

Respect

**your life,
your choice**



-  Anti-Bullying
-  Hate Crime
-  Counter-Terrorism
-  Substance Mis-use
-  Anti-Social Behaviour
-  Criminal Damage
-  Gangs, Guns And Knives
-  Staying Safe
-  Domestic Abuse

respect

your life, your choice

Embrace (Child Victims of Crime) is the only national charity that is solely focused on supporting children and young people who have been the victims of serious crime and their immediate families. Children are among the most vulnerable victims in our communities.

Embrace believes that support should be tailored to the needs of individuals and offers a range of emotional, practical and specialist services along with a flexible approach.

Whatever is needed to help a child cope with what has happened, recover and move on is what we aim to deliver.

The charity's own research revealed that often young victims of crime had to wait months to access counselling services - that is if the services were available at all.

Since discovering that there was no national response that prioritised the needs of young people traumatised by crime, the charity has been working to develop a specialist counselling service that young people could access across England and Wales.

Working with Police & Crime Commissioners, Victims' Hubs, Sexual Abuse Referral Centres and safeguarding professionals, we are able to ensure that our most vulnerable victims of crime - and often the most forgotten - can readily access the level of support they need.

Practical help, cheer up support - including family theme park outings and peer group support breaks - and emotional support are also provided to hundreds of young victims and their families across the UK every year.

Find out more and how to access our services at www.embracecvoc.org.uk

Many thanks,

ANNE CAMPBELL
CEO
EMBRACE Child Victims of Crime





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Staying In Control Of Your Life

How many times have you agreed to do something that a friend wants to do just to avoid an argument? This may be a good way to keep a friend but could lead to big problems.

As we move through life from adolescence to adulthood, we find ourselves faced with more and more decisions. Constraints are put upon us by Law, but we can all exercise free choice. We can all make our own decisions and take responsibility for ourselves. Each and every one of us has a right to feel **safe**. With that right comes a responsibility to make sure that those around us feel safe with us.

“ If someone told us to jump from an aeroplane without a parachute, we would tell them where to go in no uncertain terms! ”

We would know that what they are telling us to do is dangerous to ourselves and so we would not do it. Something which seems appealing because your friends are doing it, may not seem so appealing when you are alone. If you gave the situation some thought, you would realise that your body is telling you that you should not do it, but you are ignoring it. You are allowing yourself to be pressured by your friends rather than make up your own mind.

Your body has certain responses in situations when you do not feel safe or comfortable. These are things such as butterflies in your tummy, nausea, trembling, sweating, hairs standing up on your neck etc. In situations where you feel these responses, it may be that your body is telling you not to take part in something.

Make up your own mind and do not allow friends to pressure you into something you cannot control.

All of us have experienced group pressure at one time or another. The old adage that “If you don’t do it you’re a chicken” is something that your parents and grandparents will have been taunted with when they were young.

We all know how difficult it is to stand up for your views – but it is vital that you do so. Criminal or dangerous behaviour benefits no-one. It can only lead to trouble and injury. If friends are pressuring you into doing something that is wrong, you should exercise your own free choice. If your actions will harm another person in any way, **DO NOT DO IT**. The victim of your actions could easily be someone close to you – maybe a relative or a friend.

■ Would you want them to suffer?

Someone who always goes along with the crowd will never be respected. If others realise that you will do anything they suggest, they are bound to test you to see just how far you will go. One day you may agree to do something you will regret. Someone could be seriously hurt or killed. It could be you.

If you are being pressured by a friend or a stranger, remember your rights.

Think about your safe choices:

- Could you explain to them that you will not join in with something just to please them?
- Could you walk away from them?
- Could you do anything else to stay safe?

By using your judgement and common sense you can keep yourself feeling safe. Your friends will soon realise that standing up to them is by far the bravest thing to do. Once you have got away from the immediate pressure / danger, talk to someone you trust to make sure it does not happen again.

Once you have shown your friends that you are not the mindless copy-cat they imagined, you will probably come to notice others who are not coping so well with pressure from their friends.

Do not just stand back and watch it happen – HELP!

By standing up for someone who is being pressured, you will encourage them to exercise their free choice and put over their point of view. You may be afraid of what the other members of the group will say but, when you consider what you may be preventing (i.e. pain, injury or even death), it is certainly a very small sacrifice to make.

Sometimes the pressure exerted on someone will have built up so much that there is nothing he or she can do to stop it. If someone you know is being pressured to the point of bullying, it is vital that you encourage them to tell someone they trust.



Remember!

We all have the right to feel safe all of the time. Nothing is so awful that we can not tell someone about it. There is absolutely no need to live in fear of another human being.

DO NOT LET IT HAPPEN!



Remember Your 10 Safe Choices

- 1 SAY 'NO' AND MEAN 'NO'.**
Look the person in the eye.
- 2 BE A BROKEN RECORD.**
If you do not want to do something keep saying so.
- 3 DO NOT RISE TO THE BAIT.**
Stay cool and collected.
- 4 TALK POSITIVELY ABOUT YOURSELF.**
Think of all your good points.
- 5 CHANGE THE SUBJECT.**
Talk about or do something else.
- 6 IGNORE THOSE WHO ARE TAUNTING YOU.**
They are not worth your attention.
- 7 AVOID THE SITUATION.**
Choose your friends carefully.
- 8 STAY IN A 'SAFE' GROUP.**
Remember, there is safety in numbers.
- 9 WALK AWAY.**
Leave temptation behind.
- 10 REMEMBER IT IS YOUR FREE CHOICE.**
You have the right to feel safe.



Anti-Bullying

What is bullying?

Bullying is very hard to define. We have all come across the big surly school bully at some time, but it is not only those who are obviously aggressive that bully others. Bullying often takes the form of laughing at someone or having fun at their expense. People who bully are usually very insecure. They feel the need to prove their strength through emphasising someone else's weakness. Bullies make out that their bullying is the victim's fault.

THIS IS NOT TRUE.

Have you ever been a bully?

If you have ever played any part in bullying someone, it is vital that you understand the full consequences of your actions. Put yourself in the position of the victim.

Would you enjoy being laughed at or picked on?

Opposite are some newspaper extracts expressing points of view which examine the consequences of bullying. Read through these and then ask yourself, **"Is bullying such a good idea?"**

Points of View...

- Bullies are usually very insecure people.
- Do not be afraid to be yourself.
- Everyone should live and let live.
- Bullying is often a sign of jealousy.
- Bullying is never the victim's fault.



Here are some newspaper extracts about bullying.
Read them carefully.

School bullying 'has long-term effect on victims'

ONE IN FIVE children either bullies other pupils or is bullied, according to one of the most extensive surveys of school behaviour in Britain.

The research, funded by the Department for Education, will be completed by the end of the year. It is intended that all schools will then be provided with comprehensive advice on how to combat the problem.

Professor Peter Smith, of the Department of Psychology at Sheffield University, said yesterday that about a dozen cases of bullying every year are so extreme that they result in teenagers taking their own lives. Some victims are as young as 10 or 11 years old.

He told the annual meeting in Oxford yesterday of the Social Psy-

CELIA HALL
Medical Editor

chology Section of the British Psychological Society: "Bullying is not a trivial thing. The suicides are the tip of the iceberg. Many children suffer, making them unhappy children and under-achievers.

"There is evidently a long-term effect with more depression in adult life and people finding it harder to form adult relationships," he said.

Professor Smith said that bullies were more likely than other children to see the world as a hard place and to interpret the actions of others as aggressive.

He found that 44 per cent of bullies felt that they were picked on

compared with 12 per cent of non-bullies.

The survey — of 24 schools, involving 7,000 pupils — found that 27 per cent of primary schoolchildren and 10 per cent of secondary schoolchildren had been bullied, while 12 per cent of primary school pupils and 6 per cent of those at secondary school were themselves bullies. Children who were bullied were two to three times more likely to have special educational needs.

All but one of the schools continue to be involved in the anti-bullying programmes that the researchers have encouraged. They focus on projects in which the children, teachers, supervisors and parents take part.

The measures include encouraging pupils to discuss the subject in class, and to play out roles in the form of drama; providing special training for lunch-time supervisors on how to recognise bullying; improving playgrounds to reduce boredom; giving assertiveness training to timid children and working with bullies to understand the problems of the victims.

In one group of children taking part in the programme there was a 20 per cent reduction in bullying over seven months.

Children may have learnt "not to take sweets from strangers" but they are still at risk when they are asked to help, the meeting was told.

Dr David Warden, of the Department of Psychology at Strathclyde University, said that bringing up children to be kind and helpful worked against the "stranger danger" message.

Researchers found that "helpful" children were more likely to comply with a stranger's request for assistance. Simply knowing the "stranger danger" rule was not enough, he said. The message needed to be repeated through primary school life.

Teenager dies after suspected overdose

A TEENAGER from the Midlands has died from a suspected drugs overdose after allegedly being bullied at school.

Amanda Brownridge, 14, was found in bed by her sister at her home in Brownhills, Walsall, on Tuesday. She was taken to Walsall Manor Hospital, but died there later. Her death is being investigated by police and a *post mortem* examination was being carried out yesterday.

Amanda's family claim she was depressed because she was being bullied at Brownhills Comprehensive School, where she was a fourth-year pupil. But yesterday, the school said that there was no evidence that Amanda was being bullied.

Amanda's mother, Lilian, said: "She was bullied at school for 18 months, but no one knew how

bad it was. I knew she was having problems, but I had no idea she was so upset."

Allen Jarrett, the head teacher at Brownhills Comprehensive, said: "We recently discussed with Amanda's parents the possibility of her being transferred to another school, but I am not aware that she was being bullied.

"The only problems she experienced, as far as I am aware, were the kind all young girls her age experience... Obviously her death is a great shock to everyone at the school."

Superintendent Ken Evans, of Staffordshire police, said: "We are looking into the possibility that Amanda took a drugs overdose, although we won't know the exact cause of death until the results of the *post mortem* are known."

■ Author: Celia Hall.

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How To Cope With Bullying

If you find yourself the victim of group bullying, you must remember that most of the group will simply be following the ring-leader. They will also be frightened of not fitting in, as the bully's attention may turn to them.

What can you do?

Walk away from the situation and then tell someone, i.e. a parent, teacher or Police Officer. If you do not feel that you can talk to these people first hand, talk it over with your friends first, see who they suggest. There will always be someone who can help.

Text messages or phone calls - Bullying in the 21st century

If you repeatedly receive unpleasant or threatening messages keep a record and tell an adult - even if you know who it is. If it is bullying it needs dealing with.

Bullying can be a terrifying experience. It is vital that you offer to help the victims of bullying.

Here are some examples of behaviour which will help you to decide if someone is being bullied:

- A sudden dislike of certain places or certain journeys i.e. the journey to or from school.
- Suffers from nightmares.
- Becomes withdrawn and anxious.
- School performance starts to suffer.
- Feels ill at certain times every week.
- 'Loses' money and valuable possessions.
- Has unexplained bruises and cuts.
- Cries in secret.

First of all, ask yourself if you could possibly have been involved with the bullying without realising. Have you noticed a person looking uncomfortable when your group of friends have been laughing and joking? If so, put a stop to the bullying immediately by changing the subject of your conversation and letting the victim know that you are on their side.



Remember!

- Seeming upset will show your aggressors that they are winning.
- Walk tall and be confident.
- Ignore nasty comments and insults.

Bullying

If, as will probably be the case, the bullying is being done by someone else, you have to ask the victim to confide in you. Talk to them sympathetically, explain what cowards the bullies really are and persuade them to talk to someone they trust.

If a victim of bullying does decide to confide in you, it is important that you treat the subject in the correct manner.

Here are some pointers:

- Find somewhere quiet to talk.
- Stay calm.
- Take what is said seriously.
- Reassure the victim.
- Build up the victim's confidence so that they can solve their own problems.
- Do not press the victim for information.
- Find out exactly who was involved in the bullying.
- Explain that you are the victim's friend and want to help.
- Try to allay their fears in any way possible.
- If you cannot help, find someone who can.



How you can help...

There are many anti-bullying projects that you and your school can get involved with.

Some schools have set up a bullying helpline using teachers or older children as counsellors to help others in the school.

Some schools have set up a bullying court. Teachers and pupils hear cases about real life bullying and decide on what to do with the bully. The bully has to attend and explain why they have behaved in that way. This helps not only the victim, but also the bully.

There are a number of ways to set up anti-bullying projects, or other projects which help to fight crime. To help you with ideas you can speak to your local Police Officer, or ask one of your teachers. Talk to your teachers and ensure everyone knows the school policy on bullying.



Remember!

Bullying can destroy lives.

Help to STOP it NOW!



Cyberbullying

What is cyberbullying

Cyberbullying is when one person or a group of people aim to threaten, tease or embarrass someone else by using a mobile phone, the internet or other technologies.

What forms can it take?

Cyberbullying can take many forms. These are the main ones:

Email: Sending emails that can be threatening or upsetting. Emails can be sent directly to a single target, or to a group of people to encourage them to become part of the bullying. These messages or 'hate mails' can include examples of racism, sexism, violence and other types of prejudice.

If someone sends you a message and you forward or laugh at it, you are actually adding to the problem.

Instant messenger and chatrooms: Sending instant messenger and chatroom messages to friends or direct to a victim. Others can be invited into the bullying conversation, who then become part of it by laughing.

Social networking sites: Setting up profiles on social networking sites to make fun of someone. By visiting these pages or contributing to them, you become part of the problem.

Mobile phone: Sending humiliating and abusive texts or video messages, as well as photo messages and phone calls over a mobile phone. This includes anonymous text messages and sharing videos of physical attacks on individuals.

Interactive gaming: Games consoles allow players to chat online with anyone they find themselves matched with in a multi-player game. Sometimes cyberbullies abuse other players and use threats. They can also lock

victims out of games, spread false rumours about someone or hack into someone's account.

Sending viruses: Some people send viruses or hacking programs to another person which can destroy their computers or delete personal information from their hard drive.

Abusing personal information: Many victims of cyberbullying have complained that they have seen personal photos, emails or blog postings posted where others could see it without their permission.

Social networking sites make it a lot easier for web users to get hold of personal information and photos of people. They can also get hold of someone else's messaging accounts and chat to people pretending to be the victim.

The Effects

Even though cyberbullying cannot physically hurt you, it can still leave you feeling mentally vulnerable and very upset. You can also feel scared, lonely and stressed and that there is no way out.

Escaping cyberbullying can be very difficult. Because anyone can get access to a mobile phone or the internet almost anywhere, it can be tough for those on the receiving end to avoid it, even in the safety of their own home.



Did you know?

Cyberbullying can constitute harassment and is illegal under the 1997 Harassment Act. Making anonymous or abusive phone calls is a criminal offence under the Telecommunications Act 1984.

Why do cyberbullies do it?

There is no simple answer for why some people choose to cause pain to others by bullying them. There are lots of possible reasons, but here are some common ones:

It can be simply a case of someone being in the wrong place at the wrong time and allowing themselves to be easily intimidated.

What to do

If you are having problems with mobile or online bullying, do the following:

- Talk to someone you trust about it, like a friend, a teacher or an older relative.
- Keep and save any bullying emails, text messages or images you receive.
- Make a note of the time and date that messages or images were sent, along with any details you have about the sender.
- Try changing your online user ID or nickname.
- Change your mobile phone number and only give it out to close friends.
- Mobile phone companies and internet service providers can trace bullies, so do not be afraid of reporting it to them
- Block instant messages from certain people or use mail filters to block emails from specific email addresses
- Never reply to bullying or threatening text messages or emails.
- Report serious bullying, like threats of a physical or sexual nature, to the Police.



Did you know?

- Do not to give out your personal details to online friends.
- Personal stuff includes your messenger ID, email address, mobile number and any pictures of you, your family or friends.
- If you publish a picture or video online – anyone can change it or share it.
- SPAM/Junk email and texts: do not believe it, reply to it or use it.
- Never open files that are from people you do not know.
- It is easier to get on with people online and say stuff you would not normally say.
- Some people lie online.
- It is better to keep online friends online. Never meet up with any strangers without an adult you trust.
- Always tell someone if something makes you feel uncomfortable.



Remember!

**There are people who can help.
Report online child abuse, or find
more advice and support...**

If you suspect it, report it!





Hate Crime

Hate Crime is a crime that someone does to someone else because of the colour of their skin, their language, their religion or their sexuality. Hate crime happens when we treat someone who is different in a bad way and in a way we would not like to be treated ourselves.

Sometimes hate crime is the result of not thinking, not caring or not knowing about the other person's difference. Even so it is still harmful.

All hate crime is important. No hate crime is too minor to report to the Police.

Remember!

There are several Acts that cover hate crime offences including:

- Public Order Act 1986, Part III Incitement to Racial Hatred.
- Football Offences Act 1991.
- Crime and Disorder Act 1998.
- Criminal Justice Act 2003.
- Racial and Religious Hatred Act 2006.
- Criminal Justice and Immigration Act 2008.

Did you know?

The effects of hate crime vary but can include:

- Fear of repeat attacks.
- Anger, depression, and worsening of existing illnesses.
- Financial problems such as replacing or repairing vandalised property.

It can also include victims changing their personal appearance, the places they live and/or daily patterns to avoid on-going hate crime.



Racial Harassment

The term racial harassment refers to any incident which has a racial motive. It includes **personal attacks, written or verbal threats, offensive graffiti or damage to property.** These incidents can happen anywhere - at home, at work, at school or on the streets.

Remember earlier we talked about everyone having a right to feel safe all of the time. This includes feeling free from abuse. There is no reason why any person should be abused because of their race or colour. Imagine how you would feel being picked on because you had blue eyes or black hair. We all have a right to be treated fairly and equally.

Racism does not always happen on a large scale, it can take the form of a throwaway comment or remark. A comment which may seem quite innocent to you, may cause a great deal of hurt and upset to someone who is already feeling self-conscious or has suffered racial harassment in the past.

Think before you speak and challenge others who make racist remarks.

The effects of racial harassment can be absolutely terrifying. Prejudice is something that gets out of hand very easily. Here are some points of view about racial harassment. Read through them carefully to realise just how big a problem racism actually is.

If a victim of racial attack comes to you for help, it is important that you approach the subject sensitively and effectively. The victim will not have chosen you at random and probably believes you to be a person they trust.



Points of View...

- Racial harassment is something that we must not put up with.
- Prejudice is completely unacceptable.
- Before you decide to pick on someone because of their colour, ask yourself how you would like to be a victim.
- Think before you speak. What may seem like a completely innocent comment to you may upset someone else a great deal.



