

simple street sense!

DO:

- Keep your valuables out of sight (e.g. mobile, discman or mp3 player).
- Tell an adult or teacher if you feel threatened – you won't look stupid.
- Trust your instincts. If it feels wrong, it probably is wrong.
- Make a fuss or yell or even break a window – anything to bring help. Don't be embarrassed; your safety is too important
- If there are houses nearby, you could either pretend to ring the bell or really ring it if you are frightened. Just going up to a house might put an attacker off.



DON'T:

- Hitchhike, walk home alone through isolated places, take lifts from strangers.
- Go up to a car to give someone directions – it could be a trick.
- Fight to keep possessions if you are going to be hurt – just throw them and run. Possessions can be replaced, you can't.
- Blame yourself if something happens – it is the fault of whoever hurt or attacked you.



help & information

Everyone needs help and advice at some point during their lives. Talk to your parents or other relatives, your teachers or friends. If you would rather find advice elsewhere, try any of the following organisations:

KIDSCAPE

www.kidscape.org.uk

CHILDNET

www.childnet-int.org

TRUST FOR THE STUDY OF ADOLESCENCE

www.tsa.uk.com

CHILDLINE

0800 1111

SAMARITANS

08457 90 90 90

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kidscape

www.kidscape.org.uk

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street sense: protect yourself



kidscape

peer pressure

I've been friends with these girls since I was 11 – we do everything together. They've started getting falling down drunk when we go out which makes me feel embarrassed. I am trying to find an excuse without looking pathetic and ending up with no friends.

Any ideas?

Sarah, 14 Northampton



WHAT ACTION TO TAKE...

- Peer pressure is strong, planning in advance makes deciding easier.
- **Communicate** your limits to others: boyfriends, girlfriends, friends or acquaintances.
- Some people **use an excuse**, for example: "My mum won't let me..."
- If you are asked to **drink** or **smoke**, you could say you are **allergic** to alcohol or smoke or you could say you just **aren't interested**.
- **Trust your own feelings** and judgement and don't be embarrassed to act on them.

REMEMBER...

- Lots of your friends may feel **pressured** into doing things they **don't want to do**.
- They might be glad you are willing you to say no – it might **give them the strength** to do the same.
- Try not to be too **judgmental**, make your answers low-key; "sorry, I just don't feel like doing that now" or "got a big day tomorrow, can't stay out – sorry".

chat rooms

"I've use online chat rooms almost every night and have met some really cool people. Most of them just discuss which bands they like or what movies they've seen. Recently one of my friends has asked if I want to meet them and I said no. That's when they got angry. What do you think I should do?"

Abbey, 12 from Hull



WHAT ACTION TO TAKE...

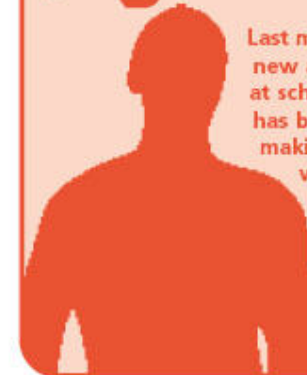
- People you 'meet' in mobile phone and Internet **chat rooms** may not be who they say they are.
- Never give your personal details and **never go to meet them** without discussing it with your parents.
- If you send a picture/text message to another mobile phone, the person on the other end automatically has **your number** stored in their phone.
- Search the web for advice about Internet safety or visit the **Kidscape website** and go to 'online safety'.
- Email us at webinfo@kidscape.org.uk if you find information that you think may help other people.

fighting talk

Last month our family moved to a new area. I've made good friends at school, but there is a gang that has been following me home and making threats. I'm worried they will beat me up. I don't want to tell my parents or they'll never let me out of their sight.

What should I do?

Callum, 16 London



WHAT ACTION TO TAKE...

- If you feel you are being **followed** or **threatened** by anyone, walk towards a place with people, like a shop. **Don't leave until it is safe** or ring for help.
- Try to walk home a **different way** and at a different time.
- Walk with friends – there is **safety in numbers**.
- Do **tell your parents** if it continues and consider contacting the police – don't let them get away with it.

YOU CAN ALSO TRY...

- Taking a **self-defence course** is a **good idea** if you are willing to work and practice what you have been taught.
- **Shouting loudly** to draw attention to what is happening.
- Ignoring any taunts they may throw at you – getting no response **might bore them** so they will look for another victim.
- Practice **shouting** so you can yell automatically if you feel unsafe.

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