



STAY SAFE

PERSONAL SAFETY

WHEN YOU ARE OUT

Clubs & Pubs

- Make a plan with friends before you set off about arrangements to get home if separated and stick to them!
- If it is not possible to stay together, take a mental note of where they are going and who they are with
- **NEVER** leave drinks unattended



- If offered a drink from someone you don't know, go to the bar with them
- Soft drinks can be spiked with alcohol/drugs
- If you notice a friend behaving differently/strangely be prepared to act on this as their drink may have been spiked
- If you find yourself in an argument with someone who is under the influence of alcohol or drugs, don't try to reason with them, it might make the situation worse, leave if you can
- Try not to mix your drinks. Alcohol strength can vary greatly between different drinks
- If you need a taxi to get home, pre-book one before you go out, taking a note of the taxi number. If you can't pre-book a taxi, ensure that the taxi you do get has the drivers ID on view. **NEVER** get into an unmarked taxi.



Out and About

- Be alert, take note of your surroundings and the people nearby.
- Try to look and act confident – walk with a purpose
- Walk facing oncoming traffic to avoid potential kerb crawlers
- Shout “FIRE” rather than “HELP” – it can get more results.

SAFETY NUMBERS

- Tayside Police Emergency112 or 999
- Tayside Police Bell Street.....01382 223200
- Crimestoppers0800 555 111
- Womens Aid01382 202525
- Womens Rape & Sexual Abuse Centre.....01382 210291
- Barnardos Domestic Abuse Helpline...01382 596866
- Community Safety Wardens.....01382 436333
- Anti-Social Behaviour0800 1693845



- Set off your personal alarm and try to get away
- If you use a wheelchair, keep your valuables beside you
- When using a cash machine, put your money in your purse or pocket before you walk away
- Have your keys in your hand before you get home, it can save you valuable time
- **In an emergency dial 999. You can also dial 112 from your mobile.**
- Take care when using an ipod/mp3 player as you won't hear traffic or someone approaching.
- If you feel insecure/vulnerable, go to a busy place, and either contact a friend for help or arrange for a taxi to collect you
- Plan your route, try to avoid badly lit areas, try to let someone know what time you are due to arrive and let friends know when you have arrived home safely
- Keep emergency numbers programmed into your mobile phone address book
- Meet friends in a public place so that you are not waiting on your own
- Before you out anywhere, try and make sure you have what you need, mobile phone, keys, some cash



Handbag Safety/Shopping

- Carry your bag close to you
- When driving your car, don't leave your bag on the front passenger seat, keep it out of sight
- When travelling on public transport, keep your bag closed beside you.
- If someone grabs your bag, let it go - if you hang on to it, you may get hurt
- When paying for items in shops, don't leave your bag or purse unattended on the counter
- If paying by card, keep your card details out of sight and ensure you can privately enter your PIN number
- Keep an eye on your valuables when in changing rooms and don't leave the changing room with your valuables in it
- You may want to mark your valuables with a UV (house number and postcode) pen just in case they are stolen.



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