

GANGS – ADVICE FOR YOUNG PEOPLE



FIRST PRINCIPLE

norfolk.police.uk/firstprinciple
suffolk.police.uk/firstprinciple

Top Tips

- Try and avoid people who you know are in gangs
- Talk to a trusted adult
- Be aware of the dangers

PREVENT CRIME

PROTECT COMMUNITIES



NORFOLK
CONSTABULARY
Our Priority is You



SUFFOLK
CONSTABULARY



Gang life might seem glamorous – but life in prison is far from pleasant, and you're putting yourself, your life, your future, and even the lives of your family members in danger by being part of a gang.

If you're feeling pressured to join a gang or carry out tasks for gang members, it's important you stay strong. Joining a gang could ruin your future – and you could even end up losing your life.

Advice for young people

To help avoid getting caught up in gang culture, avoid associating with gang members or 'wannabe' gang members, and don't hang out where you know they're likely to be.

Steer clear of parties or social events which you know are organised by gang members and their associates.

Talk to a trusted adult - parents, teachers about your concerns. Other organisations can offer [further help](#).

Don't be tempted to accept gifts, money, or items such as food and alcohol from people who you know to be gang members or gang associates. They could be grooming you to join in with their activities.

If you're asked to carry out a job for someone who you think is in a gang, say no. It might seem harmless and easy money, but things could soon spiral out of control.

[Advice](#) is available to help you say no.

If you want to give information about gang crime, you can do so completely anonymously by calling Crimestoppers on 0800 555 111.

You will be kept completely anonymous and your details will not be passed to police.

Some tips to help you leave a gang:

- Try to spend less time with the gang and find friends who are not in gangs.
- Try to avoid places where you know the gang will be.
- [Speak to someone you trust](#) like a family member, teacher or youth worker.
- You can contact [Gangline](#) for free advice and support from ex-gang members.

- You can call the police by dialling 999 for urgent help if you're in danger.
- Focus on things that you enjoy like sports, music, reading or find new [hobbies](#).
- You can contact [ChildLine](#) and speak to a counsellor in confidence. They can help you find a way to get out.

Where can you get help?

The Source



<http://www.thesource.me.uk/>

Information and advice for young people in Suffolk. The Source website is designed for young people aged 11-19 (and up to 25 for those with additional needs) to access information, advice and guidance on issues they may face in their everyday lives.

Suffolk Young People's Health Project 4YP



14 Lower Brook St, Ipswich IP4 1AP

<http://www.4yp.org.uk/>

T: 01473 252607

Suffolk Young People's Health Project (also known as 4YP) is a local charity, which provides and co-ordinates services that improve the social, emotional, and physical health and wellbeing of young people in Suffolk, aged 12-25. Services are completely confidential.

[Ask the 4YP Expert](#)

Our confidential, live online 1-to-1 chat service that offers personalised information and advice for young people throughout Suffolk every Monday to Wednesday, 5-7pm (from 04 September 2017)

Turning Point: Suffolk Young People's Substance Misuse Service

<https://www.turning-point.co.uk/home.html>



11-17 Museum Street T: 0300 123 0872 - 24hours
7days a week

We work with young people up to 19 who want support with their drug and alcohol use, offering individualised support to help them reach their goals. We can work with people up to the age of 25 if there are additional needs or vulnerabilities – this will be on a case by case basis and we will support the client to access Adult services if they don't fit our criteria.

Suffolk Positive Futures



Suffolk Positive Futures aims to transform young people's lives and make a significant impact on reducing crime and youth violence in local communities, while promoting positive emotional wellbeing. Staff reach out to young people one by one within their community, at times when they need support the most; staff are known and trusted within the key areas. Positive Futures addresses root causes of serious youth crime and contributes directly to making Suffolk a safer place.

Website: <https://www.catch-22.org.uk/services/suffolk-positive-futures-2/>

Fearless



We're available 24 hours a day, 7 days a week - 365 days a year.

It's important to remember that we are not a replacement for the emergency services so our advice, if something is happening that needs immediate action - ring 999.

<https://www.fearless.org/en>

Fearless is a site where you can access non-judgemental information and advice about crime and criminality. What makes this site different is we also provide you with a safe place to give information to us about crime - 100% anonymously.

Gangline

[Gangline](#)

is a not for profit organisation that offers free advice and support from ex-gang members. They also have a confidential phone number: 0800 032 9538

Talk to Frank

[Talk to Frank](#) is a charity which helps young people who want to kick their drug habit. You can call them confidentially on 0300 123 6600 – this number is available 24 hours a day, 365 days a year.

You can also talk to them anonymously live online on their [website](#). You can text them on 82111 and you can also [email them](#).

First Principle: Related links

Check out all of our Crime Prevention information using the following links or by using the QR code to take you to the First Principle Pages

[Anti-Social Behaviour](#)

[ATM Security](#)

[Beach Hut Security](#)

[Boat Security](#)

[Building Site Security](#)

[Business Security](#)

[Caravan Security](#)

[Card Security](#)

[Catalytic Converters](#)

[Church Security](#)

[Cold Callers](#)

[Commercial CCTV](#)

[Counterfeit Banknotes](#)

[County Lines Advice](#)

[for Landlords](#)

[Cyber Crime](#)

[Cycle Security](#)

[Dangerous Dogs](#)

[Dog Fouling](#)

[Dog Theft](#)

[Domestic CCTV](#)

[Domestic Violence](#)

[Farm Security](#)

[Fraud Prevention](#)

[Grooming](#)

[Hate Crime](#)

[Heating Oil](#)

[Home Improvements](#)

[Home Security](#)

[Horses and Stables](#)

[Keyless Vehicles](#)

[Key Safe Security](#)

[Lock Snapping](#)

[Neighbour Disputes](#)

[Occupiers Liability](#)

[Personal Security](#)

[Power Tool Security](#)

[Products Brochure](#)

[Rural Crime](#)

[Security Alarms](#)

[Sheds and Garages](#)

[Social Media](#)

[Social Media for](#)

[Parents](#)

[Suspicious Behaviour](#)

[Shoplifting](#)

[Vehicle Security](#)

[Windows and Doors](#)

[Other Links you might find helpful](#)

[Ask The Police](#)

[Secured by Design](#)

[Sold Secure](#)

[Crimestoppers](#)

[Victim Care](#)

[Residential Design Guide](#)

