

Keeping Yourself Safe



An Easy Read Booklet

At Home



Keep your doors locked all the time.



Look to see who is at the door, through the window or spy-hole.



Put chain on door before opening.



Ask to see the person's ID card.



Don't let strangers in your house.



If you are not sure about the caller, ask them to come back when a friend or family member can be with you.



Do not sign any forms for services for people you don't know.



Do not give money to people you don't know.



Do not keep large amounts of money in your home.



Shut your curtains or put a light on at night when you are going out so that it looks like someone is home.



Dial 999 and ask for police if you feel scared by people.

When Out



Keep your money, phone and keys safe in bag or pocket.



Do not get into a car with someone you don't know.



When using the cash machine make sure no one is standing too close to you.



Do not show your pin number.

Put your money and card into your bag or pocket before you walk away from the cash machine.

On The Phone



Do not give your name and number when you answer phone.



If someone tries to sell you things that you don't want, say NO and put the phone down.



If someone is rude over the phone say nothing and put down the phone.



If you keep getting rude calls, tell the police.

On The Mobile Phone



Only give your number to your friends.



Don't text your address to people.



Always keep your mobile with you.



Keep your phone topped up.



Emergency calls are free.

On The Computer



Only give your e-mail address to your friends.



Don't tell anyone your name, address or bank details.



Don't send any money to anyone you speak to on line.



When on face book don't put personal details on site. Make sure friends only have access.



When on computer don't give details of when there will be no one in the house.



Make sure you have internet security on your computer.

Watch what sites you look at as some sites are illegal.

Some of the pictures used in this leaflet are Photosymbols.