

Tackling Safety

E Safe

» S is for SAFE

Keep safe by not giving out personal information to others such as your email address, phone number, home address or school photos.

» M is for MEETING

Don't agree to meet up with someone you have only been chatting to online and you don't know in the real world. Make sure you have a parent or carer's permission and they can come along to the meeting.

» A is for ACCEPTING

Don't accept emails, pictures, files or texts from people you don't know or trust. This could lead to problems as they may contain viruses or nasty messages.

» R is for RELIABLE

Information you may find online may not be true and people can lie about who they are. Some people will pretend to be a child.

» T is for TELL

Tell a parent, carer or trusted adult if someone

or something makes you feel uncomfortable or worried, or if someone you know is being bullied online. You can visit www.thinkuknow.co.uk or www.ceop.police.uk for advice, or to report inappropriate on-line behaviour.

Remember - Don't post any photos or video on-line that you wouldn't show your teacher!
It can stay on-line forever and can be shared or changed by anyone.

In your home

- » If you go home to an empty house, call someone to let them know that you have arrived home safely.
- » Don't open the door to an unknown or unexpected caller. Ask them to call back later (when an adult is home).
- » Make sure you know who to call in an emergency and where to find the phone numbers.
- » Home is somewhere to be safe and feel safe. If you have concerns about your home life speak to someone you can trust like your teacher, a Police Officer or contact ChildLine on **0800 1111** or www.childline.org.uk

Out & About

- » Let someone know where you are going and when you will be back. If you can, walk with a friend, keeping to well lit and busy areas.
- » MP3 players are great but stop you from hearing what's happening around you. Hoodies can also effect what you can see.
- » Never get into a strangers car if someone stops to ask directions or offers you a lift.
- » Remember that you can call 999 even if you have no credit.
- » Look confident. Bullies tend to pick on those who look scared.
- » Walk away from groups that might provoke you.
- » Have fun when you're out but remember how your actions affect others.

It's your property, keep it that way

- » Keep your mobile and other valuables out of sight and safe.
- » Property mark your valuables and keep a record of serial numbers. If you key in ***#06#** in to any mobile it will give you that phones unique 'imei' number. You will need this if your phone is lost or stolen.
- » Record your property details for free on the UK's National Property Register. Visit www.immobilise.com today!



Bullies

- » Bullying can happen in lots of ways and can be difficult to deal with.
- » Remember you are not the problem, the bully is and there is always help out there. **Remember 'Keep your friends around you'**
- » Be proud of who you are! You have possibly already tried ignoring the bully or asked them to stop. You should always tell an adult you can trust.

This is not telling tales, adults can help you to stop the bullying.

- » If the bullying is about your faith, ethnicity or disability visit www.bullying.org.uk for help and advice.
- » Have a look at www.cybermentors.org.uk where you can get support.



Road Safety

- » **Stop** Find the safest place to cross then stop. Stand on the pavement near the kerb or the edge if there is no kerb.
- » **Look** Give yourself lots of time to have a good look all around. Make sure you can see if anything is coming and drivers can see you.
- » **Listen** carefully because you can sometimes hear traffic before you can

see it. Never cross the road whilst chatting to people, listening to your MP3 player or talking on your mobile phone. When it is safe to cross, walk straight across the road. Do not walk diagonally. Keep looking and listening for traffic while you cross.

- » For lots more about road safety visit www.talesoftheroad.direct.gov.uk

Train and Bus

- » Choose a busy carriage and if you feel uneasy about someone, move away to another seat.
- » Travel downstairs on the bus if you're alone, you can be cut off upstairs.
- » Try to wait for a bus or train where it is well lit and near other people. Avoid isolated stops if you can and keep an eye on those around you.



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The Only national police children's charity
Order these leaflets online at www.embrace.cvoc.org.uk

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