

# PERSONAL SAFETY



FIRST PRINCIPLE

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

- Police officers always carry identification and can always be asked for verification.
- They are used to providing that reassurance.

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 should be carrying their radio and can allow you to seek verification from the force control room using this.
- Officers should be tolerant of those who wish for reassurance and explain who they are, what they are doing and why.

## 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



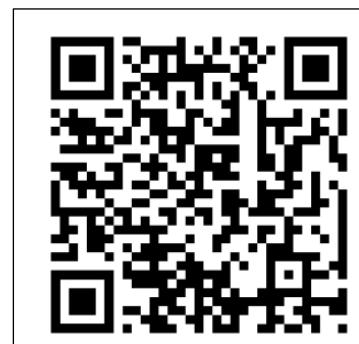
- Do not hitchhike or accept lifts from strangers.
- Wait where it is well lit and there are other people.
- On a station stand well back on the platform.
- On a bus, the safest place to sit is near the driver or conductor.
- On a train, sit with other people. Avoid empty carriages.
- If you feel uneasy 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 1<sup>st</sup> 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