

# Personal Safety & The Positive Bystander



FIRST PRINCIPLE

[norfolk.police.uk/firstprinciple](http://norfolk.police.uk/firstprinciple)  
[suffolk.police.uk/firstprinciple](http://suffolk.police.uk/firstprinciple)

## Top Tips

### Personal Safety

- Be prepared before you go out
- Try to avoid places where you cannot be seen by others
- Keep valuables out of sight
- Be aware of the risk of being under the influence of alcohol or drugs
- Go out with family or friends and stay together
- Travel safely
- Call for help if you feel unsafe

### The Positive Bystander

- Take action if you feel someone is not safe
- Consider how your own actions might affect others

PREVENT CRIME

PROTECT COMMUNITIES



**NORFOLK**  
CONSTABULARY  
*Our Priority is You*

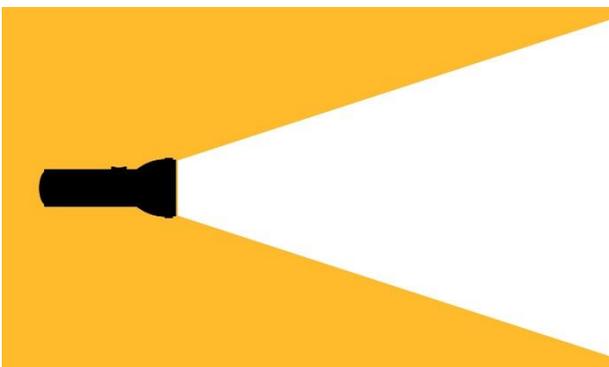


**SUFFOLK**  
CONSTABULARY

**Personal Safety is an issue that affects everyone. We all have the right to feel safe at all times and we can also make sure we are 'positive bystanders' supporting others if they are not safe. This guide contains some simple advice to make everyone safer.**

## Be prepared before you go out

Being prepared will help you avoid problems and give you confidence to deal with any challenges. Ensure your phone is fully charged and take a mobile battery charger if you will be out for some time. Activating the location setting may help find you in an emergency. Consider a torch and personal alarm.



Let someone know where you are going and when you will be back. Make sure you update them if your plans change. Agree what action should be taken if you don't come back at the arranged time.

The [what3words](#) app allows you to identify your location.

Noting the what3words reference for the location of your car or somewhere new will help you find your way back.

It will also let you give your exact location in an emergency. If you plan to use it, download the app before you leave.

Plan your journey so you know how you will reach your destination safely.

Try to avoid places where you cannot be seen by others



Plan your route to avoid secluded locations, especially at night or when you are alone

Narrow alleyways, deserted parks at night and empty river paths are all places where there may be no-one nearby to help should you need it.

## Keep valuables out of sight

Criminals will target items they can see. Leave valuables at home if you can. Keep bags zipped shut, cover up expensive jewellery and be alert when using your mobile phone or headphones as you may not hear a person or traffic approaching you.



## Be aware of the risks of being under the influence of alcohol or drugs

Alcohol and drugs can slow people's reactions and make them unwell, even if taken in a familiar amount. Illegal drugs may be stronger than expected or contain additional harmful bulking agents.

### Know your limits.

Ensure you and your friends look out for each other while you are enjoying yourself.

## Go out with family or friends and stay together



Stick with a trusted friend or group when you are out and look out for each other. Make sure everyone gets home safely at the end of the event.

## Travel safely

When driving, make sure the car is roadworthy. Ensure you have enough fuel and a map or sat nav if you are unsure of your route. Keep valuables out of sight and the doors locked.

If travelling by taxi, book a licenced cab in advance from a company you trust. Use a registered taxi rank with taxi marshals.

Never get into a car with a stranger or hail a mini-cab from the street.

Verify the drivers details when the cab arrives and sit in the back. Don't give away personal information if you do chat. If you feel uneasy with the driver, tell them your plans have changed and ask them to stop where you know it is a busy public place, so you can get out.

When you arrive at your destination, have your means of payment (and keys) ready.

Consider asking the driver to wait until you are safely inside.

If travelling by public transport, wait somewhere well-lit where there are other people. Sit near the driver if possible and avoid empty carriages on trains. If you feel unsafe, alert a member of staff immediately.

When travelling by train you can report non-emergency incidents via the Railway Guardian app [Together we can stop sexual harassment | British Transport Police \(btp.police.uk\)](#) or by texting 61016.

However, you travel, do so with confidence and purpose, even if you don't know where you are going.

## Call for help if you feel unsafe

Trust your instincts. Act if you feel unsafe. If possible, get to a public place and call for help.



Call 999 if there is an immediate risk. If you cannot speak, call 999 and press 55 to alert the call taker you need to remain silent.

If a criminal tries to steal an item from you, don't resist. Report it to the police as soon as you can.

Consider activating your personal alarm. A loud noise can deter a potential criminal and create space.

Look out for premises displaying '[Ask for Angela](#)' or '[Ask for ANI](#)' posters. They are often found in licenced premises and pharmacies. You can approach staff using those phrases and they will assist you.

Door staff, street rangers, security guards and staff in public buildings should all be able to help you in an emergency. Remember to check their ID.

## Take action if you feel someone is not safe

If you notice a situation that doesn't feel right, intervene if it is safe to do so.



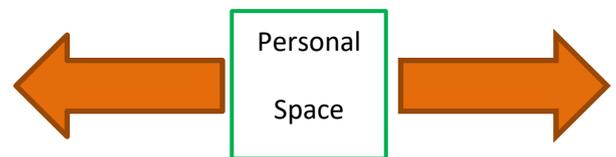
Consider engaging with the person targeted by pretending you know them or asking the time. If you can, stand between the person who appears uncomfortable and the other person. If someone else has intervened, add your support. If necessary, be prepared to call for help from someone in authority.

If a friend or associate is causing the problem, call it out and then check that the person being targeted is ok.



## Consider how your own actions may affect others

Respecting people's personal space can make a big difference to how safe someone feels. Approaching someone from behind, getting too close or making personal comments may cause a person to feel threatened.



Think carefully before making comments to someone, even if you consider it a compliment. This is especially important if you don't know them, or they are alone.

*"You look nice tonight."*

*"Can I walk with you?"*

*"Are you meeting someone?"*

## Be a Positive Bystander

## Police Officers ID



Police officers always carry identification and will show it to provide reassurance if asked.

It would be rare for an officer in plain clothes to be working alone. If they are, you can request they call for another officer to join them.

Officers will have their radio which can allow you to seek verification from the force control room.

Officers will be understanding to anyone who seeks reassurance and explain who they are, what they are doing and why.

## First Principle: Related links



Check out all of our Crime Prevention information using the QR code to take you to the First Principle Pages  
Alternatively go to [Advice - First Principle | Suffolk Constabulary](#)

**Secured by Design (SBD)** tests and assesses the quality security products and crime prevention projects. <http://www.securedbydesign.com/>



More Security Products can also be found at:  
<http://www.soldsecure.com/>



You can always report intelligence or information anonymously to Crimestoppers

<http://www.crimestoppers-uk.org/>



Full details about Neighbourhood Watch and  
how to set up a scheme visit [www.ourwatch.org.uk](http://www.ourwatch.org.uk)



Call us on 101 or [Report on Line](#). In an emergency always dial 999