

## Useful contacts



- **Northumbria Victim and Witness Service | Support For Victims**

<https://nvws.northumbria.police.uk>

Advice Line: 0800 0113116

In an emergency, you can always call 999 if you cannot see a police officer or 111 if it's less urgent

- [www.nexus.org.uk/](http://www.nexus.org.uk/)
- [www.nexus.org.uk/metro/looking-after-our-customers/safety-metro](http://www.nexus.org.uk/metro/looking-after-our-customers/safety-metro)
- [www.nexus.org.uk/bus/guide-buses/safety-and-accessibility](http://www.nexus.org.uk/bus/guide-buses/safety-and-accessibility)



## For More Information:



If you would like more information, please visit our website.

If you have been affected by any of the issues described in this leaflet you can talk to a Counsellor or a Youth Worker at a Streetwise drop-in.

**Advice is FREE and CONFIDENTIAL.**

Produced by: Streetwise Young People's Project:

Young People's Information, Advice, Counselling, Sexual Health and Support Service for 11-25 year olds.



## Streetwise

YOUNG PEOPLE'S PROJECT

Streetwise  
Unit 3 Blackfriars Court  
Dispensary Lane  
Newcastle upon Tyne  
NE1 4XB

Tel: 0191 230 5400

Email: [admin@streetwisenorth.org.uk](mailto:admin@streetwisenorth.org.uk)

 @streetwisenorth  @streetwisenorth  
 @streetwisenorth  @streetwisenorth  
 @streetwisenorth [www.streetwisenorth.org.uk](http://www.streetwisenorth.org.uk)



SCAN ME

Part of  Mental Health

Everyturn Mental Health is the trading name of Everyturn a registered charity (charity number 519332) and a company limited by guarantee registered in England and Wales (company number 02073465) and Everyturn Services Ltd, company registered in England & Wales (company number 4391008).

# The Streetwise guide to **Being Out & About**



We want to equip you with all the information you need to stay safe when you are out and about, whether you're just going to the park after school, to a friend's house or to town at the weekend.

## Streetwise

YOUNG PEOPLE'S PROJECT

## What should I think about if I'm going out and about?

Before you go and on the way:

→ When you are wearing headphones, you might not be aware of hazards (like traffic or other people walking near you). Some headphones let you listen to music and hear outside sounds around you.

→ Make sure you have plenty of charge on your phone and have a look if there are any charging points where you're going. Do you need your cable if you're going to be out for a long time for example?

Think about taking a power pack with you if you have one.

→ Use well lit walking / running routes.

→ If you are returning home late in the dark you may want to consider booking a local taxi firm for your return journey, preferably a firm you regularly use. Ensuring the pickup area is a well lit spot that is not secluded.

→ If you're using public transport, try to wait in a well-lit area, near CCTV cameras (the metro network has over 500 of them!) – this also applies if you're going home!

→ If driving, think about where you are parking your car. Try to aim for a well-lit carpark that is really accessible and open. Lock car doors when you are driving and don't leave handbag/ laptop on seat.

→ Keep valuables out of sight!

Make sure to tell a trusted adult or someone you live with when what time you expect to be home so they will ring you if you go over this time.



## Whilst out and about:



- Stick with people you know and trust and don't do anything you're not comfortable with. A good mate will take no for an answer.
- If you feel you can't say 'no', ask yourself 'Am I in a safe situation?'
- If someone wants to give you something for free, ask what they want in return.
- Make sure you know where you're going, why, and how to get home.
- Make sure a trusted adult knows where you are. Some phones allow 'location sharing'. You should only ever share your location with someone you trust.
- Try not to keep your money/ travel tickets together in your phone case. Think about how you would get home or contact someone you trust if you lost your phone with all your things in the case.
- Download the 'What3Words' App and encourage your friends to as well. If you get separated from your friends, you can use the app to find each other.
- Try to stay together as a group, this is the best way for you to keep each other safe.
- If you notice someone following you or your friends or if you notice something suspicious report it to the Police. You can also report incidents to registered security staff in town that have radios connected to the police. In an emergency you can of course call 999!
- If you're not sure where you're going, or find yourself in an unfamiliar area, think about using the maps on your phone to navigate your way back to familiar ground.
- Listen to your gut. If you are somewhere or around someone that is making you uncomfortable or doesn't feel safe, leave.

## Getting home

- Make sure you know where your nearest bus/ metro station is and how to get there.
- Check the 'POP App' if you have it – this tells you when your next metro should be and if the metros are running on time.
- If your plans change, make sure to let a trusted adult and/ or the people you live with know so that they can know to expect you. If you have booked a taxi let them know that you want to stay out later and they still have a taxi available at your new time, so you are not left stranded.
- Make sure you take all your stuff with you when getting off the bus/ metro. Trying to locate lost property can be tricky!
- Make sure that you and your friends are all present, or if travelling separately keep in touch with each other so you know when you each get home.

