

**LIVE
LIFE
SAFE**

suzy lamplugh
trust

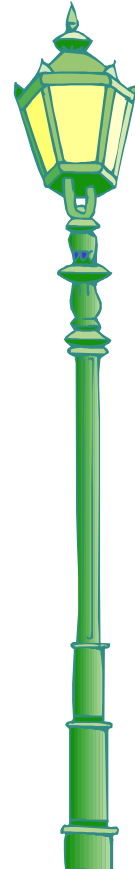
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For most of us the streets are relatively safe and we can walk around without fear of becoming a victim of crime.

The risk of suffering a violent or aggressive incident is generally very low, however it does exist so it's advisable to take a few precautions to reduce the risk even further, whether you are in an unknown area or your own neighbourhood.

The **StreetsAhead** campaign offers the following advice:



Plan Ahead

- ◉ Consider where you're going and how you're going to get there.
- ◉ Is the route you're planning busy and well-lit?
- ◉ Can you avoid any high risk spots, such as quiet or badly-lit alleyways, subways or isolated car parks?
- ◉ Consider carrying a personal safety alarm, which could be used to shock and disorientate an attacker if necessary, giving you vital seconds to get away.



Look Ahead

- ◉ Stay alert, as the sooner you see or hear potential danger approaching, the easier it is to avoid it.
- ◉ Avoid wearing earphones or chatting/texting on your mobile phone when walking down the street alone, as this will distract you from your surroundings and could prevent you from hearing danger approaching
- ◉ If you do see potential danger ahead, it's advisable take action immediately. Change your route and head for a safe place, such as a pub, garage, friend's house or anywhere there are other people.



Think Ahead

- ⦿ Try to walk facing oncoming traffic to avoid kerb crawlers. If this isn't possible and a vehicle pulls up suddenly alongside you, turn and move as quickly as possible in the other direction.
- ⦿ Trust your instincts. If you think you're being followed, take action. Cross the road, turning to see who is behind you. If you're still being followed, keep moving and make for a safe place.



Go Ahead

- ◉ Don't let fear of crime stop you from getting out and about. Taking precautions to minimise any risks will not only make you safer, it should also make you feel safer and give you more confidence when out on the streets.





For more Personal Safety Tips visit
www.suzylamplugh.org/tips