

Personal Safety

Personal Safety

The chance that you or a member of your family will be a victim of violent crime is low. Violent crimes are still comparatively rare and account for a very small part of recorded crime. But some people are still frightened that they, or someone close to them, will be the victim of a violent attack.

The best way to cut the risk of attack is by taking sensible precautions. Most people already do this as part of their everyday lives, often without realising it.

How can you stay safe?

Always be aware of your personal security, no matter where you are. Personal Safety is a general term, what we should be more concerned about is threat, broken down into 3 areas.

AWARENESS - EVALUATION - AVOIDANCE

90% of street attacks would be avoidable if only the victims were more switched on. Most criminal acts are carried out by opportunists. It is the victim that provides the opportunity.

AWARENESS

Being switched on and aware of your surroundings.

EVALUATION

If you were not switched on, then you wouldn't be able to make an assessment.

AVOIDANCE

This is the obvious choice.

Training for awareness is difficult. It is impossible to stay switched on all the time.

AWARENESS CODE...



Danger !

Should always be Avoidance or "Fight or Flight"



Evaluation !

If the threat arises or a change in situation get PREPARED



Awareness !

Being switched on and aware of your surroundings



Switched OFF !

Blind to what's happening around you "in your own little world".
Try never to be in this mode.

Staying safe at home

- Make sure your house or flat is secure . Always secure outside doors. Fit barrel locks top and bottom. If you have to use a key, keep it nearby - you may need to get out quickly in the event of fire.
- If other people such as previous tenants could still have keys that fit, change the locks. Don't give keys to workmen or tradesmen, as they can easily make copies.
- If you wake to hear the sound of an intruder, only you can decide how best to handle the situation. You may want to lie quietly to avoid attracting attention to yourself, in the hope that they will leave. Or, you may feel more confident if you switch on the lights and make a lot of noise by moving about. Even if you're on your own, call out loudly to an imaginary companion - most burglars will flee empty-handed rather than risking a confrontation. Ring the police as soon as it's safe for you to do so. A telephone extension in your bedroom will make you feel more secure as it allows you to call the police immediately, without alerting the intruder.
- Draw your curtains after dark and if you think there is a prowler outside - dial 999
- Use only your surname and initials in the telephone directory and on the doorplate, that way a stranger won't know if a man or a woman lives there.

- If you see signs of a break-in at your home, like a smashed window or open door, don't go in. Go to a neighbour and call the police.
- If you are selling your home, don't show people around on your own. Ask your estate agent to send a representative with anyone who wants to view your house.
- When you answer the phone, simply say 'hello'; don't give your number. If the caller claims to have a wrong number, ask him or her to repeat the number required. Never reveal any information about yourself to a stranger and never say you are alone in the house.
- If you receive an abusive or threatening phone call, put the receiver down beside the phone, and walk away. Come back a few minutes later and replace the receiver; don't listen to see if the caller is still there. Don't say anything - an emotional reaction is just what the caller wants. This allows the caller to say what he or she wants to say, without causing distress to you. If the calls continue, tell the police and the operator and keep a record of the date, time and content of each phone call. This may help the authorities trace the caller.

Staying safe when you're out and about

- If you often walk home in the dark, get a personal attack alarm from a DIY store or ask your local crime prevention officer where you can buy one. Carry it in your hand so you can use it immediately to scare off an attacker. Make sure it is designed to continue sounding if it's dropped or falls to the ground.
- Carry your bag close to you with the clasp facing inwards. Carry your house keys in your pocket. If someone grabs your bag, let it go. If you hang on, you could get hurt. Remember your safety is more important than your property.
- If you think someone is following you, check by crossing the street - more than once if necessary - to see if he follows. If you are still worried, get to the nearest place where there are other people - a pub or anywhere with a lot of lights on - and call the police. Avoid using an enclosed phone box in the street, as the attacker could trap you inside.
- If you regularly go jogging or cycling, try to vary your route and time. Stick to well-lit roads with pavements. On commons and parklands, keep to main paths and open spaces where you can see and be seen by other people - avoid wooded areas. If you wear a personal stereo, remember you can't hear traffic, or somebody approaching behind you.
- Don't take short-cuts through dark alleys, parks or across waste ground. Walk facing the traffic so a car cannot pull up behind you unnoticed.
- If a car stops and you are threatened, scream and shout, and set off your personal attack alarm if you have one. Get away as quickly as you can. This will gain you vital seconds and make it more difficult for the car driver to follow. If you can, make a mental note of the number and description of the car. Write down details as soon as possible afterwards.
- Don't hitch-hike or take lifts from strangers.
- Cover up expensive looking jewellery.
- Self-defence and safety awareness classes may help you feel more secure. Ask your school or your work if they have classes.

