



Easy Read Information
For people with learning disabilities
and/or autism about personal safety

Let's Keep Safe



This workbook has been made by people with learning disabilities and/or autism.



You can go through this by yourself, with someone you trust, in groups or with your family.



It will help you to think about good ways to keep safe when you are out and about.



If you need help then ask someone you trust.

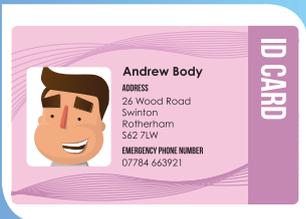
Before you go out



Tell somebody at home where you are going and the time you are likely to get back home.



Take a mobile phone ... make sure it's charged and has credit on it though!



Take ID (identification) out with you so people know who you are.



Wear the right clothes. Check the weather, is it going to rain? If it is, wear a coat.



Is it going to be sunny? Protect your skin and put some suntan cream on and maybe wear a hat.

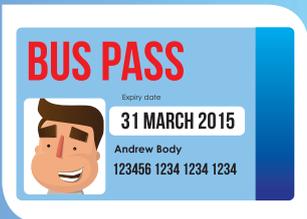
Be prepared



Make sure you have enough money
...keep it safe.



Know where you are going, bus route,
bus number.



Remember your Bus Pass!



Where are you meeting people?
What time?

Plan to get home safe

Think about:



How you are getting back?



Don't drink too much, be safe and stay with friends so you can help each other.



If you are going out drinking alcohol then make sure you keep enough money back for a taxi home in case you miss the bus.



If you are getting a taxi home, **Always** get a taxi from the taxi rank, don't wave one down on the street. Share a taxi with friends if you can!



If you need help then call someone you trust using your mobile phone and tell them where they can find you.

Be aware

Think about:



Don't walk around with head-phones in your ears as you can't hear what is around you.



Keep your mobile phone safe in your pocket.



If you're using a mobile phone outside, stand with your back to a wall, fence or building so someone cannot come up behind you and steal it.



Don't talk to strangers and tell them personal things which may make you vulnerable.

Be seen



It's important to be seen when you're out and about.



When you're out in the dark or on a dull day make sure you wear bright clothes.



Don't walk in dark places such as parks, woods or by canals and rivers. If you have to then walk with a friend or someone you trust.



Always walk on the path and in a well lit area.



Shortcuts can be dangerous, stick to the main routes which are well lit and where there are other people.

Quiz



1) What sort of clothing should you wear if you are going out in the rain?

A hoodie

A waterproof coat



2) Tick the things you should take with you before you go out.

A mobile phone

An MP3 player

Enough money to get back

A bus timetable if using the bus

A personal alarm

Remember



What should you do?



	Always	Never
Tell someone before you go out where you are going and what time you are going to be back	<input type="checkbox"/>	<input type="checkbox"/>
Leave your home without taking any money with you	<input type="checkbox"/>	<input type="checkbox"/>
Blast out your favourite tunes on your headphones when crossing a busy street	<input type="checkbox"/>	<input type="checkbox"/>
Wear bright clothing when going for a walk in the dark	<input type="checkbox"/>	<input type="checkbox"/>

How are you getting there?



Walking is a good way to get about, it keeps you fit and you can enjoy the fresh air.



If you live on a good bus route then you can find it easy to get to lots of places on the bus.



Getting a taxi can cost a lot of money but it can be a safe way to get home if you get stuck or can't get a bus.



You can decide how you want to get there, whichever way you choose be safe and plan how you will get out and get home safely.

Walking



If you choose to walk you need to know how far it is to get where you want to go.



Are you fit enough to get there and back?



Do you know the way? Is it safe?
If you can, walk with a friend.



Are you wearing the right clothes and shoes?



Have you got a plan in case you can't walk back? Always take money with you just in case.

Crossing the road



Make sure you cross the road at the pedestrian crossing.



Use the crossing safely, wait for the green man to show or the sound to say it is safe to cross.



If you can't find a pedestrian crossing then find somewhere safe to cross.

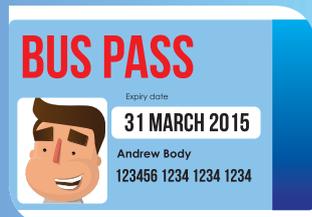


Look both ways and listen. Look out for bikes too, especially if there is a bike lane.



Only cross when it is safe to cross, don't run and keep looking both ways as you cross.