Sexuality

About one in ten people are attracted to people of the same sex. Sometimes people are attracted to both girls and boys. For young people discovering these feelings it can be very lonely and confusing. Young people can worry that people around them will not understand how they are feeling.

If you are having feelings such as this, remember you are not the only one and these feelings are normal and acceptable.



Did you know?

- **Straight people** are those who are attracted to the opposite sex.
- **Gay men** are attracted to other men – this is also known as homosexuality.
- **Lesbian women** are attracted to other women.
- **Bi-sexual people** are attracted to both men and women.
- **Transgender** refers to transsexuals, transvestites and cross dressers – people who are born male but feel like female and women who feel like they are male.
- **GLB or LGBT** stands for 'Lesbian, Gay, Bi-sexual' or Gay, Lesbian, Bi-Sexual or Transgender'
- **Homophobia** means that some people do not like the fact that others are attracted to people of the same sex or act in ways that differ from their own. Homophobic bullying and attacks are very serious matters and should always be reported to the Police.

GANG ATTACK GAY COP FIGHTS FOR HIS LIFE

A GAY rookie policeman is fighting for his life following a vicious gang attack by up to 30 youths.

Openly gay PC James Parkes, 22, was on a night out with four friends at city centre Superstar Boudoir on Sunday night.

As they left the club the friends received a torrent of homophobic abuse from the gang.

Off duty PC Parkes and his friends exchanged words with the thugs who then chased them up Stanley Street and across Dale Street.

PC Parkes was then punched repeatedly in the face and suffered multiple fractures to his skull, a fractured eye socket and a fractured cheek bone. One of his friends was also punched in the face.

Police yesterday sealed off Stanley Street and a blood stained bus stop in Dale Street for forensic examination.

DCI Tim Keelan said: "James and his family have been told the next 48 hours are crucial. He is talking to us and his family but has serious head injuries.

"He has seen a specialist at Walton neurological hospital and has been discussing what may happen should his condition suddenly deteriorate.

"They have discussed the possibility of surgery should it be necessary.

"We believe that James and his friends were targeted because they were gay. When they left Superstar Boudoir this group of lads immediately started shouting homophobic abuse at them.

"One of James's friends, seeing their relatively young age, said something like 'shouldn't you be in bed' and it escalated from there.

"This was a brutal and vicious attack. They were chased until they were caught. We are now looking at what incidents we have been told about. We are worried that there is under-reporting of hate crimes.

"Hate crime is not acceptable. If for whatever reason people feel they cannot come to the police directly they can go to Armistead who offer health advice and support for the LGBT community and talk to them in confidence. Armistead will then talk to us on their behalf.

"I would appeal to anyone who may have information which could help us to catch those responsible for this despicable crime to come forward.

"Intensive inquiries are taking place and we are currently examining

CCTV footage from around the time of the incident to identify those responsible.

"People who commit hate crimes can expect the full attention of the police and we will not rest until the offenders are brought to justice. The offenders will learn their lesson the hard way.

Openly gay councillor Paul Brant said: "This is an appalling attack. All of us in the gay community, and all the right thinking people in Liverpool will come together to condemn what appears to be a hate crime in the heart of the city's thriving gay quarter.

"I believe all sections of the city will come together to condemn this attack, just as we did over the tragic death of Michael Causer.

"It is important that the gay community has a safe place to socialise in the city and I have supported the all-party efforts to pedestrianise Stanley Street at night to reduce the risk of traffic accidents.

"I will call upon the council's community safety committee to investigate whether CCTV or other additional safety equipment in the locality would help."

Liverpool's Lesbian and Gay Bisexual Transgender group has already moved to organise an open meeting for people to attend attended by a senior police officer. They are keen to work out what steps need to be taken to stop this from happening again.

A Facebook group has also been started with the aim of holding a march in November.

Edge Hill student Emma Louise Stewart, 24, who started the group said: "I felt now is the time to do something."

• Four teenagers aged 14,17 and two aged 15, from Kirkdale, were yesterday arrested on suspicion of assault. Police last night released the four on bail.

Two more youths, both aged 15 and from Kirkdale, have now been arrested and are being questioned by detectives.



■ **Author: Samantha Parker. Reproduced by kind permission of The Liverpool Echo.**

Power And Control

Harassment can take a number of different forms:

- Verbal or written abuse.
- Abusive behaviour.
- Physical attacks.
- Use and threats of violence.
- Damage to someone's property.
- Intimidation.

The worst affected victims were:

- The poorest and families who are unable to move because of cost.
- People who were discriminated against such as ethnic minorities.
- Young people who were not at school or at work.
- Older people and those who are disabled.
- People often have to suffer verbal abuse every day as they go to work or school.

To try and stem this and other problems there are now over 130 Youth Inclusion Programmes in place. These are aimed at 13-16 years. The programme offers structured activities and support that will steer this age group away from crime and anti-social behaviour.

This programme sets out to:-

- Improve school attendance.
- Reduce school exclusions.
- Prevent young people starting a life of crime.



How you can help...

If you have any ideas for a project that could help to stamp out hate crime in your area, contact your Safer School Partnership Officer.

Here are some tips:

- If you are the victim of a racial or homophobic attack or if you witness such an incident, report it to the Police immediately. Remember, the more detail you can give to the Police, the easier it will be for them to identify the culprit and, if necessary, press charges.
- Ensure that you report the incident as 'hate crime'.
- Hate crime incidents may appear to be trivial, but they are very important to the victim.
- The victim should be encouraged to report the incident to the Police or to voluntary organisations.
- No incident is too trivial to report.
- The Police and any other agency will be sympathetic to the victim and will respond positively.

■ Reproduced by kind permission of The Metropolitan Police Service.



On Guard!

If you see a crime being committed or notice someone acting suspiciously, note down as many details as possible.

It is important to observe calmly, discreetly and at a safe distance. This will give you the best possible chance of registering and reporting what you see quickly and accurately. Do not be afraid that you could be wasting Police time – it is better to be safe than sorry. So long as your information is given in good faith and is as accurate as possible, the Police will be pleased to hear from you.

Opposite are some suggestions as to the kind of information the Police will want to know:

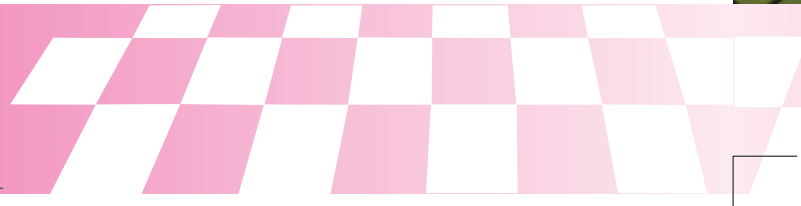


Suspicious Persons

- Male / Female.
- Build.
- Age.
- Colour of skin.
- Hair – colour, length, straight/curly/receding.
- Face – long, thin, round, clean shaven moustache/beard.
- Complexion.
- Height.
- Eye colour.
- Accent – speech impediment.
- Marks – scars, tattoos.
- Mouth – wide, narrow.
- Dress – description.
- Was there an accomplice?

Suspicious Vehicles

- Car/van/lorry/motorbike.
- Make/model.
- Registration number.
- Colour.
- Direction of travel.
- Body type.
- Other details: damage, company name etc.



Body Language

Body language and behavioural signs are good ways of detecting someone's intentions. You may see people doing one of many different things that makes you feel uneasy, such as looking into houses or cars, waiting outside schools, passing small packages to people or calling at addresses.

Here are some things to look out for if you believe a person is acting suspiciously:

- Perspiring profusely.
- Looking around nervously.
- Trembling.
- Unnatural or false smile.
- Feet rooted to the floor.
- Blushing.
- Avoiding eye contact.
- Talking hesitantly.
- Voice changing unnaturally.
- Fidgeting.
- Long silences between words.
- Overly chatty or friendly.



Remember!

By staying alert you can join in the fight against crime and keep your area a safer place!

Counter-Terrorism

What is Counter-Terrorism?

An act of Counter-Terrorism is an activity that is designed to combat or fight terrorism. Acts of terrorism have included 9/11, the London bombings, the attack on Glasgow International Airport and The Taj Mahal Hotel in India. Terrorists can strike anywhere at any time.

Terrorists can come from all sorts of different backgrounds, cultures and religions. They may have a number of reasons why they want to kill and maim people and destroy property.

It is very important that when you are out and about you are always aware of anything that is unusual or out of place.

Tell the Police if...

- You see people taking lots of pictures with cameras or CCTV equipment.
- Swapping SIM cards, using lots of different mobile handsets.
- You see unusual activities taking place in a certain property.
- You think someone's behaviour has suddenly changed.
- You are suspicious about your neighbours and their actions.
- The sale of a car, van or lorry has made you suspicious.
- Somewhere is being used to store unusual items.
- Remember to be alert.
Report anything strange to the Police.
Let them decide what to do.

**Confidential
Anti-Terrorist Hotline
Call 0800 789 321**

What should they do next?

■ Pete and Kate lived opposite an old house, which was let out as flats. One night they were woken by a lot of noise outside. They looked out of the window and saw two men unloading a white van. They appeared to be taking containers of liquid into one of the flats. This happened two nights in a row. Then one day when Pete was emptying his bin he noticed some large empty plastic containers standing by their bins. There was no-one about so he went across the road. The containers had some sort of chemical name on the outside. At the weekend at about three o'clock in the morning the same white van arrived at the flats and took away two large packages.

■ Chloe and Sherry have noticed that someone next to them is taking lots of photos of the shopping mall. In particular, they seem very interested in taking pictures of the security guards.

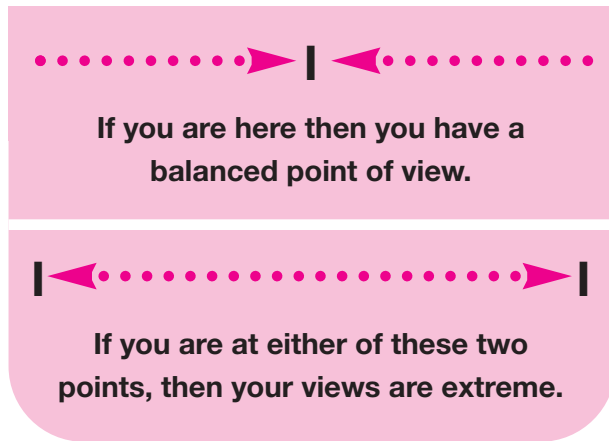
■ Billy is in the bank and standing behind a man and woman who open their bag and take out a big bundle of money which they pay in over the counter. Billy notices that the bag is stuffed with cash.

■ Katie had been chatting online to someone who suddenly tells her that they are getting very angry about the government and wants to do something about it. They suggest that they might hurt someone or cause a great deal of damage.



Extremism

Sometimes people have extreme views. They may be totally against certain groups of people, other's ideas or their ways of life.



It is important to always have a balanced viewpoint...

- Listen to other people's opinions.
- Be aware of people's differences.
- Respect other people's points of view.
- Keep away from extremist political groups.

Extremism can be very dangerous as it often makes people behave unusually and out of character. They will easily become angry and may react violently to other's comments.

The government and Police are constantly watching those who have extreme views and are working to stop this from happening.

Some extremists are banned from entering the country whilst others are deported.

Extremism can be found anywhere:

- In areas where there are major problems.
- In middle class areas.
- On the Internet.
- Where there are groups of people with extreme political views.

There are a number of ways of reducing extremism:

- Running new projects to reduce extremism.
- Organising training courses and better community links.
- Developing arts and sports activities.
- Dealing with problems quickly and effectively.
- Preventing people from becoming extremists or supporting terrorism.
- Putting on plays, organising role play exercises and faith forums exploring terrorism and extremism.

It is very important that young and old from different religions, cultures and communities work together.

We must always remember the importance of respecting other cultures and faiths.

Remember!

You can help fight extremism by reporting any groups that have extreme views or are taking the law into their own hands.

CRIMESTOPPERS
0800 555 111
Call anonymously with information about crime



Alcohol

What is alcohol?

Alcohol is made when yeast is mixed with sugary substances. The alcohol that we drink is a clear liquid called ethanol. Other types of alcohol that we cannot drink are used to make shoe polish and car de-icer sprays.

The effects

Although many people feel that alcohol stimulates them, it actually slows down the working of the brain. As the effects of alcohol take hold, the drinker begins to lose control of their body, emotions and judgement.

Alcohol, when drunk, passes from the stomach into the bloodstream travelling around the body until it reaches the brain. It is the liver that finally cleans the alcohol out of the body. Too much alcohol causes ulcers and liver damage. It also harms unborn babies.

The effects on others

We all know that too much alcohol is bad for your health, but it can also be bad for the health of others. Crimes such as drink driving, public disorder and football hooliganism are all linked to alcohol abuse. One in every three patients admitted to casualty had been drinking. Drink driving is the biggest cause of death in young men.



Points of View...

There are no hard and fast rules for alcohol. It is a drug and should be treated with care.

Here are some points of view concerning alcohol. Read through them and use your free choice to make your own decision on the subject.

- At the proper time, and in moderation, adults drinking alcohol is fine.
- Getting drunk and behaving badly is just plain stupid and a waste of money.
- Drinking too much makes you unattractive to the opposite sex.
- To pretend to be 18 to get served is not clever – it could result in a licensee losing his or her licence.
- Driving is very badly affected by drink, even by very small amounts of alcohol.
- Never accept a lift from someone who has been drinking.
- The Police are always looking out for drink drivers.
- The chances of getting caught are high and the penalties severe.
- Alcohol takes away your choice, control and your judgement.

Alcohol And The Law

Measures

Alcohol is measured in units but alcoholic drinks vary in strength.

One strong pint of beer contains the same amount of alcohol as about 2½ pints (1.4 litres) of ordinary beer, or just over four whiskies (pub measures).

Limits are discussed using these units, but as well as the varying strengths of drinks, different people are affected differently by alcohol.

Smaller framed people will be able to drink less before being affected, whilst people with more fat tissue absorb the alcohol into their blood stream faster, and so are also affected more quickly.



Did you know?

- At 14 you can go into a bar with an adult, but you cannot buy or drink alcoholic liquor.
- At 16 or 17 you can drink beer, wine and cider with a meal if bought by and accompanied by an adult.
- At 18 you may buy alcohol, but if you drive with excess alcohol in your blood, you will lose the use of your driving licence.
- All of the above are with the landlord's permission only.
- It is against the law for anyone under 18 to buy alcohol in a pub, supermarket or other outlet.
- It is an offence for anyone to buy alcohol for someone under 18 to drink in a public place or pub.
- In many towns and cities it is now illegal to walk around the streets drinking alcohol.



Remember!

For additional information go to:

FRANK

0800 77 66 00 talktofrank.com

Smoking And The Law



Did you know?

From July 1st 2007 it has been illegal to smoke in a public place or a workplace.

These include:

- Cafes and restaurants.
- Pubs, bars and clubs.
- Membership clubs.
- Indoor shopping centres.
- Offices and factories.
- Public transport.
- In a work vehicle if it is being used by more than one person.
- Smoking is also banned on train platforms and in sports arenas.

The maximum fine for smoking in these places is £2,000.

It is also against the law if you do not display a non smoking sign where appropriate.

Buying and Selling

- The age limit for buying cigarettes is now 18 and it is illegal to sell cigarettes to children under 18 years of age.
- A shopkeeper can be fined up to £2,500 for selling cigarettes to someone who is under age.

Here are some views on the smoking ban:

"I think it is a good idea because it is good for your health."

"Everyone should have the right to smoke where they like."

"You shouldn't have to breathe in other people's smoke."

"It is a dirty habit and needs to be stopped."

"I don't mind people smoking at home or outside but not in restaurants or pubs."

"I am sure people will stay away from my pub if they can't smoke."

● What do you think?



Remember!

- One in two lifelong smokers will die because of their addiction.
- Younger people who start smoking are more likely to die because of their addiction rather than from something else.
- A huge number of people die from cancer and other smoking related diseases every year.



Smoking And Your Health

Children who smoke regularly soon become addicted. Cancer Research UK has found that even trying one cigarette can lead to someone smoking a few years later.

Young people often take up smoking because...

- They think it looks attractive.
- Their parent, brother or sister smokes.
- If your parents smoke you are three times more likely to smoke yourself.
- Young people like experimenting, trying new ideas and making mistakes is part of growing up. **However, the nicotine in cigarettes is very addictive.**

Carbon monoxide, which is poisonous and found in cigarettes, can affect pregnant women and their babies by reducing the amount of oxygen they receive when they are inside the mother.

If you stop smoking, your health will improve almost immediately. Lots of people have given up over the last few years. At present just over 25% of the population are smokers but the number is getting smaller every month.

By stopping...

- There is less risk of getting smoke related diseases.
- You are less likely to get gum disease, high blood pressure, mouth ulcers, colds and flu.
- If you stop, wounds and cuts tend to heal up more quickly.
- The risk of heart attacks and strokes is reduced.



Did you know?

Here are some facts about smoking:

- When you smoke, nicotine makes your heart beat faster and raises your blood pressure.
- Tar goes into your lungs from the cigarettes.
- By the age of 15 one in five children has started to smoke.
- Young people who smoke suffer from more coughs and shortness of breath than other children.

Remember cigarette smoking is the greatest single cause of death in this country.

- On average 106,000 people die every year in the UK from smoke related illnesses.
- Half of all smokers die from smoke related illnesses.
- Eight out of ten cases of lung cancer in the UK are directly related to smoking.
- Fertility can be reduced in both males and females by smoking.



Remember!

It is never too late to stop smoking!

Drugs

Drugs and the Law

Do you understand the difference between **possessing** and **supplying** drugs?

Supply does not have to involve large amounts of drugs, and the penalties for supplying are far more severe than for personal possession. For example, if a small group of people pool money and one of them goes off to buy a small amount of drugs for the group, that person could be prosecuted for supplying drugs. It would also be supplying drugs where a person simply gives a share to a friend to use. If a person 'looks after' drugs for another person and then hands them back, if that was a Class A drug, such as Ecstasy, they could face a prison sentence.

Drugs are divided into classes A, B and C according to how harmful they are considered. **CLASS A**, the most harmful, includes Cocaine, Ecstasy, LSD and Heroin. **CLASS B** includes Amphetamines and Barbiturates, and **CLASS C** includes Herbal Cannabis, Cannabis Resin, Benzodiazepine tranquillisers and Anabolic Steroids.

By injecting some substances, they can become Class A, and so you could become liable for more serious offences. It is important to note that you will never know exactly what you are getting for your money. Often Class B drugs will be mixed with Class A. The resulting effect could then put you in more danger.



