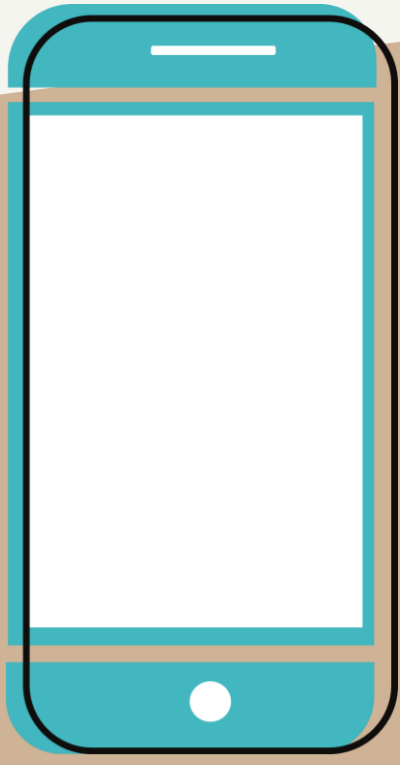


# How to keep safe.

Take your mobile phone.

Charge your mobile phone and take it out with you.



Tell someone where you are going.

Tell someone the route you are taking and if your plans change.

Pay attention to your surroundings.

Don't walk where you don't know. Pay attention to street names and download the What3words app.



Meet up with friends.

If you are going out for a walk or to exercise. Meet up with your friends and do it together.



Only walk in well lit areas.

Stick to the main footpaths, Avoid cutting through alley ways and areas with no lighting.



Keep the volume down.

If you are wearing headphones or listening to music, turn the volume down so you can hear what's going on around you.



Call someone!

If you feel unsafe, call someone. If you are being followed dial 999.



## YOUTH ENGAGEMENT