Getting the bus



If you are on a good bus route and have a bus pass then it is a very cheap way to get around.



Always check your route and make sure the buses are running that day.



Be safe at the bus station, don't talk to strangers.



If someone is bothering you or making you feel unsafe, walk away and find someone like a member of staff, security person or a policeman.



Carry a timetable with you so you know when the next bus is if you miss one.

Getting a taxi



Getting a taxi can be an expensive way to get around.



If you have to use a taxi ALWAYS get one from a taxi rank or by ringing one up.



NEVER wave one down in the street.



Make sure you have enough money to pay the taxi driver before you set off - ask them how much it will be.

Safe Places



Safe Places are shops, cafes, pubs, libraries and some council buildings where you can go if you feel unsafe when out and about.



They will have a sign outside like this one to show they are a Safe Place.



If you feel unsafe or are stuck and can't get home you can go to these places to get help.



It is a good idea to find out if there is a Safe Place scheme in your area. Ask your local council or CAB to find out.



You can find out more by searching on the internet.

Quiz



1) If you are planning to walk 2 miles to town but have never really walked that far before, what should you do?

Go anyway

Try a smaller walk first with a friend and if you are ok try the longer walk, but take a friend with you.



2) Where is it safe to cross the road?

Anywhere

Between some parked cars

At a pedestrian crossing

Remember



What should you do?



Always

Never

Always check your route and make sure the buses are running that day

Talk to strangers and tell them things about your personal life

If you have to use a taxi ALWAYS get one from a taxi rank or by ringing one up

Make sure you have enough money to pay the taxi driver before you set off and ask them how much it will be

Personal Alarms



Personal alarms are a good idea and you should think about carrying one with you all the time.



They are small and light and can be put in a pocket so it is there when you need to use it.



If you are being bothered or attacked by someone in the street you can set the alarm off to let other people know you are in trouble.



If you can, get to a place or street where there are other people or crowds.



Test your personal alarm every week to make sure it works and replace the batteries when they go flat.

Keeping your things safe



It's a good idea to keep your money and personal things in a zipped up backpack or bag at all times, put it across your front if you can.



Never keep money or bank cards in your back pocket or hold them in your hand when walking.



If you're using a mobile phone outside make sure you stand with your back to a wall or a building.



Try to keep your valuable things hidden, like music players, purses and wallets. You can also put bells on your wallet or purse.



Be safe and if you don't need to take things out with you, leave them at home. Always take money and a mobile phone though!

Cash Machines



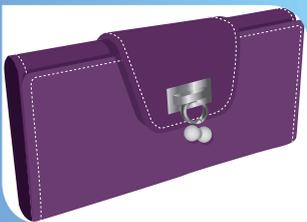
If you use a cash machine, think about who is behind you or near you.



Be safe when putting your PIN number in, cover your hand and get close to the machine when you type it in.



When you get your cash, put it straight into a purse, wallet or handbag and keep them safe.



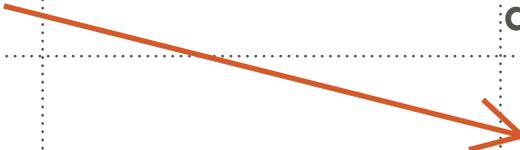
Don't count your cash at the machine, put it somewhere safe and count it later.



Be safe, if you think someone is following you or standing too close to you at the cash machine, walk away and go to another machine.

Match the danger. Here are some dangers you might face when out and about. Match the danger. Draw lines between the danger and what to do. There may be other things you can think of, talk about it with someone else.

If you are working in groups, you might want to do this as role play and act out some of them.

Danger		What to do
Being hit by a car at night		Check the bus times and carry a timetable
Missing your bus home		Wear bright clothes
Not having enough money to get a taxi		Charge mobile phone and have credit on it
You need help but your mobile phone is flat		Take your card and find another cash machine
You feel unsafe because someone is following you		Stand with your back to a wall when using your mobile phone
Someone is close behind you at the cash machine		Put your money in a wallet/purse and then a safe bag
Someone snatches you mobile phone		Take enough money to get back
Losing the money you get out of the cash machine		Set off your personal alarm and shout for help
Someone attacks you in the street		Plan your journey, don't walk further than you can manage
You are tired and can't walk home		Walk into a shop or find a busy place to ask for help

Risk



Thinking about risk is not always easy.