Did you know?

Offences under The Mis-use of Drugs Act and The Drugs Trafficking Offences Act include:

- Possession.
- Possessing with intent to supply.
- Production and cultivation.
- Supplying or offering to supply.
- Importing and exporting.
- Allowing your premises to be used for supplying or offering to supply.

A Conviction

Depending on the type of drug involved, a young person in particular may be given a Police warning or Formal Caution. This is a matter of discretion for the Police and would depend on all of the circumstances of the case... **BUT**, many people do not realise that if a person is sent to court for possession of a small amount of Cannabis (which many people consider to be a minor offence) and punished (even a small fine), this conviction for a drugs offence can bar them from many jobs, especially those involving work with children or young people.

Here are some examples of maximum penalties for drug offences:


	POSSESSION	PRODUCTION	TRAFFICKING
Class A drug	7 years + unlimited fines	Life + unlimited fines	Life + unlimited fines
Class B drug	5 years + unlimited fines	14 years + unlimited fines	14 years + unlimited fines
Class C drug	2 years + unlimited fines	14 years + unlimited fines	14 years + unlimited fines

Drugs And The Law

Possession


S2 Mis-use of Drugs Act, 1971

IT IS AN OFFENCE TO



UNLAWFULLY

Regulations define the persons who may have lawful possession, e.g. Police Constables, Post Office, Customs and Excise, etc.



POSSESS

Includes things subject to his control but in the possession of another. 'Control' means knowledge of its control or shutting the eyes to the obvious.



A CONTROLLED DRUG

Possession of a quantity too minute to smoke or have any effect will not justify a conviction.



OR


SUPPLY A CONTROLLED DRUG TO ANOTHER

THIS IS AN ARRESTABLE OFFENCE

Supply

S4(3) Mis-use of Drugs Act, 1971


IT IS AN OFFENCE TO



UNLAWFULLY

To be lawful it must be authorised by regulations.

SUPPLY
Including distributing.




OR

BE CONCERNED IN THE SUPPLYING OF

It must be proved that it was a controlled drug. Mere belief is not sufficient.


OFFER TO SUPPLY



OR

BE CONCERNED IN THE MAKING OF AN OFFER TO SUPPLY

It is not necessary to prove that it was a controlled drug. The offence is complete as soon as the offer is made.



A CONTROLLED DRUG TO ANOTHER

THIS IS AN ARRESTABLE OFFENCE

Drugs And Your Health

We have all read stories about first time users dying unexpectedly. We hear fewer stories about long term illnesses - both physical and mental, but they are more common than you think. Short and long-term drug taking can seriously damage your health and we do not yet know all the long term effects and often will not until it is too late. Besides the unpleasant immediate effects of headaches, nausea and vomiting, drugs can cause long-term organ damage and eventual death.

There are also the added dangers of AIDS, H.I.V. and Hepatitis. It is common knowledge that H.I.V. can be transmitted through sharing syringes or needles with someone who already has the virus.

Before you decide to say 'Yes' to drugs, ask yourself if you are prepared to risk your life just so the person who is offering you the drugs will not think that you are a 'chicken'. Many dealers are only interested in money and your friends may only be interested in getting you involved with them. Your life comes a poor second.

Ask yourself what right you have to put your family through the pain and suffering of having a drug user in the family.



How you can help...

Even if you have decided to say 'NO' to drugs yourself, you may well know someone who is already a user. We must all play our part in helping others to appreciate the dangers of drugs.

Following are some signs and symptoms that will help you to detect a drug user. It is important, however, not to jump to the conclusion that someone is a drug user until all other possible causes of unusual behaviour have been eliminated.

Drugs And Your Health

Physical Symptoms

- Drunken appearance (swaying from side to side, slurred speech etc.).
- Bloodshot or red eyes.
- Unusual eye movements.
- Very pale complexion.
- Odd speech patterns and vocabulary patterns.
- Appetite swings.
- Unexplained weight loss.
- Neglect of personal appearance.
- Becomes aggressive.
- Drowsy or sleepy.

Behavioural Changes

- Moodiness, anxiety, depression, irritability.
- Over-reaction to mild criticism or simple requests.
- Introverted behaviour.
- Lack of interest in hobbies.
- Loss of motivation and enthusiasm.
- Lethargy (sleepy).
- Inability to take responsibility.
- Change in friends.
- Sudden possession of large sums of money.
- Becomes involved in crime.

School Changes

- Decline in academic performance.
- Reduced concentration, span and memory.
- Loss of interest in school.
- Frequent absenteeism.
- Less participation.
- Sleeping in class.
- Behavioural problems.
- Disappearance of money or valuables.
- Untidy appearance.



Remember!

Once you and your friends have the correct information, then you can make an informed choice about your life.



Drugs Information

Alcohol

● SLANG TERMS:

Booze, Hooch, Red Eye, Tipple, Juice.

● USAGE:

Alcohol comes in a whole range of different drinks. Spirits usually contain a higher level of alcohol to wine or lager. While ‘alcopops’ and ready-to-drink ‘mixers’ often contain more alcohol by volume than beer or cider.

● EFFECTS:

Many people say that alcohol gives them energy and makes them feel happy and talkative. In fact, alcohol slows down the brain and gives a false sense of confidence. At first people may feel relaxed, but as they drink more they can lose control.

● POSSIBLE RISKS:

One drink too many can leave you feeling out of control – like slurring your words, losing your balance and vomiting. Alcohol can make you aggressive. Alcohol is blamed for contributing to many problems in Britain. Long-term excessive use of alcohol causes illnesses such as liver damage, stomach cancer and heart disease.



Amphetamines

● SLANG TERMS:

Speed, Whizz, Amph, Sulphate, Billy, Fast, Uppers.

● USAGE:

A grey, white or dirty-white powder usually swallowed in a drink, sniffed up the nose or eaten in a wrap. Tablets taken by mouth. Sometimes prepared for injection.

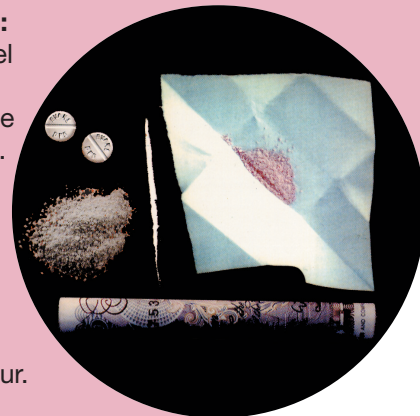
● EFFECTS:

Stimulant, making people feel more awake, alert and confident, reducing the need to sleep and eat. It quickens the heart beat and breathing rate. Single dose may last 3-4 hours. May make some people feel very anxious and

restless. As the effects wear off, people may feel very tired and sometimes depressed.

● POSSIBLE RISKS:

Regular users may feel very low when the effects wear off and be tempted to take more. Tolerance and dependence can develop with regular use. Depression, violent mood swings, aggressive behaviour and paranoia can occur.



Anabolic Steroids

● SLANG TERMS:

Roids, Juice, Stuff, Sustanon 250, Deca-Durabolin, Dianabol, Anavar, Stanozolol.

● USAGE:

Swallowed as pills or capsules or sometimes injected.

● EFFECTS:

Build up body weight and increase muscle size. May make people more aggressive and competitive.

● POSSIBLE RISKS:

Taking steroids carries many health risks and can stop young people from growing properly. It is also associated with abnormal growth for both men and women. Particularly dangerous if injected into veins.



Barbiturates

● SLANG TERMS:

Barbs, Barbies, Blues, Bullets, Sleepers, Nembies, Devils.

● USAGE:

By mouth or prepared for injection.

● EFFECTS:

Strong depressant. Slows mental and physical functioning. In small quantities helps people to relax. In larger doses effects are like being drunk. High doses sedate, resulting in loss of co-ordination and sleep.

● POSSIBLE RISKS:

Increased risk of accidents. High doses may make people very aggressive. Significant risk

of fatal overdose. The lethal dose is close to the normal dose level. Physical dependence and tolerance can develop quickly with regular use. Heavy users may suffer health problems including bronchitis and pneumonia and can have severe withdrawal symptoms.



Legal Highs

● SLANG TERMS:

Benzo Fury, Herbal Haze, MDAI, Black Mamba, Ivory Wave, Silver Bullet

● USAGE:

Swallowed by pills, capsules or inhaled up the nose

● EFFECTS:

Can give a powerful rush, gets the heart racing and raises blood pressure.

Hallucinations. Can make your body temperature rise and you may develop paranoia or experience panic attacks.

● POSSIBLE RISKS:

One of the difficulties around 'Legal Highs' is that we can't say for certain what is in the products. Stimulants work on the nervous system and makes heart rate much faster. Depression, memory loss and disturbed sleep patterns are further symptoms.



Cannabis

● SLANG TERMS:

Cannabis Resin (Hash, Hashish, Draw, Blow, Dope, Wacky-Backy) is a green/brown block of compressed resin, prepared for smoking by heating and crumbling into a pipe or a joint (spliff).

Herbal Cannabis (Marijuana, Grass, Bush, Weed, Pot, Ganja, Skunk, Weed, Sensi, Homegrown) are the leaves and flowers from a mature female cannabis plant.

● USAGE:

Usually smoked either by itself or with tobacco in a joint or pipe. Sometimes eaten or used as a cooking ingredient.

● EFFECTS:

Depends on mood and expectation. Relaxed, talkative, giggling, intoxication, increased appetite.

● POSSIBLE RISKS:

Psychological dependency, respiratory disease, reduced co-ordination and reaction. Short term memory loss, anxiety, panic attacks, mental illness.



Drugs Information

Cocaine

● SLANG TERMS:

Coke, Snow, C, Charlie, Nose Candy, Dust, Gold Dust, Lady, White, Posh.

● USAGE:

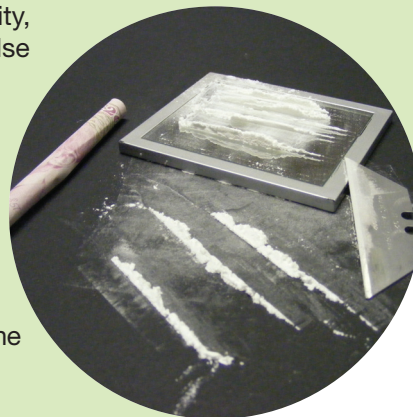
A white powder that can be snorted up the nose using a straw or a bank note. It is sometimes prepared for injection.

● EFFECTS:

Increased alertness, euphoria, increased pulse rate and blood pressure, energetic, confident, feeling of strength. Strong stimulant drug with short lived effects up to 30 minutes, users are often left craving more.

● POSSIBLE RISKS:

Physiological and psychological dependency, panic, anxiety, irritability, psychosis, poor impulse control leading to increased aggression, impaired decision making may lead to high risk sexual behaviour (H.I.V., Hep. B., Hep. C.). Snorting cocaine may permanently damage the inside of the nose.



Crack

● SLANG TERMS:

Rock, Freebase, Wash, Stone, Base, Flake, Gravel, Ice, Pebbles, Bones.

● USAGE:

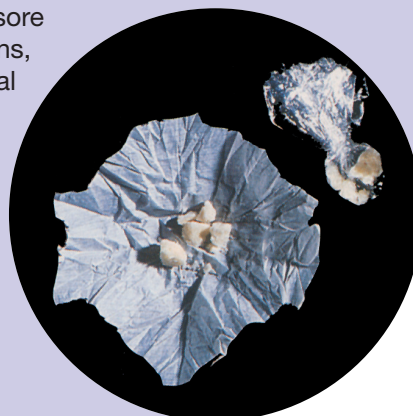
Crack is a smokeable form of Cocaine. Smoked in special pipes, flattened cans, tubes or bottles. Very quick effect.

● EFFECTS:

A feeling of well being, increased confidence, increased sexual libido, feeling strong or powerful. Decrease in appetite. Euphoria lasts for 10-12 minutes.

● POTENTIAL DISADVANTAGES:

Wheezy chest (change of voice), chest pains, coughs, sore throats, chest infections, overdose with potential fatal consequences. Panic / anxiety, psychosis, poor impulse control leading to increased aggression, hostility, psychological dependency.



Ecstasy

● SLANG TERMS:

E's, Pills, Brownies, Fantasy, Adam, Discs, Biscuits, Love Dove, Phase Four, New Yorkers, Discoburgers, White Doves, Dennis the Menace, Rhubarb and Custard, Cities and United.

● USAGE:

Swallowed (tablets of various colours). Heavy users might try to inject.

● EFFECTS:

Increased energy, euphoria, nausea, calmness, drop in anger and hostility. Effects start 20-60 minutes after taking and can last for several hours.

● POSSIBLE RISKS:

Impure tablets, panic, anxiety and confusion, fatigue, depression, irregular temperature control.

● ASSOCIATED RISKS:

Dehydration, exhaustion, collapse, coma, death.

● LONG TERM EFFECTS:

They are not known as widespread use is recent.



GHB

● SLANG TERMS:

Short for Gammahydroxybutyrate. Also known as GBH, Liquid Ecstasy, Blue Nitro, Fantasy.

● USAGE:

GHB comes as a colourless liquid and is sold in small bottles or capsules. The liquid is measured out in capfuls and then swallowed. It has no smell but a salty taste. It can also come in powder form, which is then dissolved in water and swallowed.

● EFFECTS:

A feeling of euphoria and can reduce your inhibitions and make you feel sleepy. GHB is a depressant drug which slows down body actions. Small doses (possibly one capful) will feel like having a few drinks of alcohol.

Inhibitions are lowered and libido increased.

● POSSIBLE RISKS:

Excessive hits could lead to sickness, stiff muscles, fits and even collapse. If incorrectly produced, it can badly burn the mouth and is very dangerous when mixed with alcohol or other drugs. High doses can cause dizziness, nausea, vomiting, muscle spasm, loss of consciousness and coma.



Heroin

● SLANG TERMS:

Smack, Skag, Gear, Boy, Brown, 'H', Junk, Henry, Harry, Horse, Jack, Elephant, 765.

● USAGE:

Sniffed (Chasing the Dragon), smoked or prepared for injection. Other heroin-type drugs may be in tablet or liquid form and taken orally or prepared for injection.

● EFFECTS:

Euphoria, drowsiness, slurred speech, relieves stress and discomfort, feeling of well being. Effects can last for several hours.

● POTENTIAL DISADVANTAGES:

Physical dependence and tolerance. Appetite is suppressed and the body dehydrates. Nausea, vomiting, constipation, and a risk of overdose with potentially fatal consequences, poor dental hygiene (decreased ability to recognise pain). Impaired ability to make decisions about safer sex or about behaviour.



Ketamine

● SLANG TERMS:

K, Kit-Kat, Vitamin K, Special K.

● USAGE:

Ketamine is sometimes sold as Ecstasy. It can come as white powder that can be snorted, a liquid that can be injected or a tablet that can be swallowed.

● EFFECTS:

Makes users feel that the mind has been separated from the body, creates an 'out of body' and hallucinatory experience for up to 3 hours. Like LSD the effects are influenced by the user's mood and environment. The user may be physically unable to move.

● POSSIBLE RISKS:

As Ketamine numbs the body, users risk serious injury without feeling pain. Excessive doses carry some risk of breathing problems and heart failure. Very dangerous when mixed with alcohol and other drugs.



Drugs Information

Khat

● SLANG TERMS:

Khat, Quat, Qat, Qaadka, Chat.

● USAGE:

Khat is a green leafy plant grown in Northern Africa. The leaves are chewed over a number of hours.

● EFFECTS:

Khat is a stimulant making users feel more alert, talkative and feeling calm. Loss of appetite.

● POSSIBLE RISKS:

Chewing Khat can cause the mouth to become diseased and inflamed. Teeth can become discoloured. It can make pre-existing mental problems worse and users can become paranoid, anxious and irritable.



LSD Lysergic Acid Diethylamide

● SLANG TERMS:

LSD Strawbs, Acid, Trips, Tabs, Blotters, Domes, Flats and Barrels, Stars, Smilies, Strawberries, Penguins, Micro Dots and many more.

● USAGE:

LSD can come dropped onto a sugar cube, capsules, in gelatin sheets or strips, tablets and on blotting paper. Now usually distributed on 5mm squares of blotting paper that includes a printed image.

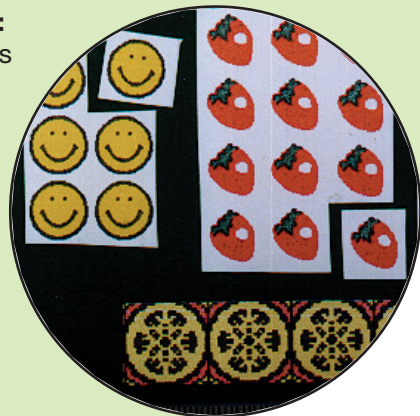
● EFFECTS:

Depends on the mood at the time of taking and the dosage. Visual distortion, mystical experiences. Trip begins 30 to 60 minutes after

taking and lasts up to 12 hours depending on the strength of dose.

● POSSIBLE RISKS:

Disturbing experiences during bad trips, accidents, flashbacks. Can trigger underlying mental health problems and produce delusions and paranoia. The long term effects are not really fully known.



Magic Mushrooms

● SLANG TERMS:

Liberties, 'Shrooms, Mushies.

● USAGE:

Eaten raw or after being dried out. Sometimes used as cooking ingredient or made into a tea.

● EFFECTS:

Hallucinogenic drug with similar effects to LSD, but usually milder. It depends on the user's mood, some people laugh a lot, some have stomach pains and vomiting. High doses result in a 'trip' with distortions of vision and hearing. Effects can last up to six hours depending on how many are taken.

● POSSIBLE RISKS:

Some people experience a 'bad trip' - feeling paranoid and/or sick which is likely if they already feel anxious. As with LSD, there is no risk of physical dependence, tolerance or fatal overdose, but flashbacks can occur. Picking the wrong mushroom can result in poisoning.



Nitrates Poppers

● SLANG TERMS:

Liquid Gold, Amyl, Butyl, Poppers, Ram, Rush, Snapper, Stag, Stud, Thrust, TNT, Ruah, Stud, Locker Room.

● USAGE:

Gold-coloured liquids which usually come in small bottles, the vapours from the liquid are inhaled through the nose or mouth.

● EFFECTS:

Users get a brief but intense 'head-rush', caused by a sudden surge of blood through the heart and brain, which results in a flushed face and neck. Effects fade 2-5 minutes after use.

● POSSIBLE RISKS:

Can make people feel faint and sick, users often experience a headache afterwards.

