



Section 7

Don't bother me

Someone's following me



If you think someone is following you



Do go into a shop or busy place and ask for help.



Don't try to hide somewhere quiet.



Never get into a car with a stranger



Never get in a car with someone you don't know unless you've booked a taxi. Even then, check that the driver is a licensed taxi driver.



If someone stops to ask you directions do not get too close to the car. Never get into the car with them.

If someone tries to touch you, shout as loud as you can and keep shouting. Tell the people around you what is happening. If you're on a bus tell the driver.

Remember

If someone is bothering you, say 'I'm meeting a friend in a minute'.

Out and about at night



If you are out on your own at night you may feel safer if you carry a **personal alarm**. You can buy them in DIY shops or ask at your local police station.

If you have to travel on your own at night **arrange a taxi** in advance.

It is a good idea to try to travel with a friend especially at night.

Remember

If someone is calling you names or threatens you:

- Try to **ignore them**
- **Don't shout back** – it might make it worse
- Keep as **calm** as you can
- **Go somewhere busy** like a shop or library and ask for help

Who can help?



If you need help while you're out, it's best to **talk to someone in uniform**. People in uniform are usually trained to help. People in uniform who can help include:

- A police officer
- A school crossing patrol
- A bus driver
- A traffic attendant



If you can't find someone in uniform go into a **shop or library** and ask the staff there to help you.



Talking to the Police



There are other crimes that could happen to you when you're out.

Remember, this does not happen very often.

If something does go wrong try to remember as many details as possible. This will help the police catch the person or people.

Try to remember:

- **Where** it happened?
- **How** it happened?
- **When** it happened?
- **What** happened?
- **Who** did it?