

KEEPING TEENAGERS SAFE

Please see below a list of things that teenagers can do to keep safe on the streets:



Stay alert, and keep personal media devices turned off, so they can hear what's going on around them



Stick to busy, well-lit roads, and avoid short cuts through alleyways



If your child thinks someone is following them, they should cross the road or go to a place with lots of people around, like a bus stop or shop



When travelling by bus, your child should try to use bus stops on busy roads and sit near to others and near the driver when possible



If someone tries to take something from your child, tell them never to fight



Tell them to keep mobile phones and other valuables out of sight



Earphones can be distracting and limit awareness of surroundings




If your child has to use a lift – tell them to try to use them with friends, and not to feel worried about getting out if they are uncomfortable about someone else being in there



Encourage your child to speak up if they are being bullied or feel they might be in danger

CHECKLIST FOR YOUNG PEOPLE

Please see below a checklist for young people:

-  Think - before you go out
-  Where are you going?
-  How are you getting there?
-  Who are you going with?
-  Who needs to know?
-  Take only the money you need and keep it in a safe place.
-  How are you getting home?
-  Is your mobile charged and got credit?
-  Who will you contact in an emergency?
-  Keep valuables out of sight.