

# Tips for staying safe when you are out and about

## Before you set out

**1** Always choose routes that are well lit and have lots of people along them.

**2** Let people know where you are going and how you are planning to get there.

**3** If you have a phone take it with you and keep it within easy reach - but not where it can be seen or snatched.

## If you run into trouble when you are out

**RN** Always try to get away first

**TALK** If you cannot run try to talk your way out – try to be calm and confident when you are talking.

**SHOUT** If you are trapped or in danger shout things like 'get away' or 'call the police' to attract other peoples' attention.

**TELL** Let a responsible adult know (this could be a parent/carer your teacher or someone you trust) as soon as you can. They can then call the police.

Remember self defence should only be used as a very last resort.

Get away - Stay safe