Very dangerous for people with anaemia, glaucoma, heart or blood pressure problems. Poppers may be fatal if swallowed.



Solvents

● SLANG TERMS:

Glue, Gas, Aero, Bute, Aerosols.

● USAGE:

Vapours are inhaled through the nose and/or mouth. Directly inhaled or put in a bag, on a rag or squirted up a sleeve before sniffing.

● EFFECTS:

A bit like getting drunk very quickly. Breathing and heart rate slow, and users feel light-headed and sometimes drowsy and unsteady on their feet. Effects start quickly but wear off in less than an hour without a repeat dose.

● POSSIBLE RISKS:

Abusing gases, glues or aerosols can lead to nausea, vomiting, black-outs and fatal heart problems, long-term abuse damages the brain, liver and kidneys.

There is a risk of suffocation if the substance is inhaled from a plastic bag over the head.



Tranquillisers

● SLANG TERMS:

Benzos, Tranx, Moggies (Mogadon), Mazzies (Temazepam), Diazepam, Nitrazepam.

● USAGE:

Tablets and pills are usually taken orally. Temazepam can be prepared for injection.

● EFFECTS:

Depressant drugs. Slow mental and physical functioning. Shut out feelings. Make people calmer and less anxious. Large doses make people feel drowsy, lethargic, forgetful and sleepy.

● POSSIBLE RISKS:

Tolerance can develop quickly so that increasing doses are needed, users become dependent, especially if they rely on the drug to calm them or help them to sleep. Withdrawal can lead to anxiety, headaches, nausea and confusion. After regular high doses sudden withdrawal can lead to fits. Extremely dangerous if mixed with alcohol.



Helping Others To Make The Right Choice...

Once you and your friends have the correct information, you can then make an informed choice.

There is nothing worse than talking to someone who simply refuses to listen. But no matter how irritating the situation becomes, it is vital that you do not act aggressively. Remember, the drug user is a victim. **He or she needs help – not accusation.**

One of the best ways of preparing yourself to talk to a user is to put yourself in their position. Think of the arguments you have with your parents about staying out late, smoking or drinking. What approach do they take when they are persuading you not to do something?

Here are some approaches that do not usually work. They tend to get people's backs up and inflate the situation.

- **SARCASM:** "I suppose behaving like that makes you a responsible adult."
- **ACCUSATION:** "That's a downright lie!"
- **STIGMATISING:** "You're a cruel, deceitful, self-centred child!"
- **SYMPATHY-SEEKING:** "After all I've done for you."
- **SELF-BLAMING:** "I suppose I've only got myself to blame for giving you so much of your own way when you were younger."
- **POSSESSIVE:** "Whilst you're living under this roof you'll do as I say."
- **THREATENING:** "Just wait till your father hears about this."
- **INFALLIBILITY:** "Because I say so."
- **CAUSING EMBARRASSMENT:** "I know what you've been up to. I've been 14 as well you know."

Now that we have highlighted the techniques that do not work, here are some approaches you should use.

First of all, calm down and approach the situation reasonably.

1. Put the person at their ease straight away.
2. Be a good listener.
3. Do not pre-judge the person.
4. Look at positive aspects of the person (praise them for their good points).
5. Explain why drugs are bad for them.
6. Tell them all of the things they have to live for.
7. Put yourself in their situation
8. Be firm and positive: "We will beat it".
9. Be supportive: "I'll help you".
10. Talk to them about your bad points – do not just focus on theirs.
11. Be a constant feature of their lives – be there for them all the time.
12. Show how happy you are, i.e. drugs are not vital to a happy life.



Remember!

If you need further help or advice, please contact the **NATIONAL DRUGS HELPLINE:**

0800 776600

By helping someone overcome their addiction you could be saving their life

'My Great Escape'

**THE REAL LIFE EXPERIENCE
OF VANYA BROWN, A TEENAGER
WHO ALMOST DIED AS A RESULT
OF DRUG ABUSE.**

"I'd had a real rough time of it when I came across my escape plan. I wasn't doing well at school. I'd been suspended several times after skipping lessons, smoking in school, well – you know the sort of things I'm on about.

I wasn't getting on well with my family at home and the atmosphere there was unbearable at times. Anyway, about my 'escape plan', as I call it. I just happened to stumble across it one day. I overheard two

girls talking, saying that they'd had enough and needed to 'cheer up'. As the conversation continued, I began to realise that they were talking about drugs, specifically acid (LSD). Anyway, me being me, plus how I was feeling at the time, I decided to get involved and that's how it began. I started smoking cannabis and then progressed to acid. This went on for seven or eight months. It was my escape from the reality of the world, which for me was too much to cope with. Now, with the drugs, I thought that I could do anything!!

That was until I came 'down'. When the effects wore off, I would have to get some more acid. It was a vicious circle – up, down, up, down – and I became extremely happy, but extremely moody. In the end I was taking five or six acid tabs in one go on top of drinking and smoking. I stayed out overnight, not telling my family where I was going or what I was up to.

In amongst all this, I started seeing a lad who, although he was dead against drugs, stood by me. He lectured me about the dangers all the time, but I didn't care. I'd taken them for ages and they hadn't done me any harm – yet!

A few of my friends were going to have an 'All Night Party' in the middle of nowhere. I decided that it would be great fun, a laugh, so I looked forward to a really good night. My boyfriend said it was going to be a drug-free party and told me to behave, but I wasn't having any of it. I invited a couple of similarly minded friends who brought along some acid tabs, cannabis and some magic mushrooms.

Continued...



When I got there, after a really long walk, my boyfriend was already there. He had set up a tent and had lit a fire. As he sorted the drinks out, my friends and I settled down and had a 'smoke', ate some of the mushrooms and popped some acid tabs into our mouths. After about ten minutes, I still hadn't felt the effects of the drugs so I took some more!

I started to feel dizzy, but that's not unusual. However, I knew something was wrong. As I stood up to go to the tent, I could hear my heart beating and I started to breathe heavily. I then collapsed. I remember my boyfriend saying, "Don't be stupid, get up." I tried to reply, to tell him that something was wrong.

I was scared but I could do little more than mumble. I saw someone lean over me and heard them say, "She's really tripping, look at her eyes." My boyfriend picked me up and carried me to his car which was parked some distance away, only to find that the people I'd gone to the party with had, prior to running away, slit the tyres to prevent us from getting to the hospital (and being subsequently questioned by the authorities). Fortunately, an Ambulance was called and the next thing I knew, I was in the back of it, then in hospital with a doctor and nurses running all around me.

When I regained consciousness, I found myself in intensive care. I was surrounded with the wires and tubes and aware of the 'beep beeps' of various machines. I wasn't really sure of what was happening. I tried to talk but I couldn't. I tried to move but I couldn't. I became aware that I couldn't

feel anything – all I could do was cry. A few days later, I was moved to a room of my own on one of the wards. Then, for the next three months, I slowly had to learn to walk/talk/hold a pen/feed myself and go to the toilet all over again. I kept getting the shakes, wetting myself and stuttering. It was all very frightening. When I could talk enough for people to understand me, I asked the doctors what had happened. To this day, they're still not sure but they believe that I had an allergic reaction to one of the drugs. They added that one in three tabs contain the same thing that made me collapse – one in three! Apparently, I'd stopped breathing at the party, then again in the Ambulance. I 'died' three times in hospital. My 'escape plan' had brought me back down to earth with a bump!

Drugs nearly killed me. It was only the actions of my boyfriend that got me some help or I wouldn't be here today. You may think that 'it won't happen to me' – well that's what I thought! But my temporary escape became a prison that I nearly didn't get out of. Even when I did, reality was still reality.

We all make mistakes and my biggest one ever was drugs. I'm now married with a baby girl of nine months, and well aware that life is worth living.

My 'escape plan' nearly killed me, I was lucky – you may not be!"

Volatile Substance Abuse (VSA)

**“Sniffing isn’t exciting,
it’s just bloody stupid.”**

Darren, an ex-solvent abuser

In 2005 sniffing cost 45 lives – that is almost four deaths a month. Most of the deaths were in the 14-18 age group and were equal between male and female. Sniffing can affect the heart, cause swelling of throat tissues or suffocation. Some solvents contain poisonous substances, others are a fire risk. Sniffing makes your clothes and breath smell – it also causes spots.



Some young people sniff solvents instead of drinking alcohol. They feel that the element of danger in solvent abuse is more exciting than drinking. Solvents are cheap and readily available in most households. Abusers get hooked on the hallucinations which result from their habit. These can often be dangerous, unpleasant and frightening.

Although some of the symptoms of solvent abuse have been discussed earlier, here are some specific tell-tale signs of solvent abuse:

- Chemical smells on clothes or breath.
- Unusual marks around nose and mouth.
- Frequent and persistent headaches, sore throat or runny nose.



Did you know?

Under the Intoxicating Substances Supply Act (1985) it is an offence to supply a person under 18 with a substance that the supplier believes will be used for intoxication.



Read the following about the results of solvent abuse and then make up your own mind on the subject...

Teenagers are dicing with death

SHOCKING proof of potentially lethal solvent abuse has been discovered in public toilets in the heart of Fortingbridge where teenagers gather at night. *By Bob Jolliffe*

Cleaners have found apparatus used in connection with solvent abuse, including an empty fire extinguisher and a milk bottle with a plastic tube.

The finds in the public loos at Roundhill have led to a dire warning to parents from the town's police sergeant John Williams.

Inhaling glue and other chemicals can kill or cause brain damage, he said.

Last November, Ringwood teenager John Paul Davidson died after sniffing butane gas from a bottle while on a fishing trip at Hucklesbrook Lakes. Attempts to resuscitate him failed and he was dead on arrival at Salisbury District Hospital.

"Parents ought to be aware there is a problem of youngsters congregating and we have found evidence that glue sniffing has been taking place," said Sgt Williams.

"We want parents to be on their guard and keep an eye on their children's activities."

Up to 40 young people aged between 12 and 16 regularly gather at the Roundhill end of the main car park.

"It may be totally unconnected with the group that is congregating. This may be

happening later at night when the youngsters have all gone home," said Sgt Williams.

"Youngsters are entitled to congregate together and, provided they do not commit an offence, there's nothing in law that can, or should, be done about it."

Police will now step up their patrols in the area and Sgt Williams is visiting the car park in the evenings.

He wants to meet Burgate School head teacher Callis Nicholls to see what can be done about the problem.

"I will also try and get the council to close the toilets at night."

"The youngsters are unlikely to do it in the public view but giving them a place to go and hide in is not an ideal situation."



How you can help...

If you know someone who is a solvent abuser, try to talk to them about it or suggest that they talk to somebody about it. Explain that they can have a good time without solvents, tell them how solvents can damage their health and make sure that tempting aerosols, glues and gas canisters are kept well out of their way.

By finding new and exciting experiences for the abuser you will help them to kick their habit. Sniffing is often the result of a deeper problem. It is important that you try to get to the bottom of these problems by talking to the abuser.

If you feel that you are out of your depth advising an abuser then suggest other people they can seek help from, including professionals. The abuser may not want to speak to someone in authority themselves, so why not offer to act as mediator for them?

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Points of View...

- It is a dangerous, stupid habit that kills many young people each year.
- Sniffing aerosols can kill at the first attempt.
- Sniffing can affect the heart.
- Hallucinations caused by sniffing can be dangerous, unpleasant and frightening.



Remember!

You could be saving someone's life.

Better To Be Safe Than Sorry

If you find someone drowsy or unconscious through alcohol, drug or solvent abuse, it is important to act correctly.

■ STAY CALM...

- Make sure that the air passages are clear and remove anything in the mouth. Check the tongue has not slipped backwards, obstructing the airway.
- Loosen tight clothing around the chest and place in the recovery position. This will prevent the person from choking if he or she is sick.
- Call a doctor or an Ambulance if you are at all concerned. Tell the medics what they have taken.
- If the person is not in such a bad way, try to stop further immediate drug use without using force.
- Stay with the person until the effects have worn off.



Remember!

- **DO NOT** excite or chase the person. If glue has been sniffed this can lead to Sudden Sniffing Death.
- **DO NOT** try to discuss their drug or solvent abuse at this point.



How you can help...

Drug abuse is a very big issue for young people today. It is very important that you help the authorities to overcome drug problems in your area.

Here are some projects that you could set up with the help of your friends:

- Organise an anti-drugs poster competition for local schools. The winners should be given a prize and all of the entries can be used to advertise the anti-drugs campaign around your town.
- Produce and distribute leaflets warning of the dangers of drugs.
- Set up a drugs advice group to give confidential advice and guidance to parents and young people.





Anti-Social Behaviour

What is it all about?

Anti-social behaviour is something that disturbs others and destroys the peace and quiet of a neighbourhood.

It can be caused by a noisy party, groups of people shouting or graffiti. Even pets and animals can cause a nuisance continually barking or running around into neighbours' gardens, parks and playgrounds.

'Young people and students are most likely to tell others that they have suffered from anti-social behaviour.'

Neighbours from hell

"When the new neighbours moved in we were really pleased, but this was not to last. After a few days they started playing their radios and stereos really loud late at night. Their dog started coming into our garden through a hole in the fence and making a mess all over the lawn. My mum went round to complain but they just shouted at her and slammed the door in her face. The last straw was on Saturday night when they had a party which went on until 5am in the morning together with their car alarm going off throughout the night.

My dad said he's going to get the Environmental Health Department or the Police to come round and speak to them."

What a noise!

Noise can be a big problem. People may play their radios too loud, hold parties late into the night and use their vacuum cleaners into the early hours. They may also leave their alarms going all night. Noise can be worse on estates, in blocks of flats, and where people live close together.



Remember!

If you go and talk to the person about the level of noise...

- Stay calm and quietly spoken.
- Listen to the other person's point of view.
- Do not shout at them. Stay in control.
- Explain the problem.
- Do not interrupt the other person when they are speaking.
- If they cannot be reasoned with, calmly leave and inform the local Environmental Health Department or the Police.

Noise Problems

Noise problems can include:

- Barking dogs.
- DIY activities.
- Loud Music or TV's.
- Screaming and shouting.
- Banging doors.
- Noisy parties.
- Alarms going off all night.
- Verbal and physical abuse.

What can you do?

- Speak to them.
- Tell the Local Environmental Health Dept.
- Report them to the RSPCA.
- Tell the Police.
- Ring the Local Housing Services.

Vehicle Noise

Vehicle noise can be caused by both adults and young people. It can lead to arguments and even fights. Remember if you talk to someone about the problem remain calm.

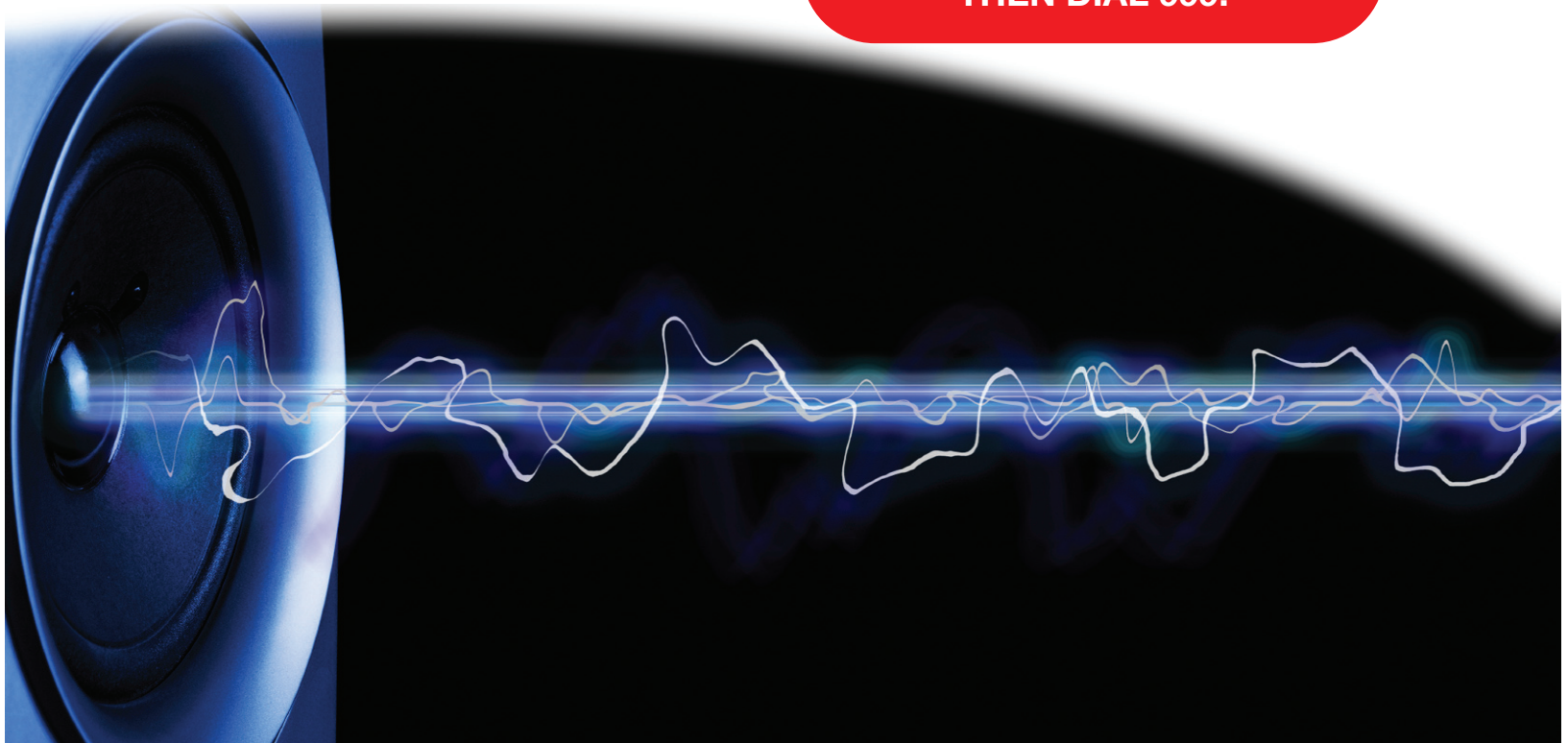
- Banging doors late at night.
- Playing car stereos and radios very loudly.
- Carrying out noisy repairs in driveways late at night.



Remember!

If there is a real problem report it to the Environmental Health Department, your local Housing Office or in extreme circumstances report it to the Police.

IF THERE IS AN EMERGENCY THEN DIAL 999.



Fly Tipping

Anti-social behaviour creates an environment in which more serious crime can take hold.

