

INTERNET: SAFETY TIPS

The Internet provides endless opportunities to meet people from all over the world. You must however remember to use common sense. It's easy to get swept-up into a fantasy world, but reality begs for us to use caution.

- > **Don't give out personal details, photographs, or any other information that could be used to identify you, your family, or where you live.**
- > **Don't take other people at face value - they may not be what they seem.**
- > **Never arrange to meet someone you've only ever previously met on the Internet, without first telling a friend and giving them as much detail about the person you're meeting.**
- > **Don't open an attachment or downloaded file unless you know and trust the person who has sent it.**
- > **Never respond directly to anything you find disturbing - log off and report it.**

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KEEP SAFE

BE STREETWISE

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PERSONAL SAFETY TIPS

- > Stay alert, awareness is your best defence
- > Leave venues with friends wherever possible
- > Be confident - even if you don't feel it
- > Walk as if you know where you are going
- > Trust your instincts: If you think something is wrong then act on it
- > Have your keys in your hand when you reach your home or car
- > Keep money for taxis, the expense is worth it
- > Carry a personal alarm and use it

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IF YOU ARE A VICTIM

- > Make as much noise as you can
- > As soon as you can, go somewhere you know is safe
- > Get help immediately
- > In an emergency dial 999 or 112
- > If you have the confidence, tell the police why you think you were attacked
- > If you have been attacked, don't shower or change your clothes, it may destroy evidence
- > If you have had your keys taken, change the locks
- > Don't drink alcohol, you need to give a clear account of what happened
- > Use the reporting systems to report the incident if you don't have the confidence to tell the police
- > Use a third party reporting centre or use the self reporting form contained in this pack

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IF YOU ARE A WITNESS

- > In an emergency dial 999 or 112
- > Stay alert and safe
- > Don't physically intervene, you could get hurt
- > As soon as you can, write down everything that you can remember about the incident
- > Report the accident either to a local support agency or to the police directly

Hate crime hurts, it can be confusing and frightening.

By reporting it to the police, you may be able to prevent these crimes happening to someone else.

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