

PERSONAL SAFETY



FIRST PRINCIPLE

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

Top Tips

Always tell someone where you are going and when you will be back

Plan your journeys

Stick with friends wherever possible

Well populated areas are safer if you're on your own

Don't accept lifts from strangers

PREVENT CRIME

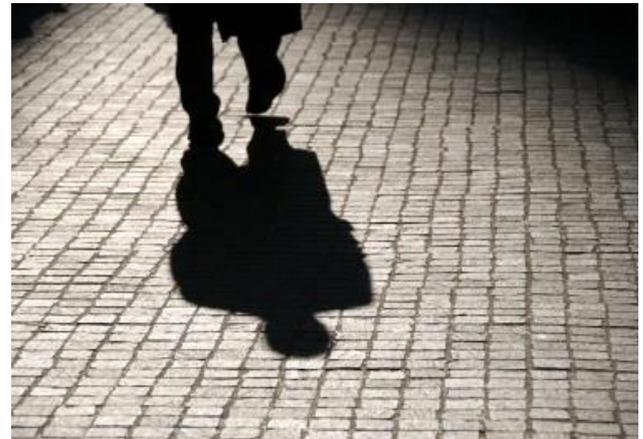
PROTECT COMMUNITIES



NORFOLK
CONSTABULARY
Our Priority is You



SUFFOLK
CONSTABULARY



Norfolk and Suffolk are some of the UK's safest counties in which to live and work and the chances that you or a member of your family will be a victim of violent crime are low. However, please don't be complacent.

By taking a few simple precautions, you can reduce the risk of becoming a victim of crime even further.

Booking a Taxi



- Make sure that you have the telephone number of the cab company you have booked easily accessible.
- Use a licensed taxi or private hire vehicle from a recognised firm or official taxi rank.
- Do not get into a cab you have not asked for.
- Look for the official licence plate and number and ask to see the drivers badge if not visible.
- If possible, share a cab with a friend.
- Always sit in the back
- If you chat to the driver do not give away any personal details.
- When arriving home, have your money and house keys ready and consider asking the driver to wait until you are in the house.
- If the driver makes you feel uneasy, ask him to stop at a busy public place and get out. If he refuses to stop, raise the alarm by waving or shouting out of the window and use your mobile phone to call 999.

Driving



- Always have your car regularly serviced and make periodic checks of the tyres, oil and water.
- Join a national breakdown organisation and always carry your membership card.
- Plan your route using main roads as far as possible.
- Ensure you have enough fuel for your journey.
- Carry a mobile phone but don't use it when driving.
- Keep your doors locked when travelling and whenever you leave the vehicle.
- Keep items such as coats, wallets, mobile phones and other valuables out of view.
- Always remove all valuables and satellite navigation systems when leaving vehicle.
- Ensure your keys are close to hand when returning to your home or car.



Walking



- If your bag is snatched, do not resist but shout for help.
- If you think you are being followed, go to the nearest place where there are people, such as a pub, shop, or well-lit house and call the police.
- If a car stops and the occupant asks for directions, keep your distance.
- Be alert - walk with purpose and confidence.
- Plan your route and avoid short cuts through unlit or deserted areas.
- Whenever possible do not walk alone.
- Let someone know where you are going and your time of return.
- Walk facing the traffic so a car cannot pull up behind you without you realising.
- Be aware of your surroundings - a personal music player may prevent you from hearing traffic, or somebody approaching from behind you.
- Cover up expensive looking jewellery.

- Carry a personal alarm. If you are confronted, use your alarm, then run and shout to attract attention.

Getting home



- Do not hitchhike or accept lifts from strangers.
- Wait where it is well lit and there are other people.
- On a station stand well back on the platform.
- On a bus, the safest place to sit is near the driver or conductor.
- On a train, sit with other people. Avoid empty carriages.
- If you feel uneasy or threatened, move to another seat or carriage. If necessary tell the driver, conductor or guard.

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 Alternatively go to our website at <https://www.suffolk.police.uk/> and look in the 1st Principle A-Z of Crime Prevention.

Allotment Security
Anti-Social Behaviour
ATM Security
Beach Hut Security
Boat Security
Building Site Security
Business Security
Caravan Security
Caravan Storage
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
Home Security for
Tenants
Horses and Stables
Keyless Vehicles
Key Safe Security
Lock Snapping
Mopeds and Scooters
Motorcycle Security
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
Taxi Driver Safety
Vehicle Security
Windows and Doors



Other Links you might find helpful

Ask the Police
Secured by Design
Sold Secure

Crimestoppers
0800 555 111

Victim Care
0300 303 3705