



## Journey Checklist

1. If someone threatens you 'shout' for help, and/or use your personal alarm.
2. Hide expensive items when in public places.
3. Be alert and confident.
4. Try to walk in the centre of the pavement.
5. Always keep away from dark alleyways and buildings.
6. If a vehicle pulls up next to you, keep away and walk in the opposite direction.
7. If you suspect you are being followed call family, a friend or the police.
8. If you feel worried on the street cross the road, head for an area where there are people, an open shop or any public place.
9. When carrying something valuable be prepared to 'let go' and 'do **not** resist' if someone attempts to rob you, but '**do**' shout for help.
10. Do not give your personal details to strangers.
11. If you listen to music using earphones remember they will stop you hearing possible dangers.
12. If possible wait at a bus stop in a well-lit area. When using buses or trains at night, get somebody to meet you.
13. When using a taxi use a registered company known to you.
14. It's important to ask the taxi driver - the name of the person he is expecting to collect.
15. Never accept a lift from an unlicensed mini-cab or stranger.
16. When using any form of public transport sit near the driver.
17. Always plan your journey/route, avoiding short-cuts through unlit or secluded areas.
18. Try to vary the route of any walk that you use regularly.
19. When using any form of public transport, try to sit where there are many people.
20. Keep keys in your pocket where they are safe.