



Top Safety Tips for Parents

Empowering Change for the Next Generation of Young People

| Safety Tips | Parental Guidance |
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| 1 Has your child memorised important phone numbers. | Children tend to rely on their phones for all their contact numbers. Under pressure or in an emergency their phone may not be available to them, may have been broken or even stolen. For these reasons children need to have memorised at least 2 of their important contact numbers. These numbers will act as a bridge to safety. |
| 2 Has your child let others know their plans? Especially any alterations that have been made. | It is important that your child let the appropriate people know their plans. If those plans change, it is equally important that these same people are informed of these changes. This would allow someone to become aware if a child was late or did not turn up somewhere, they were expected... Thus, being able to immediately investigate. |
| 3 The safest person to ask for help is 'a mother with children' (and yes that is before the security guard). | The evidence tells us that, statistically this is the safest person to ask for help. Moreover, a Mum's instincts will ensure that she will stay with that child until safety has been achieved. Many children will think that this advice is for younger children. This is not the case, the advice holds true for teenagers. |
| 4 Be aware that an adult should not be asking a child for help (for example, directions and the time) | If a person has bad intentions, it is likely that they will try to bridge the social gap with a potential victim. This could involve engaging in conversation by using simple and hard to ignore questions, such as 'Do you know the way to the Secondary School?' We have a simple rule here. No adult should be asking a child for help and any questions asked should alert the child to potential danger. |
| 5 There is always greater safety in numbers. Walking to and from school, taking the dog for a walk and jogging will all be safer, if not taken alone. | As in the animal kingdom, there is always greater safety when young people are in pairs or groups. In numbers you become more difficult to attack and/or intimidate as you offer more variables for the 'Bad Guy' to control. For example, a Bad Guy may be threatening to one member of the group, which another member phones for help. |

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| <p>6 Carry your bag on the shoulder that is furthest from the traffic to make it more secure.</p> | <p>If a kit bag/ruck sack is carried on the traffic side of the pavement, then there is a possibility that someone on a bike or moto-cycle can snatch it as they ride past. The bag will be long gone before a child has time to react.</p> |
| <p>7 The best personal safety equipment on the market today is a good friend to watch your back.</p> | <p>Personal safety apps on a child's phone are unlikely to keep them safe. A good friend looking out for them will. Encourage your child to adopt this approach with their friendship groups.</p> |
| <p>8 You need to have the ability to take your eyes from your phone screen, so that you can detect danger in your surroundings.</p> | <p>This is a problem that affects every Secondary School in the UK. Children walking to and from school with their attention on their phone screens and not their surroundings. Without a degree of awareness, danger will be upon them in an instant (this could be a personal safety issue with respect to the traffic).</p> <p>It is unrealistic to ask your child not to be on their phones at this time of day. However, children should be encouraged to systematically and frequently glance up from their screens and take in the world (and possible dangers) around them.</p> |
| <p>9 If you are travelling on a bus, it is safer to sit near the driver</p> | <p>Although this may seem a simple safety tip the majority of children will ignore it. There is a tendency to head towards the back of the bus and/ or to go upstairs on a double decker. There will be greater safety by sitting with other travellers and closer to the driver. If a child has to, they are to engage the driver in event of a situation that is compromising their personal safety.</p> |
| <p>10 Never take shortcuts that are isolated and take you away from people.</p> | <p>The 'Bad Guy' will frequent these places as they offer seclusion and isolation. This will allow the 'Bad Guy' to operate at their own pre-planned pace with little chance of assistance coming to the aid of the intended victim.</p> |
| <p>11 Keep valuables out of sight and yes, that includes your phone.</p> | <p>Seems a simple safety tip but it is one that is often ignored, especially in relation to mobile phones. Any valuable that is on display will attract the attention of those with bad intentions.</p> |
| <p>12 Never accept gifts (sweets, cigarettes) from a stranger as you may feel that you owe them something and they may try and collect.</p> | <p>By accepting a gift there is an inference that the child will owe the other person something. The 'Bad Guy' may try to collect and the child may feel obliged to conform to their requests. The simple rule is never to accept these gifts under any circumstances and to make your excuses and leave the situation asap.</p> |

We hope you have enjoyed these safety tips for your children. There is a full parental resource with videos covering every aspect of your child's safety. At £3.99 it's a small investment to keep your child safe.

Please visit: <https://www.streetwise365.co.uk/programmes/parents>