



**Muntsy's**  
A special place for  
outstanding individuals



# Be Safe

...when you are out and about

# Introduction



**There are lots of things you can do to keep safe when you are out and about.**

You also need to know what to do if something goes wrong.

**This booklet is about:**



**1. Buses and trains**

**2. Walking**

**3. People you do not know**

**4. Belongings**

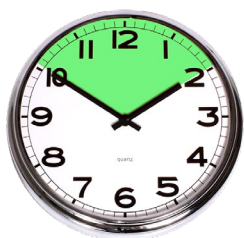
**5. If things go wrong**



# 1. Buses and trains



Plan your journey. Tell someone where you are going, and what time you will arrive.



Find out what time the last train or bus is going to leave.



**In a bus:** sit near the driver, where they can see you.



**In a train:** choose a carriage with lots of people in it.



If someone makes you feel uncomfortable, move to a different seat if you can.

## 2. Walking



Plan your route. Tell someone where you are going.

Try not to walk on your own, especially at night.



Avoid empty parks and alleyways.

If you get lost, go into a café or shop to ask for help, or ask a police officer.



Don't use headphones: you need to be able to hear what is going on around you.

# 3. People you do not know

A **stranger** is someone you do not know.



A stranger could:

- help you
- steal from you
- hurt you



It is very hard to tell if a stranger might be helpful or dangerous.



Be careful around anyone who you do not know.



# 3. People you do not know



Try to move away from strangers if they are too close.

No, thank you.



Do not accept presents, money, food or drink:

- stay calm
- say “no, thank you”
- walk away

**Never:**

- tell them your name, address or phone number
- get into a stranger’s car
- walk off with them



# 4. Belongings and money



Wear a money belt, to keep your cash and cards extra safe.



Do not keep your mobile phone in your back pocket.

Hide your PIN number when you use cash machines.



Don't let people see how much cash you are carrying.



Keep your bag with you all the time. Keep it closed, in front of you, where you can see it.

# 5. If things go wrong

**It is good to know what to do if things go wrong.**



Use a personal attack alarm or whistle, to attract attention.



Know how to call 999.



If someone grabs you, or your belongings, shout:

**“Help! Call the police!”**



If someone follows you, walk quickly into the nearest shop, café or pub. Ask for help.



# 5. If things go wrong



**If anything bad happens to you whilst you are out and about...**

## **Tell someone!**



**Do not keep secrets, even if you have been threatened.**

**You can tell:**

- a support worker
- someone at school, college, day service or work
- the police
- family or friends



# 6. Top tips for keeping safe



## Try to memorise:

- Your address and postcode
- Your phone number
- An emergency phone number, like a parent or friend



## And finally:

**NEVER** carry a knife or other weapon to help you feel safe.



**NEVER** travel on your own if you have been drinking or using drugs.



# 7. Useful contacts

## POLICE



In an emergency: **999**



If no-one is in danger: **101**

**Write your own useful numbers here:**

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# Thank you!

## Thank you to Muntsys's in Dorset:



[www.muntsys.org](http://www.muntsys.org)

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