

# PERSONAL SECURITY



FIRST PRINCIPLE

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



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



**SUFFOLK**  
CONSTABULARY

## 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**

**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

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### Ask the Police

Official Police Resource. The Ask the Police website provides you with information on a wide range of non-emergency policing matters.

[askthe.police.uk](http://askthe.police.uk)

### Secured by Design

Official UK Police initiative that combines the principles of 'designing out crime' with physical security.

[securedbydesign.com](http://securedbydesign.com)

### Sold Secure

Dedicated to reducing the risk of crime by assessment of security products.

<https://www.soldsecure.com/>

### Crimestoppers

An independent charity that gives people the power to speak up to stop crime 100% anonymously, by phone 0800 555 111 or online.

<https://crimestoppers-uk.org/>

### Victim Support

Covering the whole of Norfolk and Suffolk, a free, confidential support service specifically designed to help victims and witnesses of any crime.

Contact us on:

Phone: 0300 303 3706 (weekdays between 8am-5pm)

Email: [nsvictimcare@victimsupport.org.uk](mailto:nsvictimcare@victimsupport.org.uk)

Web: [www.nsvictimcare.org](http://www.nsvictimcare.org)

Socials: @nsvictimcare

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Call us on 101. Always dial 999 in an emergency

**To see the full range of information go to:**

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

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

Or alternatively use your mobile phone to scan this QR code.

