

Think safe  
Be safe

Information designed to  
help children &  
young people stay safe

Calderdale Prevention Team

EVERYONE  
MATTERS  
DIFFERENT

# On Foot



- If you can it's always good to walk with someone else. Always walk in well-lit areas and don't take short cuts such as alleyways or wooded areas.
- Always let someone else know where you are going and inform them when you arrive. Let them know of any changes to your plans.
- 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.
- If you feel uneasy about someone who is walking ahead of you, or behind you, cross the road to avoid them.

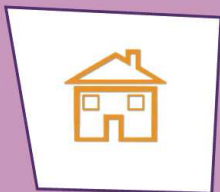
- Walk in the centre of the pavement towards on coming traffic.
- Never accept a lift from ANYONE, unless you have previously agreed it with your parents, carer or guardian.
- Stay alert! Leave your personal stereos off - they stop you being aware of what's going on around you.
- Look after your keys.
- If you are worried, frightened or think you may be in danger, call 999.

# On Public 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 somebody sits by you and makes you feel uneasy then get up and move.
- Try not to use isolated bus stops.
- If you are worried or feel in danger on a bus or train - speak to the conductor or driver.
- If the driver or conductor is not around and it is an emergency pull the communication cord.
- Carry a personal attack alarm with you.

# Home Alone



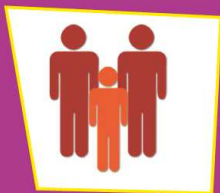
- If possible let a parent or guardian know that you are at home by yourself.
- If there is a knock at your door do not open the door before checking who it is.
- Avoid telling anyone that you are home alone. If necessary say that your parent/carer is in the bath and they can't get to the door.
- If someone calls (like a gas/electric meter reader) tell them it is not convenient and 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 have them stolen.
- Jackets and bags on the backs of chairs make easy targets. Be careful where you leave them.
- If you get threatened for your property, don't fight back, property can always be replaced. It's safer to give them what they want.
- It is advisable to mark your property with your name or postcode.

# 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, don't be afraid to let someone know.
- Tell a parent, carer, friend, teacher, youth worker, police officer or someone you can trust.
- For help and advice on bullying you can call Childline on 0800 1111.

# Cyber Bullying



- Cyber bullying is using any offensive, threatening, intimidating, inappropriate words or pictures using electronic equipment. This includes e-mail, websites, (e.g. Facebook, Twitter, Bebo) and mobile phones.
- Do not give out personal information.
- Report any abusive or nasty messages straight away – **Do not reply to them.**
- Tell a Parent/Guardian/Teacher or other responsible adult if you are bullied. It is the same as being bullied face-to-face.

# Drugs & Alcohol



- The only way to guarantee avoiding problems with all drugs and alcohol is not to take them at all.
- 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.
- Tobacco contains a drug called nicotine which is addictive.
- A cigarette contains 4000 chemicals, many are harmful to your health.
- Shopkeepers are not allowed to sell tobacco to anybody under the age of 18 years.
- Alcohol is a drug found in drinks like beer, lager, alcopops, cider, wine and spirits.

- The effects of alcohol could be your speech becomes slurred, your co-ordination is affected and your emotions are heightened.
- Cannabis **IS** an illegal drug which can impact on your health.
- For information and advice on drugs you can go to Talk to Frank at:  
[www.talktofrank.com](http://www.talktofrank.com)

# Anti-Social Behaviour



- **Anti-social behaviour** is any behaviour which is viewed as harassing, intimidating or threatening activity that scares people or damages their quality of life.
- Some examples are:
  - Noisy behaviour in the street
  - Vandalism and graffiti
  - Street drinking
  - Setting off fireworks late at night
  - Dropping litter
- An **Acceptable Behaviour Contract (ABC)** is given to a young person to spell out what they must stop doing. If they don't stop, they may be taken to court and receive an Anti-Social Behaviour Order (ASBO).

- If you sign an ABC, you and your parents/carers agree a contract in which you agree to stop the patterns of behaviour that are causing nuisance to the local community and undertake activities to address your behaviour.
- An **Anti-Social Behaviour Order (ASBO)** can be used against anyone who is 10 years of age or over who has behaved in a manner that has caused, or was likely to cause harassment, alarm or distress to someone or some people, who do not live in their own household.
- An ASBO can stop the young person going to places, doing particular things or seeing certain friends.
- If you break the terms of an ASBO, you can go to custody or a prison, known as a **Young Offender Institution (YOI)**

# Knives & Consequences



- Knives are not cool; they do not command respect and you cannot carry a knife as an excuse to protect yourself.
- If you carry a knife you could be arrested, go to court, be given a criminal conviction, or even end up in custody.
- The knife could be used against you.

By carrying a knife you:

- Are giving yourself a false sense of security.
- Could be arming an attacker, increasing the risk of getting stabbed or injured.
- Are breaking the law.

**It makes sense NOT TO CARRY A KNIFE and walk away from confrontation - it's the hardest thing to do but a lot safer.**

# 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's battery or key in \*#06#.
- You can register your phone for free on the IMEI database at [www.immobilise.com](http://www.immobilise.com)
- Immediately inform the Police if your phone is stolen, and inform your network provider if it has been 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 network's telephone number.
- Teach your parent/carer to text so that he/she doesn't always have to call you.

- Set your phone to vibrate or discreet so you are not a target for phone thieves.
- Don't walk while you talk or text, so you are aware of what's going on around you.
- 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?

Police, fire or ambulance  
In an emergency dial 999

Neighbourhood Police Team  
[www.westyorkshire.police.uk/npt](http://www.westyorkshire.police.uk/npt)

Crimestoppers (call anonymously with  
information about crime)  
0800 555 111  
[www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)

Childline (bullying advice) - 0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

Talk to Frank (drugs advice) - 0800 77 66 00  
[www.talktofrank.com](http://www.talktofrank.com)

Victim Support - 0845 3030 900  
[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

NHS Direct (health advice) - 0845 46 47  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

Prevention Team  
Calderdale Youth Offending Team  
01422 368279  
[www.calderdaleyot.org.uk](http://www.calderdaleyot.org.uk)

Calderdale  
Prevention  
Service