



Protect Yourself

A Guide to Personal Security



Keeping People Safe

Introduction

Our own security and the safety of those close to us is of the utmost importance. The more you do to 'Protect Yourself', the safer you and your family will be.

The precautions you take will be determined by the extent or level of threat you are likely to encounter. This can be assessed by giving consideration to:

- * **Environment**
- * **Profession**
- * **Specific threats**
- * **Personal history**

The security measures taken should be appropriate to the perceived threat. If they are excessive, they may cause unnecessary inconvenience and stress; if they are insufficient, you may put yourself at risk.

The advice contained in this booklet is based on common sense. Taken and adapted to the individual needs of the reader, it will provide a firm foundation on which to build a personal security system.

The intention is not to cause alarm or anxiety, but to offer practical advice and guidance to help you and your family reduce any possible threat or risk to your security and well-being.

You and your family can be assured that all sensible precautions have been taken.

No one has more responsibility for your personal security than you - don't make the terrorist or criminal's job easier through laziness or complacency.

Vulnerability

Vulnerability means openness to successful attack. It is important you learn to recognise these situations so that you can avoid them where possible and be on your guard when you cannot.



For example, most people are relatively vulnerable when answering the door at home, preparing to drive off in their car or at any time when their movements can be predicted.

Attackers can be creative when it comes to finding ways and means to target individuals and their families. The objective may be to use embarrassment, inconvenience and distress, but may also include the intent to cause physical injury or threaten life itself. It is worth keeping a diary in which to evidence all such incidents.

No one can be on 'red alert' 24 hours a day. The information in this booklet will help you decide where you need to take precautions, when to maintain the highest level of alert and when you should involve the police.

Look out for suspicious or unusual behaviour in people around you - near your home, where you work, and places you visit regularly.

Be alert to possible threats arising from your public, commercial or private activities, and advise those of your associates, family and staff who may need to be aware of the situation.

Try not to establish an observable pattern of behaviour that would enable a potential attacker to:

- * **Predict your future movements and construct a plan around them**
- * **Trap you in situations where you are least able to protect yourself**
- * **Isolate you from help**

Ideally, if you are giving an interview or meeting with someone you don't know well, you should arrange to:

- * **Meet in a recognised place of business during normal hours**
- * **Meet in the presence of, or near to, associates, members of your family or other trusted people who, if necessary, can call for help**

Avoid letting details of your public, business or domestic life become more widely known than is necessary. Refrain from referring to these details in conversations held in public places, or through entries in political, commercial or social directories.

Try not to work or stay overnight in situations that may threaten your safety and isolate you from people who can give, or call for, help.

A would-be assailant who can see that you, your family, associates and staff are on guard, may well be deterred from carrying out an attack. Establish good, habit-forming personal security practices.

If, for any reason, you believe that an attack is imminent, you should summon help by the best means available to you. If you can safely do so, telephone the police (999), sound an alarm, or attract the attention of other people and ask them to call the police for you.

Raising an alarm, drawing attention to your predicament and acting decisively can be enough to deter a potential attacker.



You should ask the police for help

If you see anyone behaving suspiciously near your home, workplace, etc

If your car, your home, or your office show signs of either having been tampered with or unexpectedly entered

If you believe an event or activity you are planning may carry a particular risk, leaving you vulnerable to attack

Security at Home

The following advice is not exhaustive, nor will it apply in every case. Appropriate measures should be taken to meet individual needs.

Your local police Crime Prevention Officer (CPO) is available and qualified to advise on ways to deter unlawful entry to your property - this service is provided free of charge. Visit the website www.psnipolice.uk and click on the link to Crime Prevention.

General

There is now a requirement to have mains-operated smoke detectors fitted in new builds. Fit a mains-operated smoke detector or fire alarm system in your home if there is not already one installed. Consider having a fire extinguisher available for emergencies.

Maintain a good quality first aid kit.

Fit an intruder detection system (burglar alarm). Set external sounders at 'instant' to deter intruders if the alarm or a personal attack button is activated.

An alarm can be fitted to doors, windows or gates if the threat justifies such action.

A good guard dog is an asset. A barking dog may warn you of intruders.



On return from holiday, check your house and garage for signs of forced entry. Advise the police of any suspicious vehicle or people seen near your home. Ask your neighbours to keep you informed about any suspicious activity.