It can occur anywhere:

- In people's homes and gardens.
- On estates.
- In town centres.
- Shopping parades.
- In urban and rural areas.

It blights people's lives, undermines the fabric of society and holds back regeneration'...
White Paper: Respect and Responsibility.

It is not right for people to:

- Store lots of rubbish in their gardens.
- Fly tip (This is when rubbish is dumped in streams, over walls or on lay-bys, anywhere that people can rid of it).
- Dump rubbish out in the country.

Storing rubbish can encourage vermin such as rats, mice and other creatures. It is also a breeding ground for flies and germs. Basically it is very anti-social to store rubbish in your garden. It is a health risk and it can be dangerous.

Fly tipping is something which is to be discouraged. Taking your rubbish and dumping it somewhere else is 'not on'. Other people then have to deal with it. Animals may be killed, people may be injured and it can be very dangerous to just leave rubbish on the side of the road. If you see someone doing this, take their number and tell the Police.

Dumping rubbish out in the country can be dangerous. It is a fire hazard, it can injure farm animals. Liquids may also leak out and get into the soil and crops.

The Environment and Health Services need to be contacted if you think there is a build up of rubbish and a danger to health. There may be fumes or gases coming from it or it might just smell really awful. If there is unaccounted rubbish anywhere in your area report it to the local Environmental and Health Unit at your council. If you feel it is dangerous then ring the Police.



Remember!

If there is enough evidence and the people that caused the trouble do nothing after a warning, your Environmental and Health Unit will take the matter further.

What A Mess!

Dumping litter is another form of vandalism. Discarded carrier bags, household waste and rubbish can kill animals and small children. Glass, tins and hypodermic needles pose obvious threats, but even piles of seemingly harmless wrappers and newspapers are dangerous. It was this kind of waste which fuelled the fires that killed 56 people at Bradford City Football Ground and 31 at Kings Cross Station.

You may think that you are doing no harm by throwing away one sweet wrapper, but consider what would happen if everyone in the UK did the same – 56 million wrappers would no longer be such a minor problem!

Although we rarely hear of people being fined for dropping the odd piece of litter, there is a maximum penalty of **£1,000 for the offence**. It is up to us all to keep our streets clean. If you know someone who is dumping litter, explain to them what a serious problem they are causing and help to put a stop to our litter problem.



It was late one Saturday afternoon, dad and mum were in the living room watching the television. Joe and his sister were outside playing football. All was quiet next door.

Joe enjoyed passing the ball whilst his sister Megan liked heading the ball back to him. Joe passed the ball to Megan who went to head the ball back. Unfortunately she missed it. The ball bounced once and then disappeared into next door's garden.

Joe climbed over the fence to get the ball. Once on the other side he eventually spotted it on the other side of an abandoned car which was overgrown with weeds. He climbed onto the car so that he could reach for the ball.

Next door's garden was a real mess. There was the abandoned car and then an old wardrobe which had the doors falling off it. There was a broken down dog kennel in the corner and lots of old cans and tins which seemed to be half full of an assortment of liquids.

As Joe leant across the bonnet of the rusty car he slipped and fell between the wing and the half opened door. He tumbled to the ground and felt the warm trickle of blood down his sleeve. He lay on the ground, heard a noise above him and saw to his horror the wreck of the car move slightly and then topple over trapping him underneath. He cried out for his sister. She looked over the fence, saw what had happened and rushed into the house for help....

● What would you have done? Vandalism and Trespass are difficult to combat alone. If you have any information on these crimes, please contact the Police immediately!

Blocking The Emergency Services

It is very important that Police, Fire and Ambulance Crews are not blocked in by bad parking and are not attacked when they are attending an accident or fire.

In a recent incident three youths blocked the exit route of an Ambulance attending someone who had collapsed. The youths then threw stones at the crew and hurled insults at them. The patient died later in hospital. The youths held up the Ambulance for at least five minutes. Minutes that could have been the difference between life and death.

This kind of behaviour is totally unacceptable and is a criminal offence.

It is also very important that you do not block or park in front of an entrance or area which has been marked for use by the Emergency Services. These can be found outside schools, at railways stations, hospitals and also close to public buildings.



Remember!

Never park in a yellow box in front of a fire, Ambulance or Police Station as these areas are there so that emergency vehicles can make a quick getaway.



Did you know?

You can now dial either 999 or 112 in case of an emergency.

Both numbers will connect to the Emergency Services in England, Wales, Scotland and Northern Ireland.

You **SHOULD NOT** dial either of these numbers unless it is an emergency and you require the Police, an Ambulance or the Fire Service.



Hoax Calls

People who make hoax/malicious calls could be responsible for someone's death.

We all know that firefighters save lives, but sometimes they are not able to do their job properly because of the actions of some very thoughtless, uncaring people. Hoax calls waste valuable time and resources. They jeopardise responses to genuine emergencies - someone could die. They are also a risk to firefighters and the public because of the high risk of road accidents when driving at speed.

Almost 200 fire appliances are called out to hoax calls every day. Our Emergency Services are often stretched to the limit and hoax calls to 999 are proving to be a continuous problem.

Not only do these calls cost the Fire Service a great deal of money, they also cost lives. Firefighters wasting time answering hoax calls could be saving lives from real fires. In addition, all hoax 999 calls are a crime and are investigated, so anyone involved could get in serious trouble.

In September 2001, BT Payphones launched their 'Hoax Call' poster campaign, aimed at raising public awareness and reducing malicious calls to 999. Working with Fire Services from around the country to identify and target BT public payphones, an overall 56% reduction in hoax calls has been achieved.

Fire Officers in the UK are concerned at the worryingly high volumes of hoax calls and are quoted as saying "Malicious calls reduce the efficiency of any Fire Service as Fire Engines cannot be in two places at once. If crews are responding to hoax calls, they are unavailable should a genuine call for help be received. Any delay attending an emergency incident could mean the difference between life and death."

Most hoax calls in the UK are made by children and although the culprits are generally in their teens, both BT Payphones and the Emergency Services, are convinced that getting the message across to younger children will prevent them becoming involved when they are older.



Did you know?

Hoax calls can be defined in several ways:

- **Hoax/malicious call:** where the Emergency Services have been called to a fictitious incident.
- **False call:** possibly a child playing with the telephone.
- **Inappropriate:** the incident is not considered an emergency and the caller should therefore have phoned their GP or their local Police Station.
- **Genuine error:** probably where the number 9 has been multiply pressed incorrectly.
- **Silent calls:** these are mainly attributed to mobile phones and by default are always routed by the operator to the Police.



Remember!

Hoax 999 calls are a crime and will be investigated. All 999 calls are recorded.

Drugs And Alcohol

'Anti-social behaviour means different things to different people.'

For example:-

- Crack houses run by drugs dealers.
- Drunken 'yobs' in the town centre.
- Drug addicts in communal areas.

When there are drug users or alcoholics in the area there may be a lot of noise, fights, disturbances and verbal abuse. If houses or flats are being used for dealing then they may be very busy causing lots of noise and disturbance.

Drugs and alcohol lead to crime, as the users need to get funds. Assaults go up, theft and burglaries increase. Often offenders are teenagers.

■ **If there was a lot of drug taking or people drinking alcohol in your area, what would you do?**



How you can help...

- Work as a community against it.
- Make sure that you stay away from these areas if you can.
- Inform the authorities if things get out of hand.

Ways in which areas are dealing with the problem:

- Local child curfew schemes. These have been enforced for children up to 15 years of age.
- Civil Injunction Orders to deal with serious but necessarily criminal behaviour by those aged 10 and above.
- Powers to remove truants to certain buildings to allow the Police, schools and local authorities to work with these young people.
- Final warning scheme to replace Police cautions of young people.
- Parenting orders to help reinforce and support the responsibility of parents.

Our Estate



Look at this plan. You will see some areas have been highlighted in red and some in green. The red areas are those where there might be problems. The green areas are the safest.

Red areas could include places where drug addicts hang out, where there are crack houses or walls that vandals pick for spraying graffiti.

- **Make a plan of your area.**
- **Which parts are the safest and which do you think are the most dangerous? (Use the same colour code as the map above.)**
- **What kind of problems do you have where you live?**



Remember!

If there has been a problem with ASB in your area action can be taken.

- Formal warning to individuals.
- Warning in writing to the individuals and parents.
- Acceptable Behaviour Contracts (ABC) which are voluntary agreements outlining how behaviour can be improved.
- Once a civil injunction is processed through the courts it will state actions that you can and cannot do. It also recommends positive activities and actions that you will be encouraged to do.
- If the ASB occurs locally to your home your parent or guardian could have action taken against their tenancy and could lose their home.
- A report appears in the press.
- A leaflet can be provided for the people living in the area about what has happened.



Legal Action

If the problem with anti-social behaviour becomes serious and is not solved then legal action may be taken.

Civil Injunction

This comes from the court, and either stops someone from doing something or makes them do something. It is normally used if violence has been used, threatened or is possible. They can also be used to tackle noise, other forms of nuisance and anti-social behaviour. The Police, local authorities or social housing landlords can apply to the court for a civil injunction.

Criminal Proceeding

If a crime has been committed the Police may charge someone and take them to court. They could be fined, put on probation or have to take part in community service. In a serious case they may even go to prison.

Possession

The Council or Housing Association can, if the rules have been broken and things get really bad, threaten to take someone's home from them. This is often enough to stop someone from being a nuisance.



Did you know?

Of just over 118,000 neighbour noise incidents reported, almost half of those substantiated were resolved informally. Of the remainder, where formal steps were taken, only a few hundred ended up in Court. Over 80% of those summoned were convicted and noise equipment - stereos and TVs - were seized on more than 200 occasions.

Help is at Hand...

A number of agencies are working to combat the problems of anti-social behaviour.

Police

- They are able to apply for civil injunction orders.
- Pick up children who should be at school.
- Work on Police community projects.
- Reassure the public.

Schools and Local Education Authorities

- They can prepare special work for truants.
- Work with the Police and other agencies.
- Target work at adults with poor basic skills and the unemployed.
- Work with the community.

Environmental Services

- Quickly remove abandoned vehicles.
- Remove graffiti.
- Keep the streets clean.
- Control noise.
- Improve open spaces and lighting.

Fire and Rescue Services

- Respond to arson incidents.
- Remove vehicles thought to be a fire risk.
- Investigate hoax calls and arson attacks.

Youth Offending Teams

- Work with young offenders and those at risk of offending.
- Spot problems at an early stage.

Social Housing Landlords

- Take action against tenancy.
- Apply for civil injunctions.
- Work with Police and other agencies to tackle ASB problems.
- Work with other agencies to provide support to change bad behaviour.

Local Newspapers, Radio and Television

- Raise awareness.
- Name and shame.
- Provide positive stories.

A Personal Story...

"I was fed up with school. It was just so boring. I never seemed to be any good at anything and the others in my class always got more marks than I did. That was when I started 'bunking off.'

It began with one afternoon a week, but as time went on it increased to twice or three times every week. It was dead easy as I used to write my own notes and then give them to the teacher the following day.

Instead of going to school I would go down to the arcade in the high street for a couple of hours. It was here that I meet Jeff who introduced me to the gang on the estate.

Most days I would go down to the estate with the gang. We would then hang around the garages or the play areas. We used to shout abuse at the old people as they walked across the park or we might go and taunt the young mothers who went to the swings with their children. But it didn't stop there, we liked making a noise as well and used to play our stereos really loud. Then if we were really bored we would go and cause trouble in one of the local shops or mess about with an abandoned car.

People used to say we were being anti-social but we didn't know what that meant and we didn't care.

That's all stopped now. I was caught by the Police spraying graffiti on a wall and also stealing from a local shop. I was sent back to school and my parents got into serious trouble.

I have now joined a Youth Inclusion Programme (YIP) which is run locally. A lot of my mates attend too. We do all sorts of things on this programme and have a great time. I haven't been in trouble for several months now and people say I am a changed person."



Did you know?

An independent national evaluation of the first three years of YIP's found that:

- Arrest rates for the 50 young people considered to be most at risk of crime in each YIP had been reduced by 65%.
- Of those who had offended before joining the programme, 73% were arrested for fewer offences after engaging with a YIP.
- Of those who had not offended previously but who were at risk, 74% did not go on to be arrested after engaging with a YIP.





Shoplifting And Other Forms Of Theft

Each year businesses lose over £2 billion through shoplifting and other retail crime. Thousands of small items are stolen from businesses each year.

They all contribute to the massive losses that help to put companies out of business.

Shoplifting is not just petty crime, it is theft and, as a result, carries a maximum penalty of 7 years imprisonment. It is in all of our interests to deter theft and shoplifting. Just think what would happen if we all helped ourselves to other people's possessions – there would be a complete breakdown of society.

If you have ever stolen or considered stealing from someone else, ask yourself how you would feel if someone decided to help themselves to something of yours. It does not matter how small the object is – whether it is a pencil sharpener or £1,000, the crime is still the same: THEFT.

Whether we are involved in shoplifting or not, we all pay the price of the crime through increased costs and poor economic conditions.

Shop Crime Soars

The British Retail Consortium's (BRC) 2006 Retail Crime Survey, published yesterday, is the most detailed and authoritative survey of UK shop crime.

SHOPLIFTING UP 70 PER CENT SINCE 2000.

The British Retail Consortium's (BRC) 2006 Retail Crime Survey, published yesterday, is the most detailed and authoritative survey of UK shop crime. It shows criminals are increasingly targeting shops, with police priorities elsewhere and soft penalties failing to provide a deterrent.

The survey, sponsored by ADT, shows crime cost retailers £2.1bn last year and £13.26bn since 2000. Over the same period the number of shoplifting incidents rose 70 per cent despite the industry investing more than £4.3bn in crime prevention.

As the number of shoplifting incidents increases so too does the threat of violence against staff. Sixty per cent of violent incidents that happen in stores occur when staff attempt to detain criminals or protect property from theft.

The BRC is calling on the Government to reject proposals that would see prison removed as a penalty for shoplifting, even for the worst repeat offenders. The BRC also believes the police should make retail crime a higher priority.

Retail crime is not victimless. It has serious human, as well as financial, costs which cannot be ignored. The BRC believes the Government's failure to provide enough prison capacity should not be used as an excuse for treating retail crime as trivial.

BRC Director General Kevin Hawkins said: "The huge increase in the number of shoplifting incidents is extremely worrying. It is having a very serious financial impact and is putting the safety and wellbeing of staff and customers at risk.

"Soft penalties and poor enforcement are to blame. Retailers are spending millions of pounds on their own crime prevention as well as contributing £4.5 billion a year in business rates. They are entitled to the support of government and police but at the moment they are not getting it."

The BRC report shows crime has a proportionately bigger impact on small and medium sized enterprise (SME) retailers than their larger counterparts. The BRC believes this is due in part to the lack of resources they have to allocate to security systems and security staff.

15% of SMEs have been forced to close their businesses for a period of time as a result of crime.

13% of SMEs have reported an increase in violent robbery.

1 in 5 SMEs believes it is either likely or very likely that they will lose staff as a result of crime, violence or antisocial behaviour.

13% of SMEs have had to let staff take time off as a result of a criminal incident.

BRC Director General Kevin Hawkins added: "The Government's failure to plan prison capacity is no excuse for giving a licence to steal. Anyone who believes only violent crime matters is seriously misguided.

"The thieves responsible for the majority of retail crime are well organised and efficient. On average they make off with £149 worth of goods each time they steal.

"Shoplifting is an entry level crime, which leads to more dangerous criminal activities. Removing deterrents also increases the risk of violence against shop staff. There must be prison for those who repeatedly and persistently break the law and treatment for those responsible for drug related offences."

John Smith, ADT's Vice President Retail Sales, Europe Middle East & Africa, said: "Customer and staff theft account for 79 per cent of total losses from crime and retailers cannot afford to become complacent. Investment in crime prevention is paying dividends, but retailers still face pressure to implement ever more innovative ways of tackling the issue to ensure that, whatever size they are, they can meet the challenge head on and protect staff and revenue."

Young People Targeted By Criminals

Mobile Phones at risk

Many of you have mobile phones. Mobile phones belonging to young people are one of the hottest targets of street robbery in the UK.

- Make sure you get your phone security marked.
- Keep it out of public view.

Keep your bike safe

Bicycles are popular with thieves - over 100,000 are stolen every year.

- Mark the frame with your postcode and stick on a coded cycle sticker.
- Get a Recorded Cycle form from your local Police Station or cycle shop.
- Photograph your bike and record all its details.
- Always lock your bike to something solid like a lamp-post.
- Use a solid metal lock rather than a chain.
- If possible take off your front wheel and lock it to the frame and back wheel.

When you are out and about

Most victims of crime on the streets are young people. Most offenders are also young. Large amounts of cash or property may not be taken but it is very traumatic for the victims.

- Always be aware of where your purse and wallet are.
- Keep any keys in a safe place.
- Keep any valuables such as mobile phones out of sight.
- Leave valuable jewellery at home.



Points of View...

- People work hard for their belongings. No-one else has a right to take them.
- Shoplifting is just a nice way of saying theft.
- Shoplifting puts companies out of business and people out of work.
- We all pay the price of shoplifting through increased costs.



Deterring Theft

The following pointers will help you and your family to keep your possessions safe and deter crime:

- Always be aware of where your purse or wallet are.
- Store valuables out of sight and in a safe place.
- Always lock your doors.
- Do not reveal your address on luggage labels etc. that are on public view.
- Use timer switches to put lights and TV etc. on when you are out.
- Draw curtains if you go out in the evening.
- Inform Neighbourhood Watch Groups when you go on holiday.
- Cancel milk, bread and paper orders when on holiday.
- Postcode your valuables.
- If you see signs of a break-in at your home, do not go in. Go to a neighbour's and call the Police.



How you can help...

Theft and shop crime are major concerns for us all. Can you think of any ways of combating these problems in your area? There are a whole range of things that you and your friends can do to reduce the amount of goods stolen from your locality.

Here are some ideas:

- Set up a cycle / property marking project.
- Do some research into burglaries in your town.
- Make a video about shoplifting and its consequences.
- Produce and circulate a leaflet about crime prevention.
- Find ways of teaching young children the wrongs of stealing.



Remember!

If you know someone who is stealing from another person or shop, it is vital that you try to deter them.

You may be afraid to confront them yourself. If so, tell someone you trust, e.g. parents, teachers or youth leaders.

They may be able to tackle the problem without telling the culprit who has brought the problem to their attention.



Shoplifting And Other Forms Of Theft

What happens if you find yourself caught up in a raid or robbery?

Each situation differs greatly, so the following pointers should be used as guidelines and adapted to suit the situation.

