



Staying Safe



Supporting you to stay safe in the community

When you leave home:



Tell a family member or friend where you are going



Stay in busy areas and use main roads during the day.



Stay in well-lit areas and use main roads at night.

If you feel unsafe when you are outside:



Walk away from whatever is making you feel unsafe



Cross the road



Try to get home or to your destination as soon as possible

If you are in danger:



Call 999



Tell emergency services what happened



When you are safe, continue your journey

When you arrive at your destination:



Tell someone you trust you have arrived