Staying safe in taxis

- If you are going to be out late, try to arrange a lift home or book a taxi. Check that the taxi that arrives is the one you ordered. Ask for a description of the car - colour, make, etc - and check this when it arrives. If you gave your name when you booked, check that the driver can tell you it before you get in. When you get home, ask the driver to wait until you are inside.
- There are many reputable mini-cab or private hire car companies, but these must be booked either at their office or by phone. In some cases the driver will carry identification. Always keep the number of a reliable firm handy. Avoid mini-cabs or private hire cars that tout for business.
- Always sit behind the driver.
- If you feel uneasy, ask to be let out in a well-lit area where there are plenty of people
- If in any doubt, don't get in a taxi.

Staying safe on public transport

- Try to stay away from isolated bus stops, especially after dark.
- On an empty bus, sit near the driver or conductor.
- On a train, sit in a compartment where there are several other people - ideally one which will be near the exit of your destination. Check to see where the emergency chain is.

When driving

- Before a long trip, make sure your vehicle is in good condition.
- Plan how to get to your destination before leaving, and stay on main roads if you can.
- Make sure you have enough money and petrol. Carry a spare petrol can.
- Keep change and a phone card in case you need to make a telephone call. Carry a torch.
- Before you leave, tell anyone you are planning to meet what time you think you will get there, and the route you are taking.

- If someone tries to flag you down, drive on until you come to a service station, or somewhere busy, and call the police. Do not pick up hitch-hikers.
- Keep doors locked when driving and keep any bag, carphone or valuables out of sight. If you have the window open, only wind it down a little. Don't wind it down far enough to allow someone to reach in while you are stopped in traffic.
- If you think you are being followed, try to alert others by flashing your lights and sounding your horn. Make as much noise as possible. If you can, keep driving until you come to a busy place.
- After dark, park in a well-lit, busy place. Look around before you get out. If you're parking in daylight, but coming back for your car at night, think about how things will look in the dark.
- Have your key ready when you go back to your car. Make sure there is no-one in the car.
- If your car develops problems, find a telephone. On motorways follow the marker arrows to the closest phone. They are never placed any more than a mile apart, on opposite sides of the motorway. **Never** cross the carriageway to use a phone.
- While on the hard shoulder or telephoning, keep a sharp look-out and don't accept lifts from strangers - wait for the police or breakdown service. Don't wait in the car - there is a high risk of an accident. Wait on the embankment nearby with the front passenger door open. If someone approaches you or you feel threatened, lock yourself in the car and speak to them through a small gap in the window.
- If you frequently have to travel after dark, or if your job involves visiting people at home, eg a health visitor or a district nurse, consider getting a mobile phone or ask your employer to provide one.

What men can do

Men can help by taking the issue of women's safety seriously in their everyday lives. Bear these points in mind:

- If you are walking in the same direction as a woman on her own, don't walk behind her - this may worry her. Cross the road and walk on the other side. This may reassure her that you are not following her.
- Don't sit too close to a woman on her own in a railway carriage or bus.
- If you are thinking of chatting to a woman waiting, for example, at a lonely bus stop, remember that she won't know you mean no harm.
- Realise how threatening actions such as staring, whistling, passing comments and jostling can be, particularly when you are one of a group of men.
- Help female friends or family members by giving them a lift or walking them home when you can. If you do, make sure they are safely indoors before you leave.