Being very young, disabled, older or if you don't go out very much can put you more at risk.



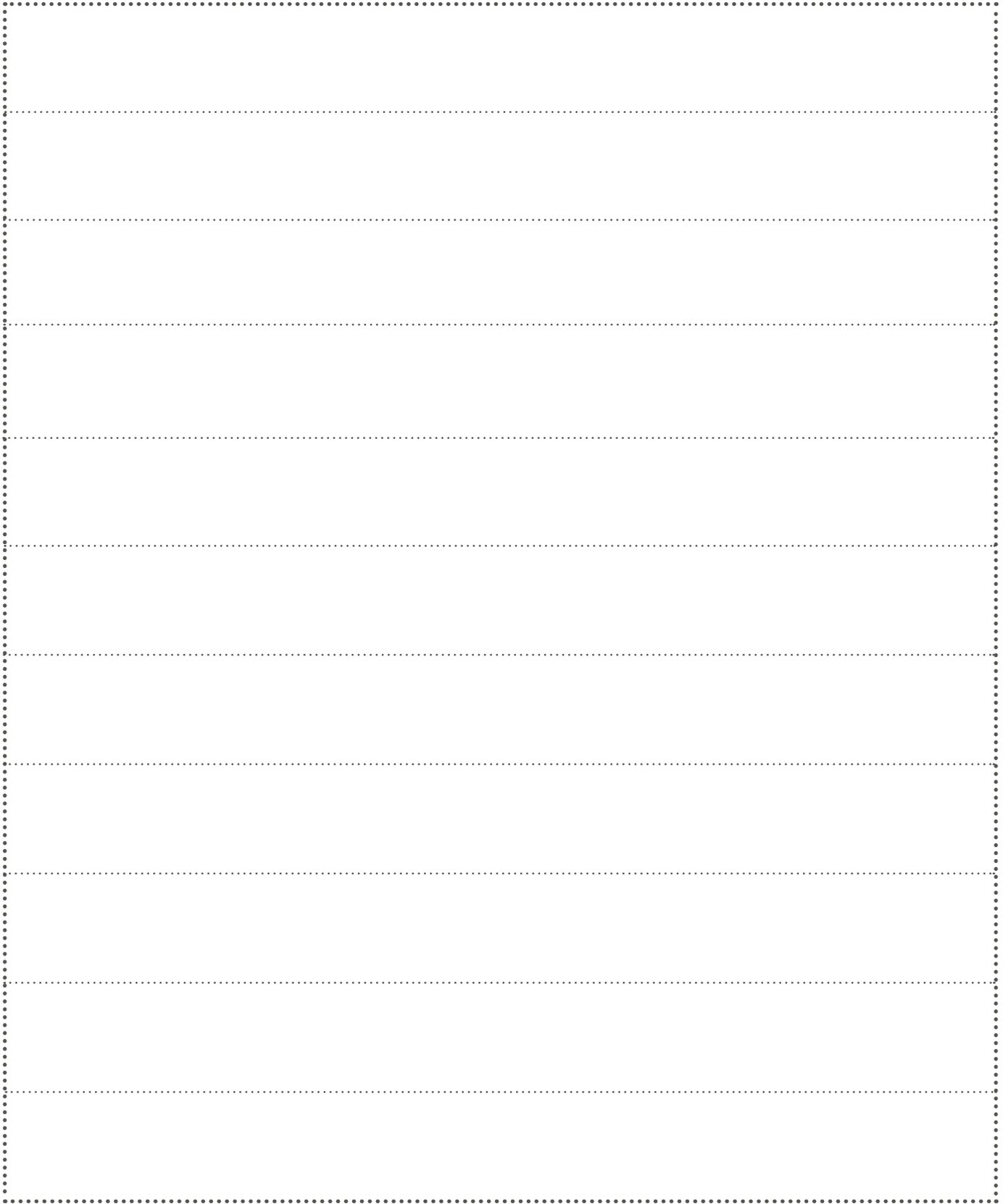
Things like your eyesight may not be as good in the dark and can put you at risk of falling.

A cartoon illustration of a man's head with a thought bubble containing the word "Risk".

Risk

It's important to think about these risks so you can plan to be safer.

Write down some of the risks you might face yourself either because of your disability / age / experience:

A large rectangular area with a dotted border and horizontal dotted lines, intended for writing down risks. The area is empty and occupies most of the page below the instruction.



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