

Personal safety advice



ayc
action for young carers
part of the Carers Federation

04 Bogus Callers

- **Lock** - Keep your front and back doors locked, even when you're at home.
- **Stop** - Before you answer, stop and think if you are expecting anyone. Look through a spy-hole or window to see who it is.
- **Chain** - If you decide to open the door and have a chain, ensure to put it across first.
- **Check** - Always ask for, read and check the ID of any official callers.

01 Public Transport

- Plan your route in advance
- You are safest where there are other people and where it is well lit.
- Keep your bags close and make sure your pockets aren't accessible.
- Sit near other people or near the driver. If someone makes you feel uncomfortable move away.

- Always close and lock the external doors and windows.
- Lock garages and sheds.
- Fit a spy-hole or door chain to your door. This will allow you to see who's at the door without opening it fully.
- Lock wheely bins together and away from windows so they can not be used as a possible way in.

03 Home Safety

- Never agree to meet someone whom you've met through the internet without your parent's permission.
- Never give out information that could allow someone to find you in person. e.g. name of school, address etc.
- Use moderated chat rooms and do not add people you don't know.
- Never send pictures of yourself.
- Don't open emails from people you don't know.
- Keep computers in family areas.

02 Internet Safety

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