










SAFETY TIPS & ADVICE

-  Avoid confrontation. Try to talk your way out of problems, speak calmly but confidently as the aggressor is looking for a victim.
-  If you are faced with violence always try to get away. There is no shame in running and if you wake to enjoy another day without facing criminal charges or injuries then that's got to be worth it.
-  If you are trapped or in danger shout or scream, "Get away" or "Phone the police" this attracts attention and makes attackers wary.
-  Stay in public spaces and in well lit areas.
-  Know your route home and share it with your friends. If you don't get home people know where to check.
-  Keep your phone easily accessible but not on display.
-  Be aware of who is around you and trust your instincts.
-  If you are drinking alcohol know your limit, do not make yourself an easy target or vulnerable through too much drink. Always ensure one of your party remains sober to look after the rest.
-  Physical self-defence should only be a last resort. Once it goes physical you no longer have any control of the situation.
-  Report any incident as soon as possible. Contact the police on 101 or 999 in an emergency or speak to a teacher if the incident happened in school.

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 **STAND
AGAINST
VIOLENCE**