Safeguarding your mobile phone

As many as 10,000 mobile phones are stolen every month. Two thirds of the victims are aged between 13 and 16. Many phones are also stolen from unattended cars. Here are some practical measures you can take to keep your mobile phone safe.

Remember to...

- keep your phone out of sight in your pocket or handbag when not in use
- use your phone's security lock code, if it has one
- record details of your electronic serial number (ESN) and consider separate insurance
- some phones have an IMEI number which is a unique identifier for the phone; you can obtain this number by typing *#06# (star hash 06 hash) into your mobile phone and it will display a 15 digit number
- property mark your phone with your postcode and door number to help police identify stolen ones
- report a lost or stolen phone to the police immediately
- inform your service provider if your phone is stolen or lost

Don't...

- attract attention to your phone when you are carrying or using it in the street
- park in isolated or dark areas
- leave your phone in an unattended car - if you must, lock it out of sight. It only takes seconds for a thief to smash a window and steal your phone.

By taking these simple precautions, you can protect your phone.

If you see anything suspicious, call the police - dial 999.

Service Provider websites:

www.vodafone.co.uk

www.orange.co.uk

www.o2.co.uk

www.t-mobile.co.uk

Property marking

Mark it to keep it - make thieves think twice!

Property Marking is your second line of defence against thieves.

In your living rooms ... bedrooms ... inside or outside your home ... your car ...

How to deter thieves and help to recover your property

Nobody wants to be burgled and lose their valuable property, so property marking has to make sense. It's a way in which you can help us to protect you by deterring burglars and tracing more stolen property. Deter would-be thieves by marking your property with your own Post Code and your house or flat number (or the first two letters of the name of your house). Then, if your property is stolen it will be much easier to trace, as it can be positively identified as yours. If you move, just place an "X" at the end of your old postcode and mark your property again with your new postcode, as described above.

Worth taking? Then it's worth marking!

Take a good look around every room in your home as well as outside in your garage or shed. Consider all the things you would be sorry to lose or find hard to replace - then **mark them**.

Remember that anything remotely useful or attractive is re-saleable. For instance, all your electrical and mechanical goods, household appliances, furniture, pictures, ornaments, antiques and silver, in fact anything can be a target of thieves.

Garages and gardens sheds are also at risk. Protect your lawn mower and keep your tools locked up. They may well be used by an intruder to force his way into your home!

Finally, always lock your car no matter where it is parked and Property Mark it and the contents.

Marking is easy

Property Marking is a quick, easy Do-It-Yourself job, and it costs so little. For an outlay of only a few pounds and an hour or so of your time you could be saving yourself a great deal of money, inconvenience and personal anguish.

Permanent marking

Engraving and punching identifies your property for good. Inexpensive tools and kits for the job can be bought from DIY shops and ironmongers. Improvising by scratching to save yourself the outlay is acceptable but might need a little extra care.

Invisible marking

For antiques or other valuable property which might be devalued or spoiled by visible marking, there's an invisible ultra-violet marker. Burglars cannot see it, but if something marked is stolen we can identify it with a special ultra-violet lamp. UV markers are available from most good DIY stores and stationers at around two pounds. It's important to remember that UV marking fades and will need to be renewed every so often.

Three ways of marking Engraving

Engraving

Engraving with a fine drill or sharp-pointed tool. Use a template or stencil - or simply do it freehand.

UV marking

the invisible method using an ultra-violet pen. Simple to use - but needs renewing periodically.

Punching

With a hammer and a set of punches bearing marking information. Use only on heavier metal - items such as bicycles, mowers or engines.

NB. Aluminium is easily damaged by punching and should not be marked in this way.

Where to mark your property

Where you mark your property matters - particularly if you are using the engraving method. If you prefer the mark to remain out of sight, you'll obviously choose somewhere behind or underneath the article.

The really important thing to remember is to select a surface that can't be removed without spoiling the basic appearance or performance of the article.

Marking your car

Have your car's registration number etched onto all its windows, either having it done professionally or using a special kit. A thief would then have to replace them, which is expensive and off-putting.

