

# Be Confident. Be Aware. Be Safe

Be responsible for your own safety. Take a minute to think about the steps that you can take to keep yourself safe.

Here are some examples:

Stay aware of your surroundings at all times. Wearing earphones will make you vulnerable.



Keep a mobile phone with you and make sure that it is always charged-up and that you have enough credit. Use your phone to check-in from time to time and let somebody know where you are, who you're with, where you're going, the route you'll take and when you will be back home or ready to be collected.

© [www.free-for-kids.com](http://www.free-for-kids.com)

Trust your instincts. Never feel embarrassed to seek help if you think you are being followed or feel something is not right



Avoid walking anywhere alone.  
Avoid being left on your own.  
There is safety in numbers ....  
**especially at night !**