



SECTION 1

My Safety

Before you go out



Always tell someone:

Where you are going.



How you are getting there and back.



What time you will be back.



Who you're going with.

When you're out and about



Try to **look confident** – look like you know where you're going.



Remember

Don't wear lots of jewellery and keep valuables like your mobile phone out of sight.



Be aware of what is happening around you. **Don't** use headphones while you are out and about.



If you carry a bag always make sure it is closed. Keep it where you can see it.



When you're out and about



Carry your **keys** in a pocket in case you lose your bag. **A pocket with a zip is best.**



Don't use short cuts that go across waste ground or alleyways.



Don't use your mobile phone to text while you are walking.



Keeping your money safe



Don't carry more money than you need.



Keep your money in a **purse or wallet**. Keep your purse or wallet in a **safe place and out of sight**.



Remember...

Don't get your purse or wallet out in the street.



When you buy something in a shop



Put your money away safely.



Always put your purse or wallet away before you leave the shop.



Remember...

Be extra careful when you're leaving a bank or post office or using a cash machine.



Things you should take with you



Keys

Keep your keys in a **safe place**.



Money

Take some change so you can make a phone call or pay for a bus fare.



If you have a bus pass or Smartlink card bring it with you.



If you're out at night you may want to take some money for a taxi home.



Keep the number of a taxi firm that you know and trust with you at all times.

Things you should take with you



Identification

Carry some **identification** and keep it separate from your bus pass.



Phone Numbers

Make sure you have a list of useful phone numbers with you or stored on your mobile phone. These might be your **mum or dad, carer, day centre, college or work.**



Personal Alarms

You might feel safer if you carry a personal alarm, especially if you go out when it's dark.

Things you should take with you



Mobile Phone

If you have a mobile phone make sure it's charged up and has enough credit to make a phone call.

Keep it out of sight when you are not using it.



Medical Information

If you have a medical condition, like diabetes or epilepsy, make sure you are wearing a medical tag with your information on it.

This lets people know if you need help.

Using a phone box



Find a phone box.



Pick up receiver.



Put the money in the slot
(60p should be enough)

Using a phone box



Dial number and make your call.



Put down receiver.



Collect your change.