You may also Property Mark your car and its contents with your postcode as described earlier. Use an ultra-violet pen, or an engraver in a place where a thief will not notice. For more detailed advice about marking your car, ask for our Autocrime Watch Leaflet.
Lock it - Mark it. Watch where you park it!

Burglars hate marked property

'Marked property' stickers

It pays to show you are 'Property Marked'. Stickers strategically placed anywhere a burglar might force an entry provide a very effective deterrent, and are available free from any Metropolitan Police Station.

Help and advice

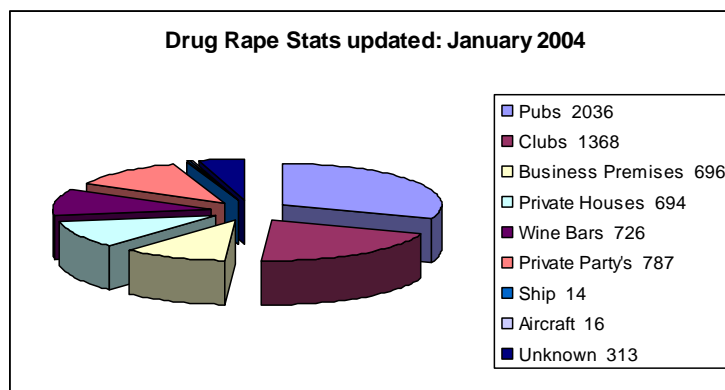
This page tells you what you need to know about Property Marking, so you should be able to start on your own property straight away. However, if you think you need advice, don't take risks but contact your local Police Crime Prevention Officer.

Date Rape / Drug Rape

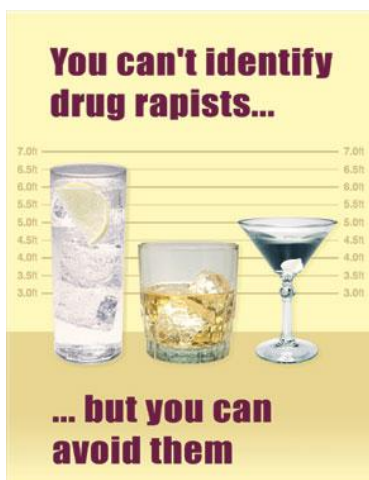
- While on these drugs they make you lose your memory.
- If you have had one or two drinks and begin to feel drunk, you probably have been targeted.
- GET HELP URGENTLY from someone you trust.
- Memory loss is probably the reason why so few of these crimes are reported
- Only accept drinks from people you trust.

What are the drugs used?

- Benzodiazepines, including Flunitrazepam & Diazepam (Rohypnol, Valium,) Gamma Hydroxybutyrate (GHB) Katamine.
- 488 cases in Northern Ireland confirmed in 2003.
- Total cases reported & confirmed in U.K. 6,650.
- 759 of the total cases reported happened on holiday abroad.
- This crime is on the increase yet very few cases are ever reported to the police.
- All age groups from 14 to 40+ were targeted.



Information supplied by the roofie foundation.



www.spikey.co.uk

BULLYING - Information for pupils

Don't Suffer in Silence...

IF YOU ARE BEING BULLIED

- Try to stay calm and look as confident as you can
- Be firm and clear – look them in the eye and tell them to stop
- Get away from the situation as quickly as possible
- Tell an adult what has happened straight away

AFTER YOU HAVE BEEN BULLIED

- Tell a teacher or another adult in your school.
- Tell your family
- If you are scared to tell an adult by yourself, ask a friend to come with you
- Keep speaking up until someone listens and does something to stop the bullying
- If your school has a peer support group, use it
- Don't blame yourself for what has happened

WHEN YOU ARE TALKING TO AN ADULT ABOUT BULLYING, BE CLEAR ABOUT

- What has happened to you
- How often it has happened
- Who was involved
- Who saw what was happened
- Where it happened
- What you have done about it already

BULLYING BEHAVIOUR INCLUDES:

- Name calling and nasty teasing
- Threats and extortion
- Physical violence
- Damage to belongings
- Leaving pupils out of social activities deliberately and frequently
- Spreading malicious rumours

*If you find it difficult to talk to anyone at school or at home, ring **Childline**, Freephone 0800 1111
It is a confidential helpline.*

Self-Defence

If the worst happens

Think what you would do if someone attacked you. Could you fight back, or would you avoid resisting and wait to escape? Only you can decide whether to fight back, but preparing yourself for all possibilities could provide a split-second advantage.

