

# People at Risk of Domestic Violence



## Key Points To Consider

- Follow the Golden Rules for personal safety
- Follow the home security advice
- Always report suspicious behaviour
- Don't take chances

**In an emergency situation you should always call 999.**

## Golden Rules for Personal Safety

- Plan journeys before you leave to avoid any short cuts or dark areas.
- If you make regular journeys, ie to school or work, vary the route you take on a random basis. Try to travel with other people where possible.
- Make sure you have sufficient fuel and/or money for your journey. Pre-book taxis or private hire vehicles.
- Always let someone responsible know where you are going and when you will be home. Ask them to call you if you have not contacted them by that time and if you don't respond, to call the police immediately.
- Have a personal alarm and charged mobile phone easily to hand at all times, including at home.
- Be aware of your surroundings when out. Using phones or music devices or being under the influence of drugs or alcohol can seriously prevent you from keeping yourself safe.
- Make sure you have all the emergency telephone numbers you need in your phone. If you have a speed dial facility, use this to store essential numbers.
- When returning home, have your keys ready, check that you are not being followed and that there are no obvious signs of intrusion before you open the door. If you see any signs of entry, do not enter, go to a place of safety and call 999 immediately. Lock the door as soon as you are inside.
- Change login details and passwords to online accounts. Close any social media sites down to private and don't document your whereabouts. Make sure that other family members do the same.
- Get a new ex-directory telephone number for your landline phone. If you choose to replace your mobile number only pass it on to those you trust.
- Consider having a code word which you can pass on to people you trust. Tell them that if you use this word in conversation on the phone they should call help immediately.
- Don't take chances. Call for help if you think you need it.



## Panic Guard

If you have a smart phone consider signing up to Panic Guard®. Once registered you will be able to download the phone app which acts as a personal attack



alarm, tracks your location and records your journey details (provided you are in a signal area). This information is held on the company's cloud store.

If you think you are in danger you can activate an alert by shaking your phone for 3 seconds. This sends a message to your nominated contact/s advising that you are in danger, need help and automatically records video of the situation via the phone, onto the cloud. A second shake, if required, will activate an audible alarm. You will need to be in a signal area and keep your nominated contact aware of your whereabouts.

For more details and to sign up, go to

<https://panicguard.com/>

## Bright Sky

We recommend that you download the **Bright Sky** app on your phone or tablet. This will give you access to a number of services and provides access to information that you may find helpful. This is available from the Google Play Store or the Apple App Store

More information can be found at:

<http://www.hestia.org/brightsky/>



## Home Security Alarms

If feasible and affordable, consider fitting an approved alarm system.

Details of approved local installers can be found at [www.nsi.org.uk](http://www.nsi.org.uk) or [www.ssaib.org](http://www.ssaib.org)

Further details are available from the local police Design Out Crime Officer (DOCO).

## Doors

If you are in the same house previously shared by your abuser, ensure that your door locks are changed immediately.

Doors and frames should be robust and solid.

As a minimum wooden doors should be at least 44mm thick with a 5 lever mortise lock. Mortise bolts can be added top and bottom but once locked, they cannot be opened from the outside so bear in mind any other key holders who may need (emergency) access.



If you are fitting a new doorset (frame, door etc) make sure it is certified to PAS 24:2016.

Make sure you have a viewer or some means of seeing who is at the door. Always use the door chain or bar when answering the door.

If a risk of arson has been identified consider sealing the letter box or using an intumescent mail bag.

Keep all doors locked at all times, even when you are in the house. Do not leave keys in the doors or close by. Make sure you and your family have a fire exit plan so you can get out quickly in the event of a fire.

If you have children make them aware of the need to secure the house at all times. Make this a game for younger children. Make sure they are not able to unlock the door themselves.

## Euro Cylinders

If your door is fitted with a euro cylinder you should consider changing this.



Even if you have a multi point locking system your door will be vulnerable to lock snapping.

This is a system which burglars use to gain entry by snapping the lock in half with simple tools. It takes less than 30 seconds

Most euro cylinders will not be anti-snap cylinders and these can easily be replaced with a more secure cylinder lock. You should use euro cylinders manufactured to TS007 3 star. Be careful to make sure you get the right size for your door.

## Windows



Windows should be robust and be able to be locked.

Keep all accessible windows shut and preferably locked.

Inexpensive battery operated alarms that detect movement can be fitted to all ground floor windows. These are designed to activate if someone tries to force the window.

If you are fitting new windows they should be certified to PAS 24:2016.

## Fences and Gates



Front boundaries should be no more than 90cm high to allow good natural surveillance from your neighbours and passers-by.

Rear boundaries should be 1.8m high. Prickly plants and flimsy trellis on top will further deter intruders.

Gates should be as close to the front of the house as possible and locked with a closed

shackle padlock. Do not leave wheelie bins where they can be used to climb over gates or fences.

## Garden

Check there is nothing in the garden that could be used to force entry (ie bricks, tools, ornaments, toys etc)

## Garages and Sheds



Ensure your garage and shed is securely locked at all times.

If your garage is connected to your house make sure the connecting door is secured both with a robust lock and with strong bolts to the top and bottom.

## Lighting



Fit dusk to dawn lights to both the front and the rear of the house.

If you hear or see something suspicious, check from a window. Do not go outside.

Use timers, a radio and simulated TV's to make it appear that you are at home.

Now you've read this information, read the Golden Rules and remember to follow them. If you have younger children make sure they understand the basic needs ie to locks doors and not answer the door without your permission



Sir Robert Peel created the Metropolitan Police in 1829. He set out nine principles for policing. The First Principle was:

**“To prevent crime and disorder, as an alternative to their repression by military force and severity of legal punishment.”**

[Click here for further Crime Reduction Advice](#)



All your policing questions answered

<https://www.askthe.police.uk/content/>



**Secured by Design. (SBD)** The official UK Police flagship initiative combining the principles of 'Designing Out Crime' with physical security. We advise that you look on the SBD website for all of your Security products. <http://www.securedbydesign.com/>



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

**CrimeStoppers.**  
Speak up. Stay safe.

**0800 555 111**

100% anonymous, Always

Crime Stoppers is an Independent Charity that gives people the power to speak up to stop crime 100% anonymously <https://crimestoppers-uk.org/>



Help after crime—Contact Victim Support for free and confidential support  
<https://www.victimsupport.org.uk/>

**Call us on 101. In an emergency always dial 999**

