

STAYING SAFE – A GUIDE FOR YOUNG PEOPLE

When you are out on the street, in the parks, travelling about, the last thing you think about is your safety, or even that of your mates. Here are some tried and tested tips to avoid trouble, as recommended by some 15 year olds from Richmond. Have a look, have a think.

Street smart means switched on. Eyes on the street, not on your feet or phone. Ears open, not plugged in. Avoid the snakes.

WHEN YOU ARE OUT:

Stop and look around; do you know where you are, and how to get home?

Stick with your mates. There is safety in numbers; look out for each other.

Stay in well lit areas, where there are people.

Stash your phone and other valuables - keep them out of sight. Nearly all muggings are for phones and ear pods.

Save vital phone numbers to your memory, not just to your phone in case you lose it. (Your mum's, your dad's, your mates')

Stay schtum / silent - if you see a crowd which might not be friendly; don't draw attention to yourself. Move to a safe place.

Scope out potential places of safety - cafes, shops, pubs. Even if you are underage, someone inside will help you.

Sprint. If things don't look good, use your feet. There is no shame in shifting, very fast.

Speak up to protect others as well as yourself. Goes against street cred, mate's honour, but it can save lives. See below for useful official numbers, but you can always tell your mum or dad, your mate's big brother, your sister, the Art teacher, whoever. You could save a life.

Stay away from knives and other weapons, even for show. Instead, words are a martial art that can be used to say "No" and other stuff.

IMPORTANT POLICE CONTACT DETAILS:

Dial 999 for emergencies, but if something has already happened, you can report it on 101 or at the website www.met.police.uk/report

You can also text British Transport Police on 61016 if you are travelling. No-one knows you have contacted the police. They reply by text, and get help to you.

Fearless.org is a charity for young people to report crime or ask questions. They guarantee your anonymity, whatever you tell them. Contact them on line or call Crimestoppers on 0800 555 111.

