



Safety – Out and About

You are encouraged to consider and implement strategies that most suit your needs and your lifestyle. In all situations, if you feel your safety is being threatened, call triple zero (000).

To preserve your safety out and about, consider the following options:

General advice

- Be aware of your surroundings. Especially when using headphones or speaking on your mobile.
- If a stranger approaches you, use your feelings of safety as a guide. Remove yourself from the situation if you feel unsafe.
- Carry a mobile phone so if necessary you can call for help.
- Avoid areas where you do not feel safe, e.g. dark areas. Where possible, use busy, well-lit streets.
- If confronted by a 'flasher' try to avoid acting shocked or upset, instead take a description of the person and report the incident to police.
- If you think you are being followed or in danger, cross the street or try to get the attention of people nearby - shout as loudly as you can or seek help at the nearest house, shop or busy public place.

Protecting your money and valuables

- Keep cash and valuables you carry to a minimum.
- Use a bag that can be secured, e.g. with a zip. Hold it close to you, away from the road.
- Avoid leaving your bag in a shopping trolley, on the back of a chair or under a table in public places or on the hook of a door in a public toilet.
- Use ATMs located in public view. Be discreet when entering your personal identification number (PIN).
- Count and secure your money discreetly.

Questions:

1. List 3 examples of areas where it could be unsafe.

2. How do you attract attention to get help in a dangerous situation? _____

3. Write 3 safety considerations before you use the ATM.

Adapted from:

<https://www.police.qld.gov.au/programs/cscp/personalSafety/adults/safetyoutandabout.htm>