



Stay safe... in the community!



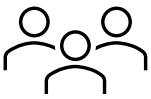
Take a phone and make sure you know a trusted adult's phone number.



Make sure you know your own address, postcode and a safe route to your destination.



Agree a time with a trusted adult at home so they know when to expect you back.



Tell plenty of people your plans, including whoever you're meeting and someone at home.

If you feel uncomfortable...



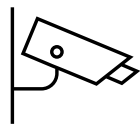
Ring a trusted adult to come and pick you up.

In an **emergency**, ring 999 and ask for the police.

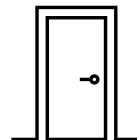
If you don't have a phone...



Approach the police.



Ask for help in a public place (e.g. a shop).



Knock on someone's door but **DO NOT ENTER!** Ask them to ring the police.