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 when you are out and about, consider the following options:

General advice

- Always let someone know where you are going and when you will return.
- Whenever possible travel with a friend or in a group.
- Avoid taking shortcuts through deserted areas or areas where you do not feel safe, e.g. dark areas. Where possible, use busy, well-lit streets.
- Be aware of your surroundings. Especially when using headphones or speaking on your mobile.
- Carry a mobile phone so if necessary you can call for help.
- Never hitchhike or take a lift from a stranger.
- If a stranger approaches you, use your feelings of safety as a guide. Remove yourself from the situation if you feel unsafe.
- 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.
- Report crime to police
- Alcohol can affect your judgement – stay alert

Protecting your property and valuables

- Don't carry large amount of cash.
- Count and secure your money discreetly.
- Don't leave valuable in vehicles.
- 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).
- Mark your valuables with identification.
- Don't keep all your important documents together.

Questions:

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

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2. How should you keep or store your bag safely in public places?

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

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

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