Where possible, avoid routine in public and private life.

Doors, Windows and Locks

Do not answer the door immediately; check who is there by looking through an adjacent window, or install and use an intercom.

Ensure good quality locks are fitted to external doors, access windows and other openings (e.g. cat flaps). Fit blinds or curtains to glazed exterior doors.

Fit a cable guard or strong door chain on outer doors - make sure you use it. Know where all your door keys are. Do not hand keys out to builders, etc.



A video door phone or an intercom will enable you to identify callers before you open the door. Even then, the door should only be opened with the chain or limiter still in place.

Consider hanging heavy curtains on the windows of the rooms most frequently used by your family.

Curtains should be drawn at dusk before internal lights are switched on.

Fit window locks on all windows. Any windows that are not in use can be permanently secured with screws. Ensure you do not contravene fire regulations in common areas and public buildings.

Make sure window lock keys for windows that could be used for egress in the event of a fire are kept to hand. They should not be visible or within reach from outside. An Evacuation Plan should be known to all occupants.

Before retiring each night, make a safety check to ensure all doors and windows are locked.

If you are suspicious of a caller, don't open the door.

Remove or trim back shrubs and trees blocking your view. This will make it more difficult for an intruder or attacker to approach unseen.

Consider installing a television linked CCTV system to assist in the identification of visitors.



House and Grounds

To deter intruders, the perimeter of the property should be made as secure as possible.

Check garage doors and windows each morning for signs of forced entry.

Garages, outhouses and garden sheds should be kept locked when not in use.



Keep the area around your home clear and tidy. This will enable you to identify unusual or suspicious objects quickly. Booby trap devices come in many forms and sizes - they may even be disguised as familiar objects.

If possible, keep your dustbin/recycling bin in an enclosed yard. Nothing of a sensitive, confidential or personal nature should be placed in the bin.

Do not handle suspicious objects - call the police and evacuate the immediate area.

Consider growing trees and shrubs near your boundary to hinder access to your garden. This will also make it more difficult for intruders to identify and see into rooms most used by family members. Keep fences in good repair.



Remove objects that could be used as missiles: for example, loose bricks and large stones.

Posters or offensive notices should not be removed without prior, careful examination.

Lighting

Good external lighting can help to deter intruders.

Consider lighting the approaches to your home and outlying buildings with exterior lights sited out of reach. Exterior lighting may be activated by light sensors or passive infrared (PIR) detectors. Manual override switches allow complete personal control.



Install an illuminated 'courtesy' light operated by a photocell in the area of the front door.

Always have reserve lighting, such as a torch, lamps or candles, at hand.

Consider fitting other forms of security lighting for use in emergencies or if suspicion is aroused. Floodlights, sited in strategic places, make it difficult for would-be assailants to hide from view.

Unless there is no outside light, never switch on an inside light to answer the door after dark.



Visitors

Before opening the door, check visitors by observation, video phone, external camera or intercom. Ask friends and relatives to inform you of intended visits.

Arrange fixed times for trades people to call; check their identity on arrival and never leave them alone in the house.

Be wary of late night callers to your home.

Be extra vigilant when holding a function at your home. Outside caterers/staff should be identified by a responsible person.

Key Care

Do not leave a key under the doormat, in a mailbox or in other obvious hiding places. It is better to give adult members of the household their own keys.



Do not label your keys thereby making them easily identifiable by an outsider - if you need to identify keys, use a colour-code

The Telephone

Your telephone should be sited in a place where you cannot be observed using it from outside. It is also advisable to:

- * **Consider using a bedside telephone extension to make and receive calls. Keep your mobile phone with you when you retire for the night**
- * **Report an out of order telephone at once. Be vigilant until the connection is restored**
- * **Keep a list of emergency numbers near your telephone**
- * **Make sure you and other members of the family or staff exercise discretion when answering the telephone. No information should be given regarding your whereabouts or future appointments. The caller's name and telephone number should be taken, so that you can return the call**
- * **Make your telephone number ex-directory**
- * **Keep a notepad and pen by your phone**

Direct Marketing Removal

www.tpsonline.org.uk (whilst 100% success is not guaranteed, the telephone preference service provide a free service that helps you to avoid UK based telemarketing calls by removing your information from direct marketing databases)

www.phonepayplus.org.uk (this is the website of the premium phone number regulator - useful if you spot any numbers that look like premium numbers when you review your bill and you haven't made them)

Anonymous Calls and Telephone Threats

Anonymous calls and telephone threats are usually intended to lower your morale. An accurate analysis of such calls may provide valuable clues on which to base recommendations, action and subsequent investigation.

