

SAFER
CLEANER
GREENER

Personal safety tips for young people

- Try to walk with a friend or stay near a group of people.
- Always take the route you know best and try to use well lit, busy streets.
- If a vehicle pulls up suddenly alongside you, turn and walk in the other direction – you can turn much faster than a car.
- If you think you're being followed, cross the road, and turn to see who is behind you. If you're still being followed, keep moving. Head for a busy area and tell people what is happening. If necessary, call the police.
- If you're wearing headphones or chatting on your mobile phone you can't hear trouble approaching.
- Never accept a lift with a stranger or someone you don't know very well even if you are wet, tired or running late.
- Avoid danger spots like quiet or badly lit alleyways, subways or isolated car parks. Walk down the middle of the pavement if the street is deserted.
- Think about carrying a personal alarm.

For more information contact Thames Valley Police



**Bracknell
Forest
Council**