- If someone threatens you, shout and scream for help and set off your personal attack alarm if you have one. This may unnerve the attacker and frighten him off.
- You have every right to defend yourself, with reasonable force with items which you have with you like an umbrella, hairspray or keys can be used against the attacker. The law however doesn't allow carrying anything which can be described as an offensive weapon.

If you have been attacked

Assaults and rapes are serious crimes, whether committed by a stranger or someone you know.

- Call the police straightaway. They need your help to catch the attacker. You can help the police by:
 - Taking the name or address of any witness
 - Trying to remember exactly what the attacker looked like
 - If a car was involved, try to note the colour, model and registration number.
- You do not need to go to the police station to report an assault - you can be interviewed in your own home if you wish. These crimes are dealt with sympathetically, regardless of sex. Police stations have specially trained officers who will help and support you, and many areas have comfortable victim suites, separate from the police station, where you can be interviewed privately.
- Although your immediate reaction will be to wash, try not to if you can possibly help it. It will destroy vital medical evidence that will help prove the case against the person who raped or assaulted you.
- Should your case come to trial, by law your anonymity will be guaranteed if you are female, or under 18 years old. The law forbids newspapers to publish anything that might identify you. Also, as a general rule, you should not be asked about your previous sexual history in court.
- If the violence is within your family, legal protection is possible under either civil or criminal law. In some cases for example, they can require a husband or partner not to enter your home, or even your neighbourhood.

PSYCHOLOGICAL AND STRATEGIC ISSUES

Violence and confrontation generally does not simply happen and conflict does not necessarily equate with physical violence. Fortunately there are many skills we can practice in order to bring conflict to successful resolution. Here we would define 'success' as placing ourselves in a position to leave an encounter or confrontation without the necessity to apply *any degree* of force. The initial phase of conflict management should be concerned with yourself and 'self awareness' including the effects of 'non verbal communication' - sometimes referred to as *body language*.

It is important to install in yourself a sense of assertiveness and how to give out signals that may simply put off a potential attacker. The 'scared rabbit' syndrome is often accepted - it is akin to a rabbit frozen in the headlights of an approaching vehicle. You must convince yourself that you need not be a victim and that you have the power to say "no" - not simply to say 'no' but to shout it as loudly as possible.

Men attack women and others who may be considered vulnerable for a variety of reasons: for robbery and sex...., but fundamentally they do so to assert power and control - the buzz which many attackers admit they seek. On the other hand, it is a scientifically proven fact that, generally speaking, women do not readily take to inflicting violence on men - even when confronted or intimidated. Everyone in today's society has what I choose to call -

A defensive Bill of Rights.

This includes the following assertions:

- I have the right not to be hit
- I have the right not to be hurt
- I have the right not to be threatened
- I have the right to be treated decently and not to be molested
- I have the right to physically defend myself

PINCER MOVEMENT

If more than one assailant is involved it is usual for one of the attackers to deploy the victim with a distracting question whilst the other/s move to the victim's off side, whilst the questioner distracts the victim, his accomplice/s attack.

TELL-TALE SIGNS

Awareness allows you to spot the tell-tale signs that the mugger displays in his selection stage.

Close observation will highlight the assailant's suspicious actions, he will stand out like a sore thumb. His eyes will follow the victim closely and dart away if the look is returned, he will have a false casualness about him, as though trying to look occupied, but with no occupying matter. The fact that he has noticed his intended victim's vigilance will, at this stage, usually be enough to cause early abortion of the intended attack.

