

# Sussex Police

## Personal Safety for Children

We would like to encourage parents/ Carers to speak to their children about Personal safety awareness and keeping safe while their young people are on their own.

Please help keep your child safe and to talk with them about personal safety. Please read these top tips with them and discuss their questions or concerns. Explain to them why you are concerned so that they can empathise with your concerns and why they should adopt your concerns as theirs.

This will only help to re-enforce the safety messages they receive in school as part of their Personal Social Health and Economic (PSHE) education.

### People you do not know (Strangers)

- watch out for cars that are following you
- never get into a car with a person you do not know
- never approach a person you don't know sitting in a car
- Stay strong, saying no is not wrong
- Never tell a stranger your name or address
- Don't believe what strangers tell you
- Don't accept gifts, treats or sweets from strangers
- Keep your distance and never go anywhere with someone you don't know
- Trust your feelings if it doesn't feel right it isn't

### Yell and Tell

- Don't be afraid to say no
- If a stranger makes you feel unsafe, always 'yell and tell'
- Yell 'help' or 'I don't know you' to get someone's attention. Then tell someone you trust what has happened
- Don't let anyone make you feel unsafe

### Know a Safe place

- A safe place is a place that has someone you can trust and talk to, such as a school, shop, police station or friend's house
- If someone does make you feel unsafe, always run to a safe place

### When Playing Outside

- If a stranger comes near, be safe and call out so your parents can hear
- Never approach or talk to a stranger that comes into the your garden
- If someone makes you feel unsafe go back inside and tell your parents about it
- Always play in an area where your parents can see you

### Using a computer

- If someone asks you for personal information online remember "when online, always decline!"
- Don't give out your name or address to a stranger online
- Be careful who you talk to
- Never tell anyone you're home alone

### **Using a phone**

- When on a phone stay in a safe place and say no in a firm tone
- Never tell a stranger your name or address
- Don't trust what a stranger tells you on the phone
- If you answer the phone and you don't know the person talking, always let your parents talk to them

### **When at home**

- If you hear a knock on the door, day or night, don't invite strangers in, no matter what they say to you
- Never answer the door alone, even when your parents are home
- Never invite strangers into your home

### **Help your friends**

- Always stay with your friends, family, or parents and never walk off
- Tell an adult you trust if you feel unsafe while with your friends
- If you see your friend do something that worries you tell them then tell an adult you trust

### **Going to and from school**

- Never accept lifts from people you do not know
- If someone makes you feel scared or uncomfortable avoid them and tell an adult you trust
- Trust your feelings if it doesn't feel right it isn't
- If someone approaches you, you are allowed to ignore them
- Don't use short cuts where you will be on your own
- Walk with friends to and from school
- Carry a mobile phone that is charged, you don't need credit to phone 999
- Go to the nearest safe place if you feel unsafe such as a shop, home or school

If you would like further resources on keeping your child safe please visit

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/staying-safe-away-from-home/>

<http://www.nspcc.org.uk/>

<https://www.youtube.com/user/ceop>

This message was sent by the Police Neighbourhood Schools Officers Hub  
PC Andy Price, PC Sharon Eppy and PC Angie Keeley

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