1. If there is a hold-up alarm **ACTIVATE IT** when you feel that it is safe to do so.
2. Always co-operate with the aggressors – if they tell you to lie on the floor, lie on the floor.
3. Avoid sudden and unexpected movements - these could be misinterpreted as escape attempts.
4. Cut your losses:
 - If you are told to fill a bag with money, use the smallest notes first.
 - Stuff the money into a sack. This way less will fit in.
 - Do not draw attention to cash storage points.
5. Watch carefully. Note the criminal's appearance, accent, manner, equipment, methods and getaway vehicles (this will help the Police to track down the robbers).
6. When the robbers have left, **RING THE POLICE IMMEDIATELY.**
 - Ensure that all witnesses stay in the building.
 - Do not discuss what happened with other witnesses, as this could confuse your view of the events.
 - Write down your version of the sequence of events.
 - Do not handle anything that could be used as evidence (fingerprints may have been left behind).



Remember!

If you are outside a building and see a raid or robbery taking place, **DO NOT** get involved yourself.
CALL THE POLICE IMMEDIATELY.



Car Crime

If you ever own your own home then a car is the second most valuable thing you will ever own. For many people it will be the most valuable.

**Imagine how you would feel if someone had stolen your family car.
Imagine if you had to be somewhere really important and you could not get there because the car had gone.**

People need their cars for lots of reasons, even medical reasons. Imagine the chaos caused if someone takes it.

No-one with any sense would leave a diamond ring or a wad of fivers out in the open. But car owners have to leave one of their most expensive possessions by the roadside.

Very few of us would ever consider stealing someone else's money or jewellery, but cars are somehow no longer classed with other valuables. If potential car thieves realised that they are stealing an average of £5,000 from the car owner, do you think they would still class car theft as petty crime?

How good are you at spotting the value of an item? Well here is a chance to find out.

Q The following objects are all relatively expensive to buy, but which one is the most valuable?



A The car probably costs up to 25 times as much as any of these other valuables.

How You Can Help...

DON'T BOTHER 

**THIS VEHICLE HAS BEEN EMPTIED
OF ALL VALUABLE ITEMS**

PLEASE DISPLAY THIS NOTICE PROMINENTLY WHEN YOU REMOVE YOUR PROPERTY FROM SIGHT



How you can help...

Car Crime is the fastest rising crime in the country and, as such, we need to give it some serious attention.

Here are some Project ideas:

- Carry out a car crime survey with the help of residents in your local area.
- Perform a play and hold workshops in local primary schools about reducing car crime.
- Discuss the possibilities of setting up motor projects to enable your friends to learn about machinery safety and the danger of car crime.
- Produce a video warning of the dangers of joyriding.
- Make car security a priority with your family.



**CAR CRIME
TOGETHER WE'LL CRACK IT**



Did you know?

- On average a car is stolen or broken into once every 25 seconds.
- A stolen car is 2,000 times more likely to be involved in an accident than a legally owned vehicle.
- Car crime costs Britain over £3 billion a year.
- Less than one tenth of valuables stolen from cars are ever recovered.



Remember!

Make sure your family car is not the target of crime.

- Encourage your relatives and friends to improve their car security by installing an immobiliser.
- Make sure that nothing valuable is left on show in the car.
- Security-mark the car's entertainment system or radio/CD.
- Always lock your car.



Joyriding - Whose Joy?

Joyriding is a nice word for theft. Having a nice word does not make it any less serious.

In recent years, car theft and joy-riding often make the news headlines. Now car crimes that result in a fire are also being reported. Abandoned or stolen vehicles are often 'torched' or set on fire. This might just be done for 'fun', or to hide the identity and tracks of the thief.

Although you may not be directly involved in car crime yourself, you may know someone who is. Every year, hundreds of people are killed or injured through car crime. The victims could easily be your family or friends. By sitting back and turning a blind eye, we become partly responsible for the consequences of car crime.



Before you decide to turn a blind eye to joyriding, look at the following statistics:

At  mph

MOST PEDESTRIANS ARE KILLED

At  mph

HALF ARE KILLED

At  mph

1 in 20 IS KILLED



Remember!

We cannot let the killing continue.
Say "NO!" to joyriding.

Safer Driving

The majority of car offenders are aged 17-25 years old and most start offending between the ages of 13 and 16. Many young people are persuaded into car crime by their friends.

If you suspect that someone you know is involved in car crime explain to them what the possible outcome of their actions might be and show them newspaper reports on the effects of car crime.



Points of View...

- It is not only the big insurance companies that pay the cost of car theft. We all do.
- Joyriding is a stupid, inconsiderate and extremely dangerous thing to get involved in.
- After their home, cars are often a person's most valuable possession.
- Car crime starts as theft and can lead to death.
- Car thefts make up almost a third of all reported crime.
- One in four of the cars reported missing each year is never recovered.



Remember!

- Drinking and driving is a deadly combination.
- Always wear a seatbelt front or rear. It could save your life.
- Remember speed limits are there to protect all of us.
- Driving too fast kills.
- Do not be flash as it is so easy to crash!





Criminal Damage And Trespass

Criminal Damage

'If someone intentionally or recklessly destroys or damages property belonging to someone else they have committed criminal damage.' Dirty, untidy and derelict areas often encourage criminal damage.

Criminal damage or vandalism can be to:

- Vehicles.
- Play areas.
- Parks.
- Bus shelters.
- Garages.
- Homes.



Did you know?

If you cause criminal damage you can be fined, have to carry out community service work or, if it is a very serious case, you can be sent to prison for three months.



What is Trespass?

Trespass is interfering with another person's property or unlawfully entering their land. This law does not exist in this form in Scotland.

Centuries ago if you were caught causing criminal damage you were often transported to another country such as Australia.

- 1 How could Patsy protect her car from vandalism?**
 - a. Remove her valuables from display.
 - b. Leave it open and in an unlit street at night.
 - c. Make sure that the windows are kept open.
- 2 How can Brenda and Bob protect their garden and home from vandalism?**
 - a. Make sure that nothing valuable is left in their garden.
 - b. Leave their front door unlocked so that their daughter can get in after school.
 - c. Leave rubbish and old tyres in the front garden.
- 3 The most common criminal damage is to:**
 - a. Schools.
 - b. Cars.
 - c. Property.
- 4 Most criminal damage offenders are:**
 - a. Over 21.
 - b. Under 21.
 - c. Over 65.

Answers: 1a. 2a. 3b. 4b.

Major Targets



Did you know?

Vandalism means damaging or destroying property.

Vandalism of Telephone Boxes

Public telephone boxes and bus shelters are common targets for vandals. Increasing use of mobile phones has meant that the number of public telephone boxes has fallen. Those that remain are often dirty and do not work due to vandals. Bus shelters too are often targeted by vandals. How many times have you gone to a shelter to find smashed glass all over the pavement?

Public telephones can be vital lifelines, not only for those who do not have a telephone of their own, but for anyone who finds themselves involved in an accident or emergency situation.



Remember!

Damage to a public telephone may mean that you are preventing someone from making a life saving call to the Emergency Services. Your actions could cost lives. If you know someone who has vandalised a public phone box, explain to them that they might be preventing someone from making a life saving call to the Emergency Services.

THEIR ACTIONS COULD COST LIVES!

Railway Trespass and Vandalism

Millions of people use public transport every day. We must all act responsibly to ensure their safety. Railways are extremely dangerous places. During 2001, 307 people were killed on railways and 2,672 people suffered injuries.

It is vital that you stay well away from railway lines and never damage the surrounding fences. Overhead wires and fittings on the railway carry 25,000 volts of electricity, these can kill you even if you do not touch them, electricity can jump several feet.

Express trains travel at speeds of up to 140mph and high speed trains can take up to **one and a half miles to stop**. By standing close to these trains you run a serious risk of being sucked under.

Do not leave anything on railway lines or throw objects at trains. **Remember trains run on tracks and cannot swerve to avoid obstructions.** Obstructing a railway line is not only irresponsible, but also a very serious criminal offence.



Major Targets

Graffiti

You may think that graffiti is just a minor offence. Yet stop to think what image it portrays.

Graffiti is a sign of an unsafe, unfriendly area. As the appearance of a town deteriorates, the inhabitants stop caring and crime takes hold. We need to improve our area, not turn it into a no-go area. By stamping out graffiti, we could invest the thousands of pounds which are usually used to clean it up in improved local facilities.

Besides undermining the environment, vandals often endanger themselves in an attempt to get their graffiti in the most prominent position. Accident and Emergency Departments treat the many serious injuries suffered by vandals who have fallen from high buildings and motorway bridges.

If you know someone who is vandalising property with graffiti, talk to them about the problem. Suggest that they use their energies on something more constructive. Many of these people are talented artists. Persuade them to use their talents for the good of the community.

Motorway Trespass and Vandalism

Motorways are designed for drivers, not pedestrians. There can be few places more dangerous for a young person to trespass. With cars travelling at speeds in excess of 70 mph there is little chance that a person walking on the carriageway would survive.

Although few young people are silly enough to wander onto the motorway, some amuse themselves by throwing objects at cars from motorway bridges. **SUCH ACTIONS ARE VERY DANGEROUS AND CAUSE SERIOUS INJURY AND DEATH.**



Remember!

THINK BEFORE YOU ACT...

If you know someone who is trespassing on a motorway or damaging property, inform the Police IMMEDIATELY!





Firesetting

Fire can be attractive, but it can also be terrifying as well...

People have always been intrigued by fire. A child may stare for some time to appreciate a flickering flame.

We are taught from an early age that fire can be dangerous and that it should be treated with care. But fire is also intriguing. We are told 'NO', or be careful, and this can fuel our interest. Naturally we want to know more about it and that is fine, as long as we respect what it can do and act responsibly and that means never playing with fire. We need to understand the perils and the pitfalls of experimenting with fire and when we can, we need to help others understand why it can be so dangerous.

Why do young children play with matches and lighters etc?

- Peer pressure from other children.
- A belief that they are toys; they are small enough to fit in their hands.
- Curiosity with flames and their attractive properties.
- A need to know what happens when things are set alight.
- A cry for help.
- A way of showing anger/upset.
- Copying parents i.e. lighting a cigarette.

Children from families where a parent smokes are particularly at risk because lighters or matches are more readily available. Young people whose parents work in fire-related industries such as the Fire Service or some manufacturing industries can also have a greater fascination. So remember, pass on the information you learn from this publication to your parents, families and friends.

Who is a potential firesetter?

Research shows that children from the following families may be at risk:

- Single parent.
- Ill-disciplined with no structured lifestyle or routine.
- Living on or below the poverty line.
- Those where there is no emotional stability.



Who Does It?

■ Why do young people deliberately ignite fires?

■ What is the damage?

■ How are people affected?

You read about the devastation that can be caused by a firesetter, but why do they do it?

Revenge, boredom or simply the 'buzz' of doing something different have all been given as reasons when a deliberate ignitor gets caught.

As well as the effects of a disrupted family life, a young person who becomes a school firesetter is often:

- A male aged 13 to 15 years.
- Has poor communication skills so often resorts to 'attention grabbing'.
- Is a young smoker, maybe as a sign of defiance against authority.
- Very troublesome.
- Has mood swings - often severe.
- Mixes in 'like-minded' peer groups.
- Has played with matches earlier in life.

What types of people are most likely to be responsible for starting fires and/or fire-related incidents? Why?

- Age range?
- Nationality?
- Religion?
- Male or female?
- Background?

Patterns, trends and information of fires and firesetters are logged and analysed by your local Fire Service using computer programmes. This allows them to have a better understanding of what encourages people to set fires. All this information is then used to develop regional and national strategies for action.

Nearly 3,000 school arson attacks in two years

Figures from Conservatives' freedom of information request show highest number of incidents in Scotland and in London

Police were called to deal with arson attacks in schools across the UK almost 3,000 times over the last two years, according to figures revealed by the Conservatives today.

Answers to a Freedom of Information Act request from 41 of 49 forces in the UK showed 2,702 incidents of arson, or the equivalent of nearly four a day. Scottish police forces recorded 1,252 incidents, compared with 1,249 in England, 126 in Wales and 75 in Northern Ireland.

In England, the highest number of attacks were recorded by Metropolitan Police, which covers a higher population than any other force.

The shadow schools secretary, said: "The large number of arson attacks, on top of all the other problems in schools, is deeply worrying."

According to research by the Arson Prevention Bureau (APB), arson attacks in schools cost over £100m in 2001. There are 38 school fires each week on average, with around 17 identified as malicious and 40 per year causing more than £5m of damage.

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Remember!

'Crimestoppers' is a national initiative run by the Police that encourages people to come forward, anonymously, if they have any information about a crime that may be helpful to the Police.





Gang Culture

Often the idea of being in a gang can seem really cool. You may have friends who belong to a gang. People join gangs for lots of different reasons. These include:

- To be recognised.
- Because it is exciting.
- To gain respect.
- So that they can be accepted by their friends.
- To give them power over others.
- For protection.
- So that they can protect their territory.
- To get money for crime.
- Because they think it is glamorous.

Gangs can include people who have been involved in crime before.

One year after joining a gang one of these young people was seriously injured in a stabbing and one had a real drug problem.



Did you know?

Gang members are five times more likely to own a gun or knife. This can lead to very serious problems.

Gangs are usually made up of:

- A gang leader.
- Gang workers (those involved in the running of the gang).
- Foot soldiers (usually the youngest and the most likely to become victims of violent crime).

Being in a gang can sometimes lead to:

- Drug taking.
- Ending up in prison.
- Becoming involved in violence.
- Serious injury or death.

CHLOE:

"I joined a gang so that I could get more respect. Being in a gang means that other kids don't hassle you."

JESSE:

"The job of our gang is to protect people. If anyone causes trouble we sort them out. We are really heavy on offenders."

JOE:

"I am in a gang because it means I'm safe. No-one is going to get me."

AHMED:

"If I wasn't in a gang I wouldn't have anything to do. As a gang member other kids look up to me."

Who do you think might have got into trouble and why?

Do Not Bully Me Or Else!

Jodie was being bullied. Once she left school and set off home she would be followed by some of girls in her class. They would then start making fun of her as she had red hair. They would sometimes push her and call her names. In the evenings she would receive anonymous calls on her mobile or nasty text messages.

One day she was talking to a friend in the playground about the problem. Rachel said that she ought to carry a knife. Then if they started on at her again she could tell them she had a knife and that would frighten them off.

The next morning before breakfast when no one was around she took a kitchen knife from the drawer. She slipped it into the inside pocket of her school jacket.

During the day she was worried that one of the teachers might find it but after school she felt much safer as she walked home.

Just as she was approaching the cut through near the flats she was approached by the same four trouble makers who started making fun of her.

Suddenly she pulled out the knife and shouted at them. "Come any nearer and I will stab you."

Two of the girls came towards her and tried to wrestle the knife away from her. In the struggle the blade of the knife was pushed against Jodie. Blood poured from her stomach. "Oh no she's been stabbed", cried one of the girls. They turned and ran away as fast as they could.

Jodie collapsed onto the ground in a pool of blood.

A passer by called the Police and the Ambulance. Jodie ended up in hospital with a nasty knife wound.

Here are some of the statements the Police took from individuals involved in the incident.

■ **JODIE:** "The girls stopped me and started calling me names. I asked them to stop. One of them pulled out a knife and said that if I didn't stop moaning she would stab me. She came towards me and pushed the knife into my stomach."

■ **CHERYL (one of the girls who were bullying Jodie):** "We were walking behind Jodie. One of the gang called out a name in fun. Jodie turned round and pulled out a knife. We tried to get the knife from her but in the struggle the knife was pushed against her."

■ **PASSER-BY:** "I saw Jodie and the girls arguing. Jodie pulled out a knife and threatened them. There was a struggle, Jodie fell to the ground and the other girls ran off."

■ **RACHEL:** "Jodie told me at school that she was going to carry a knife to protect herself."

- Which ones do you believe and why?
- How could the Police prove who was holding the knife?
- Who do you think was to blame for the stabbing and why?
- What should Jodie have done to stop the bullying?



Remember!

CARRYING A KNIFE IS AGAINST THE LAW. If you are found with a knife you could get a criminal record, injured or even killed.

Guns, Knives And The Law

There is the sound of a shot being fired and screaming in a flat on the Greenway Estate. A moment later a youth is seen running from a flat carrying a gun and holding onto a young woman who looks as though she is bleeding.

Mrs Peters dials 999.

What do you think the Police might do?

- Tell Mrs Peters not to worry.
- Say they will send an Officer round in a short while.
- Do nothing.
- Respond immediately with a number of Police cars supported by an armed response unit.

What would you do?

- What do you think the Police might do?
- If you told the Police that you had seen someone in your school carrying a knife what do you think might happen?



Did you know?

Carrying a gun or a knife is against the law and can carry a prison sentence.

- If you are found with either a fake or real gun or a knife you could end up with a criminal record. This will mean that you will not be able to get the job you want and you may not be able to travel overseas.
- Very few people are allowed to carry a gun by law. The few who can include members of the armed services when on duty or special members of the Police Force.
- The maximum sentence for carrying an offensive weapon is five years. If it is used the penalty is even greater.
- You cannot have an imitation firearm in a public place whether or not it is capable of firing a shot.



Remember!

Having a knife or a gun is not a game. It is seriously dangerous.

It is illegal to:

- Carry an offensive weapon even if it is for protection.
- If you are found in possession of a firearm or knife you can be arrested.
- The Police can search you even at school if they think you might have a knife or gun on you.

Are You Carrying?

Billie:

"I have a blade with me because I am never going to die. If someone argues with me or causes trouble then I would have no hesitation in using it. I am fearless when I have my knife. When I am carrying I am the main man."



Jen:

"I keep getting bullied. Someone said if I carried a knife it would be alright because the trouble makers would know and keep away from me. My mum doesn't know I've got one."



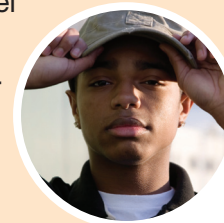
Kerry:

"I have to walk down a dark alleyway on my way home from the gym in the evening. I carry a knife to protect myself."



Jamie:

"Carrying a knife is cool. People have respect for you and keep their distance. It means that my friends like me and I feel more confident. Everyone should carry a knife for their own peace of mind. It is part of what I wear."



Jason:

"I carry a knife because I want to be part of the local gang. Carrying a knife gets me respect."



Did you know?

Two thirds of people are stabbed by their own knives. There is no excuse for carrying a knife. If the Police find you have one you will be in a great deal of trouble.