Awareness makes the victim a hard target. The victim should let the attacker know, by his/her actions, that he has been noted. If the victim mingles with other people, goes into a shop, makes a hasty retreat, etc., the attacker will move on, going back into selection mode and looking for another victim, preferably someone that is not aware.

Remember the attacker will be aggressive, un-compliant and frightening. This hard shell usually conceals a coward, once you have cracked the shell and got passed his front the attacker usually goes from 'hard to lard'.

FEAR

What is fear? How can we define it? The English dictionary informs us that fear is 'an unpleasant, often strong emotion caused by anticipation or awareness of danger.' In layman's terms, when the brain senses danger it triggers adrenalin, a human turbocharge brought on by awareness and anticipation to aid what psychologists call the 'fight or flight' syndrome.

In moments of danger or confrontation the body releases chemicals from the adrenal gland that hit and go through the bloodstream like a speeding train, preparing the body for fight or flight, deeming it stronger, faster and partially, sometimes completely anaesthetised to pain. The more demanding the situation, the bigger the build-up and adrenalin release: the bigger the release the better the performance (running or fighting). However, by the same count, the bigger the build-up and release, the harder it is to control.

In the gap between confrontation and action, adrenalin can be controlled with diaphragmatic breathing (deep controlled breathing through the nose). This triggers what is known as the parasympathetic nervous system. Which slows the release of adrenalin. Also the knowledge that it is OK to be scared and that fear is a natural occurrence can offer great comfort in distress.

Subsequently, because the adrenalin often lies unutilised in the body, it builds up like a pressure cooker and explodes into other aspects of our lives. This could be in the car as road-rage, or in the home by shouting at your partner or children.

If the adrenalin is not pushed outwards it often turns inward and becomes anxiety, a constant background shadow that can creep quite easily into depression. We become afraid of the feeling of fear, and the very act of felling afraid triggers more adrenalin and more fear. You end up on a downward spiral of fear and adrenalin. This exhausts the mind and confusion and depression can be the result.

AGGRESSION THERAPY

As with most things, the more exposed we get to something and the more we begin to understand about it the less frightening it becomes, so when practising your techniques try shouting at each other and being extremely aggressive (be careful not to have young children around when practising this exercise).

Even though it is in a controlled arena and only an exercise, the subconscious mind, working independently of the conscious brain, will still register trauma and release adrenaline. While your opponent is shouting obscenities, you practice controlling the flow and the urge to panic. Basically you become through constant exposure to aggression, desensitised to it.

Of course, aggression is a two-way street and what can be used against us can be used by us against our attackers. Aggression can be used as a tool to instil the same adrenal dump in our assailants as they instil in us. They too, ignorant to their own bodily reactions will often mistake adrenaline for fear and bottle out.

Practice of this form allows us to switch our aggression on and off like a tap. It needs practice; it is not easy to just let our aggression go at the drop of a hat. Learning to let your aggression out is also wonderfully therapeutic - a great way of burning up the unused adrenalin left over from the incessant confrontations of life:

Aggression therapy is a great way to exorcise the demons and release the psyche. With a bit of visualisation your training partner can become your bullying boss, noisy neighbour or anything that you want; use them to tap your aggression and get it out, use it as a fuel, as an attacking implement, a psychological bullet. With aggression therapy you can let the lot go, it helps you to mentally release and fine tune a brilliant psychological weapon; it also helps your training partner to learn control against naked aggression.

(Geoff Thompson)

LEGAL ISSUES

The law relating to self defence is contained in the Criminal Law Act 1967 - the thread, which runs throughout the whole of the legal aspect of what you do, is *reasonableness*.

