

PERSONAL SECURITY & SAFETY ADVICE

FOR CHILDREN & TEENAGERS



Make sure that you have what3words downloaded on your phone so that you can always let someone know exactly where you are.



Before you go out, make sure that you've got at least 30% battery on your phone.



If your battery is running low, put it on battery saver mode.



Don't go to new areas on your own, go with a friend.



If you feel like you're lost, go back the way you came rather than keep going.



If you feel scared, go into a shop and ask for help.



Don't be afraid to just run away if you don't feel comfortable.



Don't be afraid to shout loud for help if you think that you need to.



If someone tries to take something from you, it's safer to just let them have it.



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