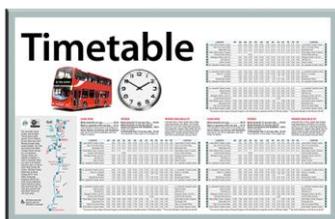


If you don't feel safe phone someone you know and tell them where you are and what help you need.



You can look for a shop displaying a 'safe place' logo and ask for help.

Catching a bus or train



Make sure you know the time the bus or train leaves so you do not need to wait for a long time at the stop or station.



If you feel unsafe then tell the bus driver or train guard.



Don't stand near the edge of the platform or the pavement.



Strangers

A stranger is someone that you don't know. Most strangers are nice but some can be nasty.



Do not accept anything from a stranger

Never go anywhere unfamiliar with a stranger or get into their car.



If you feel threatened by a stranger tell someone.



Money

Keep your money and bankcard in a safe place.



Try to remember your PIN number, don't tell anyone else.



When using a cash machine make sure that nobody is standing too close and can see you entering your PIN.



Do not tell anyone your name, address or bank account details.

Remember!



If you don't feel safe when out, make sure you tell someone. This could be a support worker, police and someone else you know well and trust.



This information has been co-produced for people supported in CVT communities by the GOT IT Learn to lead group.