The Law:

**Any force used must be necessary or reasonably believed to be necessary at the time.
The force used must be actually proportionate to the harm it is intended to avoid.**

- A person may use such force as is reasonable in the circumstances in the prevention of crime or in effecting or assisting the lawful arrest of offenders or suspected offenders or persons unlawfully at large.
- The criteria for use of force is once again reasonableness - that is a person may use such force as is reasonable in the circumstances as he honestly believes to be necessary to defend himself or another.
- Force may be used for
 - self defence
 - defence of another
 - defence of property
 - prevention of crime
 - lawful arrest.
- It should be remembered that if force is clearly unnecessary, it can never be reasonable in the circumstances.
- A person can use force to ward off an anticipated attack provided that it is anticipated as **"imminent"**. But...if a threat of force could be expected to be sufficient to deter an attacker then it may be considered unreasonable to use actual force.
- It is an offence to carry anything in any public place, which is intended to be used as a weapon.
- It is an offence to carry anything in any public place which is designed or adapted as a weapon (eg. Knuckle-duster, blunt weapon, sharpened comb etc.)

You will have to adopt a careful and sensible approach in this area. For instance, if a woman is placed in a life-threatening situation, she may well be able to claim that she was acting reasonably in using, for example, an aerosol hairspray or bunch of car keys to defend herself by using such articles against the eyes of her attacker. But it would not be acceptable for the same individual to carry with her a tin of pepper solely to use as a weapon in the event of an attack. However wrong this may seem, you **must** be aware of this area of the law.

Ultimately, the test for all these things is subjective. That is in the cold light of day, although an action may be thought of as unreasonable, the correct approach is to examine what the person attacked actually thought and felt in the heat of the moment of the attack.

USE OF FORCE AND PERSONAL LIABILITY

INDIVIDUALS SHOULD BE AWARE OF
COMMON LAW AND SECTION 3 C.L.A. 1967.
FORCE USED IN DEFENCE MUST BE
REASONABLE, NECESSARY AND JUSTIFIABLE

TECHQUES SHOULD BE:

- | | | | |
|----|----------|---|--|
| 1. | SWIFT | - | Developed by correct training |
| 2. | POSITIVE | - | Understanding Physical and Psychological trauma |
| 3. | DECISIVE | - | Using only that amount of force that is reasonable and necessary In Law |

Where harm is caused by negligence or excessive force the individual who causes unjustified harm while acting outside the guidelines of Common Law or Section 3 C.L.A. 1967 may be held totally liable as an individual.

Section 3 (1) of the Criminal Law Act 1967 states: "A person may use such force as is reasonable in the circumstances in the prevention of crime, or in effecting or assisting in the lawful arrest of offenders or suspected offenders or of persons unlawfully at large."

Top ten tips to protect yourself

Every woman should take her personal safety seriously. Check out this advice...

1. Use only your surname and initials in the telephone directory and on the doorplate. That way a stranger won't know if a man or woman lives at your address.
2. If other people such as previous tenants could have keys to your house, change the locks. Don't give keys to workmen or tradesmen.
3. When walking home, walk facing the traffic so a car cannot pull up behind you unnoticed.
4. If you often walk home alone, invest in a personal attack alarm. Make sure it is designed to continue sounding if dropped.
5. When out, carry your bag close to you with the clasp facing inwards. Carry your house keys in your pocket. If someone grabs your bag, let it go.
6. Avoid mini-cabs or private hire cars that tout for business. Reputable mini-cab or private hire companies can only be booked at their office or by phone.
7. When in a taxi, always sit directly behind the driver.
8. If someone tries to flag you down when driving, drive on until you come to a service station or somewhere busy and call the police. Do not pick up hitch-hikers.
9. Keep doors locked when driving and keep valuables out of sight.
10. Make sure the men in your life take the issue of your - and other women's - safety seriously.

Victim Support

This is a registered charity which provides emotional support, information and practical help to victims of crime regardless of race, colour or creed. They work closely with, but independently of, the Police and others to ensure that the needs of victims of crime are taken into account.

Telephone: 028 9024 4039

Online: info@victimsupportni.org.uk

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I do not claim to offer the "ultimate" self-protection programme; there is no such thing. However, I will strive to offer the best possible product, which reflects the high standards of the Northern Ireland Judo Federation.

The physical skills acquired on this course can be improved upon by participating in further training. It is advisable to enrol in further self-defence courses or join your local judo club.



Eamonn Rooney A.Inst.SRM (3rd Dan)
BJA Personal Safety Advisor & Assessor for Northern Ireland.