

Safety when out and about

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How to stay safe when you are out and about.

Easy Read Factsheet



Derbyshire is one of the safest places in England.

The chances of a crime happening to you are very low.

This factsheet will give you tips to help you stay safe.



It is safer to go out with a friend.



It is safer to go out in daylight.



Tell someone where you are going and what time you will get home.

Always take these things with you when you go out:



Your keys.



Make sure it has credit and is charged up.

Your mobile phone.



A personal alarm.



Don't carry more money than you need.

Money.



Your keep safe card.

This says who to contact in an emergency and gives people information about your health.

They are free from Derbyshire County Council.

Look after your friends when you are out together.



Help each other stay safe and to get home safely.

Keep to safer places when you are out and about.



and lots of people are safer.

Don't walk through lonely places like these on your own.



Derbyshire County Council runs a Safe Places Scheme. These are places you can go to if you need help. Look out for this sign.

Try to look confident when you walk:



- Hold your head up high
- Keep your shoulders back.
- Smile - this will make you look and feel more confident.

Practise walking confidently at home and with friends.

Don't use your phone outdoors.



Use your phone in a shop or cafe.

Keep valuables like jewellery, phones, music players and keys out of sight.

Keep your bag, wallet or purse on you at all times.



Never hang your bag or coat on the back of a chair.



Keep your bag closed and at the front of your body where you can see it.

Keep your coat and bag where you can see them.



If you hang your coat on a coat stand do not leave things in the pockets.

Some clubs have a cloakroom where they will look after your coat and bag.

If you go walking or jogging a lot, don't always go the same way.



Don't listen to music when walking or jogging.

Listening to music can stop you noticing what's going on around you.

Always walk or jog facing oncoming traffic.



This means a car cannot pull up behind you.

Don't walk home on your own after an evening out.



Walk home with friends or take a taxi.

Getting a taxi when you are out and about.

It is best to book a taxi in advance. If you haven't booked a taxi do not put yourself in danger.



Always get a taxi from a taxi rank or taxi office.



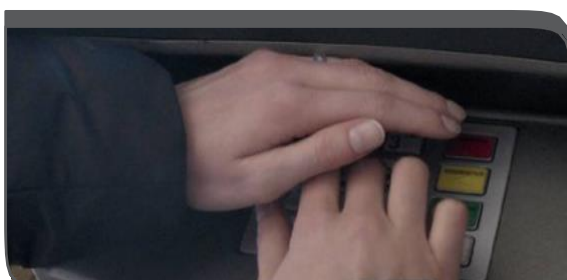
Never accept a lift from a stranger who approaches you - even if they say they are a taxi driver.

Getting money out.

If you need to get money out use a cashpoint machine that is inside a bank if you can.

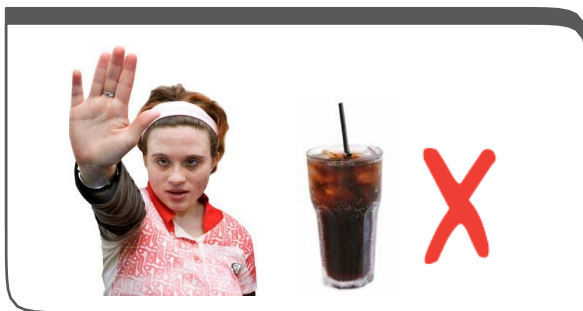


This is safer than using a machine that is on the street.



Make sure people can't see your PIN number.

Don't accept drinks from people you don't know.



Only let people you know and trust buy you drinks.



Never leave your drink out of sight.

If your drink looks or tastes odd, don't drink it. If you feel ill, ask for help from a friend or the bar staff.



If you think you are being followed.



Walk to where there are lots of people like a shop or a station and ask for help.

Or go to a place that has a Safe Places sign.



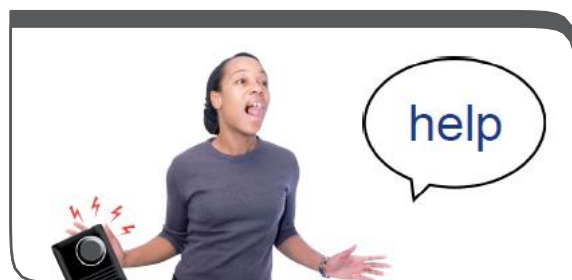
Then call the Police by phoning 999.

If someone tries to take something from you, let them have it rather than risk being hurt.

Then call the Police by phoning 999.



If you are attacked use your personal alarm.



Shout for help as loudly as you can telling people to call the police.

Try to get to a safe place and call the Police by phoning 999.

Always tell the Police if you are abused when out and about.

- Phone 101 to talk to the Police.
- In an emergency phone 999.



Go to www.derbyshire.gov.uk/keepingsafe to see all of our Keeping Safe Factsheets

If you feel you are being picked on you can also talk to Stop Hate UK by phoning this number.

STOP HATE CRIME
0800 138 1625
24 HOUR HELP LINE

Factsheet designed by The Clear Communication People Ltd in partnership with the 'Keeping Safe Project' - a Derbyshire County Council and MacIntyre funded project for people with learning disabilities. Adapted from original factsheet developed with Surrey Police as part of a Stop Hate Crime project funded by The Learning Disability Partnership Board in Surrey.