- What kind of advice might you give to these people?
- How else could they feel important?
- Is there any time when carrying a knife is alright?
- If someone has a knife you may fear them.
- Is fear then the same as respect?
- How would you feel if someone died because you stabbed them?



Remember!

NEVER CARRY A KNIFE.
It is against the law and you could be injured or killed.

Respect!

Terry is popular at school. He has lots of mates and wants to be liked. His girlfriend Julie and his mates keep on at him to get a knife. They said it would stop him from being shanked. They say it would be really cool and people would respect him.

Terry decides that this would be a good idea and he buys himself a blade which he can slip into his pocket. One night there is an argument between Terry and his girlfriend. Terry pulls the knife and stabs his girlfriend in a fit of anger.

Two days later Julie dies.

Terry was interviewed, charged, went to court and **WAS SENT TO PRISON.**

Terry was worried that he would lose his friends and respect if he did not carry a knife. He wanted to be cool.

- How do you think Terry feels?
- Who do you blame for Terry getting a knife?
- Would you get a knife if your friends kept on at you? Why?
- How do you think Terry's friends felt when they heard what had happened?
- How could you handle these situations without a knife?
 - Being bullied.
 - Having an argument.
 - Someone pulls a knife on you.



Remember!

There are plenty of other ways of gaining respect instead of carrying a knife.

These include:

- Helping others.
- Helping your parents.
- Supporting your friends.
- Doing things as part of the community.
- Being a good person.
- Achieving as much as you can.

Remember...

- Fear is not the same as respect.
- Your mates are not always right.
- If you carry a knife or gun things can quickly get out of control.
- You could easily end up in prison and lose your freedom and all of your friends.
- You may bring shame on your family.



It Was Just A Toy!

Tracy heard that Ben had got hold of a replica gun but she had not seen it. He sent her a text saying that if she met him in the park that afternoon he would show her what he could do with it. Tracy met Ben in the park over by the playground. When no-one was around he took the gun out of his pocket and showed it to her. She was a bit worried about seeing it but said nothing.

They walked out of the park and over to the row of shops by the flats.

Ben turned to Tracy and asked her if she fancied having some fun with the gun. Ben walked into the corner shop. There was no-one inside and so he pulled the gun out and pushed it towards Mrs Patel the wife of the shop keeper.

“Put your hands up and give me the money in your till.”

Mrs Patel screamed and fainted on the floor. Mr Patel ran from the backroom, saw Ben and ran towards him. Ben pointed the gun at him. As the situation got more out of hand Ben shouted at Mr Patel to close the door of the shop and put his hands up.

Tracy who was outside the shop heard the noise, saw what was happening and dialled 999.



What do you think happened next?

- 1 **What do you think will happen to Ben when the Police arrive?**
 - a. They will tell him off.
 - b. Nothing.
 - c. They will arrest him and he will be charged with the possession of a replica firearm.
 - d. They will just laugh and tell the shopkeeper it was a joke.
- 2 **What is the worst thing that could happen to you if you were caught with an imitation gun?**
 - a. Nothing.
 - b. You could end up being injured or shot dead by the Police.
 - c. Shame on the family.
 - d. You could end up in prison.
- 3 **When Ben first showed Tracy the gun should she have...**
 - a. Told him to get rid of it.
 - b. Snatched it from him and run away.
 - c. Walked away from the situation and quickly gone and told a responsible adult what was going on.
 - d. Asked to borrow it to show her friends.
- 4 **When Tracy saw what was happening should she have...**
 - a. Run away.
 - b. Shouted for help.
 - c. Dialled 999 on her mobile.
 - d. Run into the shop.

Answers: 1c. 2b. 3c. 4c.

What If?...

Have you ever wondered what you might do in different situations? Well here is chance to find out.

Opposite are three incidents which are to do with guns and knives. Read through each of them and then decide at the end what you might do. There may be more than one answer to each event and you may want to discuss your ideas with others.

Answers may be different if you live in a city or in the countryside or if you are in a gang. It may even depend on whether you are male or female.



What do you think...

The twins Dean and Lucy were walking down the footpath by the railway line when they noticed a woman and a man arguing along the footpath in front of them. They stopped and watched from a distance. As the argument got more heated the man slapped the woman across the face. "We should do something," said Dean, "I'm gong to help." Dean pulled out a knife he had in his pocket and ran towards the couple.

● What could have happened next?

Kathy and Sharon were part of the 'Live' gang who hung around the garages close to the flats. 'G' the leader of the gang had called everyone together as he said he had got something to show them. The gang all met around the back of the lockups after school. 'G' took something wrapped in a cloth out of his sports bag. He turned to the members and in front of them unwrapped a shiny ball bearing gun. There was silence as he announced "From now on we rule the estate." Kathy and Sharon looked at each other a worried look on their faces.

● What do you think they should do?

Kylie was on her way home from school and taking a short cut along by the canal when she was confronted by two boys who jumped out of the bushes and demanded her iPod. "No way", she screamed. The boys started to move towards her. As they did so Kylie pulled a knife from her bag.

● What do you think was her next move?



Staying Safe

We would all like to be able to walk through the streets alone without feeling frightened, and we all have a right to be able to feel safe whatever we do. Unfortunately, sometimes that is not always possible so it is important to know what we can do to make sure that we stay safe whatever we do. Most of staying safe is common sense, and although we can not change the actions of others, we can take some steps for ourselves.

We have already talked about the signs that our bodies give us when we feel that something is not right. Once we learn to listen to our bodies, we can recognise dangers early and then we can take the appropriate action. If you start to walk down a dark alley, and your stomach turns and you start sweating because you are nervous, then choose a different route, or find someone to walk with.



Alone in the Home

- Do not tell any telephone callers that you are on your own.
- Do not give your name or number when answering the phone.
- Do not have a message on your answerphone that gives your name or number.
- If you receive an abusive or threatening phone-call stay calm and do not say or do anything. Put the receiver down near the phone. Leave it a few minutes and then return and replace it. If it happens again call the operator for advice.
- Ask for the identity card of any officials or people you do not know that call at your house. Always use a door chain.
- Keep samples of identity cards in your home so that you can check their validity.
- If you are worried that an official caller is bogus, ring to check their number or ask them to call back.
- Most identity cards will have a contact number that will allow you to check that your caller is genuine.



In the Street

- Keep to main, well-lit paths.
- Do not walk closely behind people who are walking alone.
- Do not accept unorganised lifts.
- Invest in a personal alarm.
- Walk facing the traffic.
- If a car stops and you are threatened scream and shout and set off your personal alarm - **GET AWAY QUICKLY!**
- Think about the clothes you are wearing if you have to walk home late at night, e.g. trousers are better than tight skirts.
- If attacked shout **FIRE** – not rape or help, as more people may be likely to respond.
- Carry coins for a phone call.
- Be aware of your surroundings – especially at a cash point, telephone booth, near pubs and clubs.
- Tell someone where you are going and when you will be back.
- Do not carry unreasonable amounts of money.
- Hide valuables, especially mobile phones from view. If you wear a personal stereo remember you can not hear traffic, or someone approaching behind you.
- If you have a bag, keep it closed with the fastening inwards. If you are attacked let the bag go.
- It is best to keep keys in a pocket.
- Especially when in big groups, remember that your shouts and laughter may be seen as threatening to a vulnerable person.

On Buses and Trains

- Late at night sit downstairs near the driver.
- Do not sit closely to a lone passenger on public transport.
- Do not indicate to others where you will be getting off.

In Taxis

- Check that you are using a bona fide company.
- Avoid mini-cabs or private-hire cars that tout for business.
- Always sit behind the driver.

Water Safety

- Do not go near water when you are on your own.
- If you fall in, stay calm and try to float on your back.
- If you see someone fall in, **DO NOT JUMP IN YOURSELF.** Look for something to pull them out with, i.e. a stick, clothing or a rope. If you can not get them out, throw them a floating object to hold onto then go and get help.
- People can drown in very shallow water. It does not have to be deep to be dangerous.
- When water is frozen, do not walk on it. You do not know how strong the ice is, and if it should break and you fall in, the water will be so cold that you may not be able to get out.
- If you are out walking with a dog and the dog falls into a frozen lake etc., do not follow it in, or you may end up in difficulty yourself. In nearly all recorded accidents the dog has got out on its own accord.
- If you see anyone in difficulty in water, phone the Emergency Services immediately.



Internet Safety

- Do not be taken in by people on the Internet. Sometimes men will pretend to be women and vice versa.
- People on the Internet can be much older than they are. A person could say they are 16 when they are over 50. They might even tell you they live across the street when in fact they live on the other side of the world. There is also a major risk of becoming part of a scam when people try to get you to give them your personal details and passwords. Always be on the lookout for these kinds of things.
- If you get a message asking for your bank details or for money look carefully at the way it has been written. Often it will contain spelling mistakes and incorrect punctuation. These messages are usually requests for you to provide bank details or give out personal information. Never give them any information just delete the email.
- If you receive spam emails from people you do not know - do not open the files. They may contain a virus that could damage your computer.
- Make sure you protect your computer by using up-to-date anti-virus software.

Trojan Horse is a virus that is used by hackers to get into your computer.

Computer Worm This does not have to fix itself to a program but can send copies of it to other computers.

Virus This copies itself and infects your computer but without you knowing about it.

Cyberbullying

- Cyberbullying is when you receive hurtful messages by text or on your phone.
- Cyberbullies are often looking for a reaction. If you do not give them one they may go away.

If the messages keep on coming you need to speak to a trusted adult.



Remember!

Whilst the Internet can be great fun it can also be a dangerous place.

- Never release private information about yourself.
- Never agree to meet someone you have chatted with online and you do not know personally.
- Never trust what you read on social websites such as Facebook or Twitter as you cannot guarantee that it is true.
- Never disclose your full address, full name, telephone number, passwords or credit card numbers.
- Never use your real name in a chat room. Instead pick a special nickname.
- Never get into a conversation online that makes you feel uncomfortable. If this starts to happen exit at once and tell an adult.
- Never say how old you are or give out your real name or address.



Remember!

If you are doing a part-time job or are out in the evening

- Be sure your parents know where you are, and how to contact you.
- Go out with friends and return with them.
- If you go out alone, have transport arranged for coming home before you leave.
- If you are out and your lift does not turn up, phone and find out why - do not leave alone.
- Do not take a lift with someone you have just met.
- Only take jobs like baby-sitting through friends or family - if you answer an advert take a friend or parent along to check it out.
- If you are baby-sitting get a number where you can call the child's parents.
- Do not open the door to anyone.
- Do not tell anyone who telephones you are on your own.
- On a paper round, never go into a stranger's house or take a lift.
- Wherever you are, make sure you know how to make an emergency phone call and the quickest way out.



How you can help...

Staying safe does not only mean looking after yourself, it means caring for those who can not look after themselves.

Why not do some research to find out which inhabitants need help in your community?

Then you could:

- Take notice if you see a young child who seems lost or in distress and do something. Remember they may have been told not to talk to strangers - you may need to get help.
- Provide people in your area with information about personal safety, security measures, avoiding street crime and bogus callers. This will help to improve understanding between residents of all ages and enable everyone to become more involved in the community.
- Write and perform a home security play for 'vulnerable' residents.
- Offer to help fit door-chains free of charge for elderly people to reduce their fear of crime.
- Make regular visits to elderly and sick people to ensure that they are alright.
- Distribute a specimen identity card list to people who live alone to prevent bogus officials tricking their way into residents' homes.
- Produce a video warning of the dangers of letting strangers into your home.



Female Safety: A SHARED RESPONSIBILITY

We have already discussed personal safety precautions on the previous page, but here are some extra points that we should consider on the subject of female safety.

Many women are so frightened of being attacked that their quality of life suffers. We must all do whatever we can to reduce their fear.

Here are some suggestions of what men can do to make women feel safer:

- Do not walk behind a woman who is on her own – cross the road.
- Do not sit too close to a single woman on public transport.
- Do not try to be too chatty with a woman who is on her own.
- Remember that your 'friendliness' could be misconstrued as threatening behaviour.
- No staring, whistling or making passing comments - especially if you are in a group of other males.

Whatever you decide, here are some tips that may help you to cope with the experience:

- Move quickly.
- Make as much noise as possible.
- Use your umbrella, hairspray or keys against the attacker.
- Try to breathe deeply and steadily.
- Do not argue.
- Stay as calm as possible.
- Do not fight with the attacker but do try to escape.
- When you do escape, head for a well-lit and populated area.



Remember!

If you are attacked...

It is important that you consider the possibility of attack in advance.

Ask yourself if you are physically strong enough to fight back immediately or if you would play along with the attacker and choose your moment to escape.



Self-Defence

One of the best ways of boosting self-confidence and protecting yourself must be the art of self-defence.

Naturally, the best way to learn self-defence is through a regular class but, in case you have difficulty getting to a class immediately, here are some self-defence tips.

The art of self-defence is as much about timing as force. You certainly do not have to be the strongest person in the world to practice it, but you do have to be able to target your energies effectively. No matter how frightened you are, it is important that you choose your moment to escape carefully.



Remember!

DO NOT BE TEMPTED TO CARRY AN OFFENSIVE WEAPON - a personal alarm would be sensible though.

- If you are grabbed from the front, bring your hands up through the attacker's arms. Use the heel of your hand to hit his chin or nose.
- A poke in the eye will knock the attacker off balance and often give you enough time to escape. Biting the attacker's hand or arm will also have the same effect.
- If you are grabbed round the neck, take hold of the attacker's little fingers and pull back hard.
- If you see the attacker coming towards you, scream and spit at him. If he manages to take hold of you, knee him in the groin.
- If you are grabbed from behind, stamp on the attacker's foot or scrape your heel down his shin.



If The Worst Does Happen...

If you are attacked, or if someone you know is attacked, **REPORT THE INCIDENT TO THE POLICE IMMEDIATELY.** It could mean the difference between an arrest and the attacker striking again.

Do not be afraid to report the incident. Your case will be treated sympathetically and in confidence. Police Forces have specially-trained Officers who will be able to give you the advice and counselling you need. Remember too that it is a serious crime whether it is committed by a stranger or someone you know.

Whilst you are waiting to speak to the Police:

- Write down all the facts that you can remember about the attack.
- Do not drink alcohol.
- **DO NOT WASH OR CHANGE YOUR CLOTHES.**

The Police will want to know as many details as possible about your attacker.

Here are some things that the Police will ask you about:

- Have you seen the person before?
- What height / build were they?
- What was their hair like?
- What shape was their face?
- Did they have a moustache or beard?
- Did they have any distinguishing marks or tattoos?
- Was their mouth wide or narrow?
- Did they have an accent?
- How old was he/she?
- What was their complexion like?
- What colour were their eyes?
- What were they wearing?



How you can help...

Here are some ideas for projects on female safety:

- Carry out a community crime survey.
- Interview young women in your area and collect their thoughts on crime.
- Distribute information about staying safe.
- Distribute information about personal alarms.
- Provide advice on self-defence.
- Organise an Activity Safety Day for young women.
- Hold discussions with local councillors and other community leaders to bring about improvements in street-lighting conditions etc.
- Organise personal safety displays at local shows, fêtes etc.



Remember!

By helping the Police to arrest your attacker, you could be preventing them assaulting someone else.



Domestic Abuse

If you are being assaulted, either physically or emotionally, or being threatened, by someone you live with, then you are a victim of domestic abuse.

What is domestic abuse?

Domestic abuse is physical, sexual, psychological abuse or threats against a person by any other person with whom the victim is, or has been, in a domestic relationship. Children suffer from domestic abuse if they witness, or are put at risk of witnessing the abuse of a person with whom they have a domestic relationship. Domestic abuse may be a single act or a number of acts forming a pattern of behaviour, even though some or all of these acts when viewed in isolation may appear to be minor or trivial.

What can the law do to help?

Solicitors play a key role in offering legal advice to victims of domestic abuse and are often the first professionals victims turn to for advice. A solicitor is able to take swift and appropriate measures to offer legal protections. Solicitors give advice on child abduction cases, forced marriage, housing, health, and educational issues. They apply for maintenance payments, liaise with governmental and non-governmental agencies, advise on welfare benefits, help the victim look for a solution to their housing needs and revise wills.

Members of the public can find specialist family law solicitors in their area by calling the Law Society on 0870 606 6575 or on-line at www.solicitors-online.com

Specialist Domestic Violence Courts

More magistrates' courts in England and Wales specialise in dealing with domestic violence cases. The specialist domestic violence courts provide independent advisers and Police for victims and dedicated prosecutors, as well as magistrates, legal advisers and Police Officers specialising in domestic violence cases. Some courts also have separate entrances and waiting areas so that victims do not encounter their attackers. A solicitor is able to advise where specialist domestic violence courts are located.



Remember!

- One in 4 women suffer from domestic abuse in their lives.
- 50% of those experiencing domestic abuse have children under 16 in their homes, and witnessing abuse can be very damaging for young people.

Some Facts And Consequences



Did you know?

Domestic abuse includes a whole range of abusive behaviour within the home. It is not always violent behaviour.

It can be:

- Psychological.
- Financial.
- Emotional.
- Sexual.

...as well as physical abuse.

Domestic abuse is experienced by men and women, but 90% of all reported cases are by men on women.

Physical domestic abuse can involve:

- Slapping.
- Hitting.
- Punching.
- Bruising.
- Holding.

Here are some other abusive things that might happen:

- Choking.
- Pulling hair.
- Burning.
- Using weapons.
- Pinning someone against the wall.
- Making threats.
- Calling someone names.
- Leaving obscene messages.
- Humiliating someone.

...the list goes on and on.



Remember!

- People are often still affected by domestic abuse years later.
- Parents can use abusive language against their children.
- Parents can find it difficult to protect their children.
- Individuals may be unable to carry out ordinary tasks.
- Children can be left confused about what is going on.
- Children may lack respect for the non-abuser.
- Children could suffer at school.
- Children may find they do not want to go to school but stay at home instead to protect an abused member of the family.

In addition those suffering may...

- Not be allowed to use the phone.
- Be forced to move to a remote area.
- Not be allowed to leave the house on their own.
- Be isolated from friends and family.
- In very extreme cases be denied warmth, food, toilet or washing facilities.

After suffering like this those who have been abused feel unwanted and lack confidence.

Forms Of Abuse

We tend to think of abuse as physical violence or assault. In reality abuse is the summary of physical, sexual and physiological abusive behaviours directed by one person to another. Abusers often use these behaviours to control other people and get their way.

Financial Abuse

Money and responsibility become tools by which the abuser can further control the victim. It can include the following:

- Preventing them from getting or keeping a job.
- Having to account for every penny they spend.
- Demanding their money.
- Forcing them to beg or commit crimes for money.

