

Junior Neighbourhood Watch

With the summer holidays fast approaching here are a few hints and tips about being safe when you are "Out and About"

"Using your mobile"

- ❖ Only give your number to friends
- ❖ If plans change send a text
- ❖ For emergency keep some money safe "Just in case"
- ❖ If on your own set your phone to vibrate so not to draw attention
- ❖ Don't be afraid to call 999
- ❖ Put the West Midlands Police Non Emergency telephone number into your directory 0845 113 5000
- ❖ Dial *#06# to find out your the serial number - keep it safe
- ❖ Call immobilize on 08701 123123 if your phone is stolen
- ❖ Set up speed dials
- ❖ Use a "PIN" and keep it to yourself.
- ❖ Remember to put ICE and the name and number of the person you would wish the emergency services to contact in case of an accident. (ICE stands for In Case of Emergency)
- ❖ Keep your phone in a different place to your money
- ❖ Have a phone case to hide it's identity
- ❖ Don't walk along texting someone might snatch the phone
- ❖ Be aware of what is going on around you
- ❖ Keep a copy of your phone numbers at home
- ❖ Make a call in a well lit area at night

"Using your Bike"

- ❖ Keep your bike in good order including lights and bell or horn
- ❖ Obey the rules of the road and look competent
- ❖ Wear the right accessories always dress to be seen and safe
- ❖ It may not be cool but use a helmet it might save your life in an accident
- ❖ Even if you are in a hurry avoid taking short cuts
- ❖ To avoid your bike being stolen buy and use a padlock or chain to secure your bike
- ❖ If someone, you don't know, signals for help and asks you to stop keep moving but wave to acknowledge you have seen them and go onto till the next convenient phone or it is safe to stop and use your mobile.
- ❖ If playing on Parkland or a Common stick to the main paths and not wooded areas
- ❖ Remember if you ride your bike wearing a personal CD or MP3 player you won't hear the traffic or anyone calling you, this could be very dangerous for you.

"Using Public Transport"

- ❖ Try to always wait in a well-lit area
- ❖ Make sure you have got your travel pass or right money on hand and try to keep your wallet/purse out of sight
- ❖ Carry extra money just in case in a different pocket.
- ❖ Sit near to the driver
- ❖ Stay in carriages with lots of people
- ❖ It may be fun to sit on the top deck of a bus but it isn't always safe so don't be frightened to sit downstairs
- ❖ Make sure you know where the emergency alarm or bell is
- ❖ Be aware of who is around you as Pickpockets operate on Buses and Trains so keep your money and mobile safe and well hidden

"Using your feet"

- ❖ Plan your route stick to it and let your parents know before you leave.
- ❖ Try and go with a friend
- ❖ Take your mobile with you
- ❖ Avoid dark doorways, alleys and lanes
- ❖ Never hitch a lift
- ❖ Try to keep your hands free and out of your pockets
- ❖ Remember if you wear a stereo etc you won't hear the traffic
- ❖ Hide your wallet/purse if you take one and have some change with you just in case
- ❖ Keep your keys ready for when you get home
- ❖ Don't be frightened to stop early and go back home