

PERSONAL SAFETY

At home

When visitors call:

- If you have a security chain or peephole, use them!
- Ask for ID, e.g. tradesmen, gas men etc
- If you have sight problems, have a magnifying glass handy at the door to check papers or ID.

Out and about

- Be alert. Take note of your surroundings and the people nearby.
- Try to look and act confident - look like you know where you are going and walk tall.
- Keep to the centre of the pavement as this enables you to see around corners.
- Walk facing oncoming traffic to avoid potential kerb crawlers.
- If you feel insecure, go to a busy place and either contact a friend for help, or arrange for a taxi to pick you up.
- Shout 'fire' rather than 'help' - it can get more results.
- If you use a wheelchair, keep your valuables beside you.
- When using a cash point, put your money in your purse or pocket before you walk away.
- Have your keys in your hand before you get home - it can save you valuable time.
- Plan your route. Try to avoid badly lit, isolated areas at night. Let friends know what time you are due to arrive and phone to let them know you're home safe.

On a night out

- Make a plan with friends before you set off about arrangements to get home if separated and try to stick to them!
- If it is not possible to stay together, take a mental note of where someone is going and with whom.
- Don't leave drinks unattended or with someone you don't know well.
- If you find yourself in an argument with someone who is under the influence of alcohol or drugs, don't try to reason with them, it may make the situation worse. Leave if you can.
- In an emergency, call 999.

Travelling

By car

- Keep your car doors locked at all times.
- Plan your route so you don't get lost.
- Ensure you have a map in the car, enough petrol, check your tyres, and join a motoring organisation.
- Check the inside of your car, especially the back seat, before entry.
- If you feel you are being followed, drive to the nearest police station and honk your horn or call from your mobile phone. Note the car make, model and registration if you can.
- When parking your car, be aware that it may be dark when you pick it up. Park in a well lit place, if possible, close to the car park entrance, or a busy thoroughfare.
- Have your keys in your hand before you get to your car.

By bus

- Try to avoid remote or secluded bus stops.
- Keep timetables for your bus handy.
- Sit near the front, close to the driver.
- If you are approached or harassed by someone, complain to the driver.

By train

- Steer clear of empty carriages.
- If approached or harassed by someone - move, or complain to the ticket inspector

By taxi

- Learn the telephone number of a reliable and trustworthy taxi company and have it programmed into your phone/mobile.
- Pre-book a taxi in advance, asking for the driver's name and registration number.
- Avoid flagging down taxis in the street.
- Be wary of the car's locking systems, e.g. child locks.
- Sit behind the driver.

- Don't give the driver too much personal information about yourself.

Personal Alarms

Personal alarms can surprise your attacker due to the amount of noise they make. This can give you valuable time to get away. However, there are a variety of different alarms on the market to choose from. It may be worthwhile to have a demonstration of each, before making a decision about which would best suit your lifestyle.

Self-defence

Attending courses on self-defence can be useful to build confidence and self-esteem, and they are also fun! Of course self-defence or anything physical should be practised regularly. Learning some techniques could offer you vital time to escape your attacker. No matter what you do, no-one knows how they will react when attacked, so even if you have done self-defence you may freeze. The blame always lies with the abuser.

HELPLINE SUPPORT

You can telephone our helpline for support or information on 01738 630965. We also have a 24 hour answering machine, so that at any other time messages can be left and will be returned discreetly, as soon as possible.

Write to: WRASAC P & K, P.O. Box 7570, Perth, PH2 1BY

Email: info@perthshirerapecrisis.org

USEFUL CONTACTS

Samaritans	(01738) 626 666
Genito-Urinary Clinic	(01738) 473 220
Police Family Protection Unit	(01738) 892 911
Perthshire Women's Aid	(01738) 639 043
Victim Support	(01738) 567 171

Criminal Injuries Compensation Board (0141) 331 2726

Citizens Advice Bureau (01738) 624 301

Bristol Crisis Service for Women (0117) 925 1119

Childline (0800 1111)