Verbal Abuse

- Yelling or shouting at you.
- Making threats.
- Insulting you.
- Being sarcastic or critical of your interests, opinions or beliefs.
- Humiliating you in private or in company.
- Refusing to discuss issues which are important to you.
- Laughing or making fun of you.
- Leaving nasty messages.

Physical Abuse

Physical assault is the most obvious form of domestic abuse, the most visible and ultimately the most lethal.

Emotional Abuse

Many forms of abuse are cruel. Emotional abuse is more subtle. Quite often such abuse goes unseen, as even the victim does not recognise that they are being abused. Although emotional abuse does not leave physical marks, it is often more seriously damaging to their self esteem. Emotional abuse often follows physical or sexual abuse.

- Checking up on you.
- Moving to an isolated area.
- Ensuring you lack transport or a telephone.
- Making your friends feel uncomfortable when they visit so they stop coming.
- Demanding a report on your actions and conversations.
- Not allowing any activity which excludes the abuser.
- Finding fault with your friends/family.



Sexual Abuse

Sexual abuse can occur amongst adults, so that it can be a form of domestic abuse and children and young people too are sometimes sexually abused. Few crimes affect victims as severely as those of sexual abuse.

Both men and women can be abusers and the abuse often occurs when a trusting relationship has been established between the abuser and their victim. e.g. with a parent, grandparent, family friend, babysitter, neighbour.

Unfortunately, sexual abuse is still very much a taboo subject within our society, despite the fact that it can involve people of every race, gender, age and class. If a young person is being sexually abused it is unlikely that they will talk openly about it and each individual victim can react very differently. Often there are no physical scars or bruises, but more often behavioural changes. Specific effects can depend on the time period over which the abuse has occurred, the relationship between the abuser and the abused and the character of the victim themselves.



How you can help...

DO NOT...

- Overwhelm the victim with your own feelings.
- Interrupt.
- Pry or question.
- Make promises you can not keep.

DO...

- Take them seriously.
- Stay calm.
- Comfort them.
- Listen very carefully.
- Give time and patience.
- Develop trust.
- Praise their courage.
- Reassure them.
- Tell them they are not responsible.
- Make them feel secure.



Remember!

Every young person has the right to be protected from sexual abuse.

A Personal Story

Even though a victim of sexual abuse will want the abuse to stop, they may still love the abuser and they may be frightened about getting them into trouble.

If the abuse is going to be stopped for good, the local Child Protection Unit, Social Services and the Police may all be called on for help and advice, but the victim should not be pressurised into making a complaint. It is important to make sure that the victim knows that officials from such organisations are their friend and not their enemy. The abuser might well have told the victim that the Police etc are 'out to get them'.



Lisa's Story...

Lisa was 5 years old when her grandad started abusing her. She would go to stay overnight with him and her grandma sometimes when her mum had to work night shifts. At first grandad said it was a special game just between the two of them, but over time he became more and more forceful, coming to her room at night and ignoring her when she said she was frightened and uncomfortable and asked him to stop. She knew what her grandad did to her was wrong and also felt that her grandma really knew what was going on, but did not say or do anything to make it stop. Her grandad had also warned Lisa that if she told anyone about their 'special secret' he would tell Lisa's mum that she had asked him to do these things to her and make her mum send her away.

It was only when Lisa was 15 years old and her grandad had died that she felt she could speak out about what had happened to her all those years ago. She had always found it difficult to make friends, her self-esteem was very low and she suffered feelings of acute anxiety, agitation and guilt, still partly believing what her grandad had told her, that she was to blame for the way he behaved.

Lisa's only wish is that she knew then what she knows now...



Remember!

There are people and services who can and want to help.



If You Need Help...

■ General

ACTION FOR CHILDREN

Website: www.actionforchildren.org.uk

AGE CONCERN Tel: 0800 00 99 66

ANTI-BULLYING ALLIANCE

Website: www.anti-bullyingalliance.org.uk

ANTI-BULLYING CAMPAIGN

Tel: 0207 378 1446

ASSOCIATION OF BRITISH INSURERS (ABI)

Tel: 020 7600 3333

Website: www.abi.org.uk

BEAT BULLYING

Website: www.beatbullying.org

BRAKE Tel: 01484 559 909

Website: www.brake.org.uk

BRITISH TRANSPORT POLICE

Tel: 0207 828 1212

BRITISH YOUTH COUNCIL

Tel: 0845 458 1489

Website: www.byc.org.uk

CATCH 22 Tel: 01793 863 500

Website: www.catch-22.org.uk

CHARTERED INSTITUTE OF ENVIRONMENTAL HEALTH

Tel: 020 7928 6006

Website: www.cieh.org

CHILDLINE

Tel: 0800 1111 (Ireland: 1 800 666 666)

Website: www.childline.org.uk

CITIZENS ADVICE BUREAU

Website: www.citizensadvice.org.uk

CONNEXIONS DIRECT Tel: 080 800 13 2 19

Website: www.connexions-direct.com

CRIMESTOPPERS Tel: 0800 555 111

Website: www.crimestoppers-uk.org

CRIMINAL INJURIES COMPENSATION AUTHORITY

Tel: 020 7842 6800

CRUSE BEREAVEMENT FOR YOUNG PEOPLE

Tel: 0808 808 1677

Website: www.crusebereavementcare.org.uk

CYBERMENTORS Tel: 0208 771 3377

Website: www.cybermentors.org.uk

DEPT. TRANSPORT, ENVIRONMENT AND REGIONS

Tel: 020 7944 3000

EQUALITY & HUMAN RIGHTS COMMISSION

Tel: England: 0845 604 6610

Scotland: 0845 604 5510

Wales: 0845 604 8810

Website: www.equalityhumanrights.com

GLA YOUNG LONDON

Website: www.london.gov.uk/young-london

HOME OFFICE Tel: 020 7273 3963

HOME OFFICE CRIME REDUCTION COLLEGE

Tel: 01347 825 060

HOUSING CORPORATION

Tel: 020 7393 2000

Website: www.housingcorp.gov.uk

IMMOBILISE

Website: www.immobilise.com

KEEP BRITAIN TIDY Tel: 01942 612 621

Website: www.keepbritaintidy.org

KIDS COMPANY

Tel: 0845 644 6838
 Website: www.kidsco.org.uk

KIDSCAPE

Website: www.kidscape.org.uk

LOCAL GOVERNMENT ASSOCIATION

Tel: 020 7664 3131
 Website: www.lga.gov.uk

MEDIATION UK

Tel: 0117 904 6661
 Website: www.mediationuk.org.uk

**NATIONAL ASSOCIATION FOR THE
 CRIME AND RESETTLEMENT OF
 OFFENDERS (NACRO)**

Tel: 0800 0181 259
 Website: www.nacro.org.uk

**NATIONAL NEIGHBOURHOOD
 WATCH ASSOCIATION**

Tel: 020 7772 3348
 Website: www.neighbourhoodwatch.net

NHS DIRECT

Tel: 0845 4647
 Website: www.nhsdirect.nhs.uk

NSPCC HELPLINE

Tel: 0800 800 500
 Website: www.nspcc.org.uk
 or: www.there4me.com

PLANNING INSPECTORATE

Tel: 0117 987 8000

RAPE CRISIS FEDERATION

Tel: 0161 272 7005
 Website: www.rapecrisis.org.uk

REFUGE

(National Domestic Violence Helpline)

Tel: 0808 2000 247
 Website: www.refuge.org.uk

**ROSPA - ROYAL SOCIETY FOR THE
 PREVENTION OF ACCIDENTS**

Tel: 0121 248 2000
 Website: www.rospa.co.uk

RSPCA

Tel: 0870 55 55 999
 Website: www.rspca.org.uk

SAFE DRIVE STAY ALIVE

Website: www.safedrivesstayalive-london.com

STOP HATE UK

Tel: 0800 138 1625
 Website: www.stophateuk.org

THE HIDEOUT

Website: www.thehideout.org.uk

THE SAMARITANS

Tel: 08457 90 90 90
 Website: www.samaritans.org.uk

**THE SHELTER CHILDREN'S SERVICE
 ADVICE LINE**

Tel: 0845 421 4444
www.met.police.uk/youngpeople/docs/childrens_adviceline_leaflet.pdf

THINK ROAD SAFETY

Website: www.dft.gov.uk/think

VICTIM SUPPORT LINE

Tel: 0845 3030 900
 Website: www.victimsupport.org.uk

VOICE UK

Tel: 080 880 2 8686
 Website: www.voiceuk.org.uk

WOMEN'S AID FEDERATION

Tel: 0808 2000 247
 Website: www.womensaid.org.uk

UK YOUTH PARLIAMENT

Website: www.ukyouthparliament.org.uk

YOUTH 2 YOUTH

Tel: 020 8896 3675
 Website: www.youth2youth.co.uk

Alcohol

**ALANON FAMILY GROUPS UK
 AND EIRE AND ALATEEN**

Tel: 020 7403 0888 (24-hour)
 Website: www.aa-uk.org.uk

ALCOHOLICS ANONYMOUS

Tel: 0845 769 7555
 Website: www.alcoholics-anonymous.org.uk

ALCOHOL CONCERN

Tel: 020 7264 0510
 Website: www.alcoholconcern.org.uk

ALCOHOL FOCUS - SCOTLAND

Tel: 0141 572 6700
 Website: www.alcohol-focus-scotland.org.uk

DRINKLINE

Tel: 0800 917 8282 (freephone)

HEALTH PROMOTION WALES

Tel: 01222 752222

SCOTTISH COUNCIL ON ALCOHOL

■ Drugs

ADFAM

Tel: 020 7553 7640

Website: www.adfam.org.uk

DRUGS HELPLINE - TALK TO FRANK

Tel: 0800 77 66 00

Website: www.talktofrank.com

DRUG MISUSE IN SCOTLAND

Tel: 0131 275 6050

Website: www.drugmisuse.isdscotland.org

DRUGSCOPE

Tel: 020 7520 7550

Website: www.drugscope.org.uk

HEALTH EDUCATION BOARD - SCOTLAND

Tel: 0131 536 5500

Website: www.healthscotland.com

RELEASE

Tel: 0845 4500 215

Website: www.release.org.uk

RE-SOLV

Tel: 01785 810 762

Website: www.re-solv.org

TACADE

Tel: 0161 836 6850

Website: www.tacade.com

■ LGBT

ALBERT KENNEDY TRUST

Tel: 020 7831 6562

Website: www.akt.org.uk

BIG UP GROUP@GMFA

Tel: 020 7738 6872

Website: www.bigup.co.uk

BLACKLINERS

Tel: 020 7738 5274

BROKEN RAINBOW HOTLINE

Tel: 07812 644 914

Website: www.lgbt-dv.org

GALOP

Tel: 020 7704 2040

STONEWALL

Tel: 08000 502 020

Website: www.stonewall.org.uk

THE RUBICON SOCIETY

Tel: 020 8252 2623

TRUE VISION

Website: www.report-it.org.uk/

■ Guns and Knives

2SMART

Website: www.2smart.co.uk

CALLING THE SHOTS

Tel: 020 7922 7817

Website: www.callingtheshots.org.uk

DON'T TRIGGER

Website: www.dont-trigger.com

DROP THE WEAPONS

Tel: 0208 771 3377

Website: www.droptheweapons.org

HOME OFFICE

Website: www.homeoffice.gov.uk/crime-victims/reducing-crime/gun-crime/

KNIFE CRIMES

Website: www.knifecrimes.org

SHADOWCS

Website: www.shadowcs.co.uk

STOP KNIFE CRIME

Website:

www.bebo.com/itdoesnthavetohappen

STOP THE GUNS

Website: www.stoptheguns.org

■ Smoking

ASH

(Action on Smoking and Health)

Tel: 020 7739 5902

Website: www.ash.org.uk

ASH Northern Ireland

Tel: 028 9049 2007

ASH Scotland

Tel: 0131 225 4725

ASH Wales

Tel: 029 2064 1101

NATIONAL CHILDREN'S BUREAU

Tel: 020 7843 6000

Website: www.ncb.org.uk

QUIT (Northern Ireland)

Tel: 01232 663439

QUITLINE

Tel: 0800 00 22 00 (freephone)

Website: www.quit.org.uk

VOLATILE SUBSTANCES

Tel: 0800 77 66 00

(freephone 24-hour)

RESPECT YOUR LIFE, YOUR CHOICE!

Personal Safety Advice for Young People

▶▶ On Foot



- If you can it is always good to walk with someone else. Always walk in well-lit areas and do not take short cuts such as alleyways or wooded areas.
- Always let someone else know where you are going and inform them when you arrive.
- Think about safe places on your route such as a friend's house, or a shop or public building where you can go to ask for help. At night, look for a house with lights on, with signs of young people living there such as bikes or scooters in the front garden.
- If you feel uneasy about someone who is walking ahead of you cross the road to avoid them.
- Walk in the centre of the pavement towards on coming traffic.
- Never accept a lift from ANYONE, unless you have previously agreed it with your parents, career or guardian.
- Stay alert! Leave your personal stereos off - they stop you being aware of what is going on around you.
- Avoid parked cars with their engines running and people sitting in them - you could be dragged into the car.
- If a car pulls up alongside you, turn around and walk in the other direction - you can turn around much faster than a car.
- Have your keys ready so you can get into you home quickly.
- If you are worried, frightened or think you may be in danger, **call 999**.

▶▶ On Transport



- Choose an open carriage where there are several other passengers.
- Travel downstairs on buses, particularly if you are alone.
- Take an aisle seat and sit as near to the driver as possible.
- If someone sits by you and makes you feel uneasy then get up and move.
- Try not to use lonely bus stops.
- Be aware that pickpockets and robbers operate on buses, trains and tubes, keep you personal property out of sight.

▶▶ Home Alone



- If possible let a parent or guardian know that you are at home by yourself.
- If there is a knock at your door do not open the door before checking who it is.
- Avoid telling anyone that you are alone. If necessary say that you parent/carer is in the bath and they cannot get to the door.
- If someone calls (like a gas/electric meter reader) tell them it is not convenient and to telephone for an appointment.
- Make sure you know where to find the phone numbers of people to call in an emergency.

▶▶ Keep your personal possessions safe!



- Keep your phone separate from the rest of your possessions so you can find it easily.
- Keep your possessions out of sight, so you are less likely to be robbed.
- Jackets and bags on the backs of chairs make easy targets. Be careful where you leave them.
- If you get robbed do not fight back, property can always be replaced. It is safer to give them what they want.

**POLICE
EMERGENCY**

CALL 999

►► Bullying

- Bullying can take many forms, for example name calling, being pushed, hassled or threatened.
- Bullying can occur because of your age, disability, faith, gender, race or sexual orientation.
- If you are, or know of someone who is being bullied, do not be afraid to let someone know.
- Tell a parent, carer, friend, teacher, youth worker, police officer or someone else you trust.
- For help and advice on bullying you may call **Childline on 0800 1111**.

►► Drugs & Alcohol



- The only way to guarantee avoiding problems with all drugs and alcohol is not to take them at all.
- There is no quality control with illegal drugs. You do not know how strong it is or even what is actually in a drug.
- If you are 18 years and under, are found in possession of cannabis you may be arrested, charged and go to court, receive a criminal conviction or end up in custody.
- Never agree to hold or carry drugs for anyone.
- Never accept a drink from someone you do not know or trust, it could have been spiked. Drinking alcohol can affect your judgement and could make you vulnerable. You may become unaware of your surroundings; feel drowsy or even become unconscious.
- **Talk to Frank (drugs advice)**
www.talktofrank.com

►► Guns, Knives & Consequences



- Guns and knives are not cool; they do not command respect and you cannot carry a gun or a knife as an excuse to protect yourself.
- If you carry a gun or knife you could be arrested, go to court, be given a criminal conviction or even end up in custody.
- The gun or knife could be used against you.
- It is an offence to have an imitation firearm in a public place. If convicted you could receive 6 months in prison.
- BB guns (Ball Bearing Guns) count as imitation firearms.
- www.stoptheguns.org
- www.itsnotagame.org

►► Mobile Phones



- The IMEI is your phone's unique identifying number and is used by police to trace lost or stolen phones.
- Make a note of your handset IMEI number. This can be found on the box the phone came in, on your contract, on a label behind the phone battery or key in ***#06#**.
- You can register your phone for free on the IMEI database at www.immobilise.com.
- Immediately inform police if your phone is stolen and inform your network provider if it is lost or stolen. Ask your network to block your handset from further use, and remember to update your immobilise account with lost or stolen details.
- Ring immobilise on **08701 123 123** for your networks' telephone number.
- Teach your parent/carer to text so that he/she does not always have to call you.
- Set your phone to vibrate or discreet so you are not a target for phone thieves.
- Do not walk while you talk or text, so you are aware of what is going on around you.
- Avoid using your phone when you are near the Tube or train stations, robbers frequent these areas.
- You can still dial 999 even if you have no credit.
- You can call 100 in a phone box to reverse the charges, so if your phone is out of action you can still call home.



►► Who Can Help?



Children's
Safety
Education
Foundation
Aware, Alert, Alive!

Police, fire or ambulance.
In an emergency dial 999.

Crimestoppers **0800 555 111**
(Call anonymously with
information about crime)
www.crimestoppers-uk.org

Childline **0800 1111**
(bullying advice)
www.childline.org.uk

Talk to Frank **0800 77 66 00**
(drugs advice)
www.talktofrank.com

Victim support **0845 3030 900**
(London)
www.victimsupport.org.uk

NHS Direct **0845 46 47**
(health advice)
www.nhsdirect.nhs.uk

www.csef.net



Children's Safety Education Foundation

Aware, Alert, Alive!



'The health, well-being and safety of our young people is vitally important and so I was pleased to hear of the valuable work the Foundation is doing to promote child safety. I was particularly pleased to hear of the success you have had in adopting a partnership approach with high profile commercial organisations.'

Rt. Hon. Jacqui Smith, MP

'The very positive response from children, teachers, parents and police officers show that these activity books are an excellent resource for young people.'

Superintendent Adrian Robot, Metropolitan Police Service

'The clear and involving nature of some of the content should stimulate, engage and encourage children to think and make decisions themselves.'

Risk Education Team, Health & Safety Executive

'We were encouraged to see the efforts that your organisation is making for the benefit of children's safety.'

Children and Young People's Unit

'The content of the booklets are very full, accurate and extremely informative.'

Schools Council UK

'Thank you for bringing education and industry together in this way. Something positive and useful.'

Head of PSHE, Tytherington School



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