A natural reaction on hearing a hostile voice when answering the telephone is to hang up.



However, the following action should be taken:

- * **Keep the caller talking**
- * **Note any clues the caller may provide as to sex, age, accent, etc**
- * **Listen for clues as to the caller's intention or the specific threat**
- * **Write down details immediately. This may assist police later**
- * **Listen for background noise that may provide valuable information as to the location or circumstances of the caller**
- * **On termination of the call, operate any trace facility by dialing 1471**

If you are receiving calls of an annoying, indecent or insulting nature, you should:

Consider contacting your service provider - who can be very helpful.

Consider using a caller display telephone, which allows you to vet calls before you answer them.

Consider contacting the police - there are procedures in place to investigate such incidents.

A prosecution may be brought where the identity of the caller is known or can be ascertained.

Mobile Telephones

Protect your mobile from opportunist theft

Use all of the security facilities available with the phone (e.g.: password protection of SIM card)

Use discretion in how you list and identify the telephone numbers of your colleagues and workplace

Be aware of who may be listening or able to overhear your conversations in public places



Phone Security

www.staysmartonline.gov.au (secure your mobile)

www.knowthenet.org.uk (mobile safety - top tips for mobile security)

<http://home.mcafee.com> (security advice - 10 quick tips to mobile security)

The Internet and Social Networking Sites

The internet has become such an integral part of everyday life that it can be easy to forget the importance of personal security and vigilance when using this medium.

Social networking sites, such as Facebook and Twitter, are huge targets for preying cyber-criminals. By abusing the nature of such sites, criminals are able to access information and personal details that users have made publicly available. Such activity is known as social engineering, and is one of the first stages of many cyber-attacks related to identity theft. So, please remember that the information placed on such sites is not secure and could be viewed by anyone, including those who may wish to harm you or your family, friends or colleagues. The responsibility rests with you to ensure whatever is disclosed does not put anyone at risk.

You should not include personal details such as:

- * **Mobile phone numbers**
- * **Private home addresses**
- * **Personal or work addresses**
- * **Employment details**
- * **Family members**
- * **Hobbies and places frequented**
- * **Vehicle details**

To avoid putting other people at risk, photographs of family, friends and colleagues should only be published with your consent and theirs. If applicable, published photographs should not reveal your occupation, home or place of work.

By using either electronic or facial 'tagging' of photographs found on social networking sites, technology can be used to discover your personal details, your home or possibly your current location.

There is no reason why you cannot use the internet or social networking sites; and by following the above simple rules you can reduce the risk to yourself and others when doing so.

General computer security

To reduce any risk it is essential that you consider the following:



- * **Use a computer firewall**
- * **Use a reputable computer anti-virus programme and keep it updated**
- * **Be cautious when using third party applications (Malicious codes known as 'malware' can spread rapidly around social networks)**
- * **Inspect your user profile privacy and security options within the site (Facebook recently introduced a facility to allow you to download a copy of your uploaded information - so you can see what others see)**
- * **Do not open emails from unknown or suspicious senders**
- * **Treat all email attachments with caution**
- * **Use software controls that ensure only reputable websites can be accessed, reducing the risk of malicious software being installed on the system**
- * **Where it exists, turn off the option to automatically download attachments to emails**
- * **Implement effective filtering across internet gateways (e.g.: spam blockers, firewall and anti-virus software). Make sure that the latest updates to these and the operating system are promptly installed**
- * **Shredding paper before disposal if it contains sensitive information**

Online Security - General Advice

www.staysmartonline.gov.au (Top 10 tips)

www.getsafeonline.org (Get Safe - Top 10 tips)

www.thinkuknow.co.uk (guides to understanding and dealing with the different forms of cyber bullying; also guides to staying safe online for people of all ages from five to adult)

www.chatdanger.com (staying safe on line with advice largely targeted at parents, carers and children, with real examples provided)

Computer Security

www.staysmartonline.gov.au (Secure your computer)

www.us-cert.gov (security publications - ten ways to improve the security of a new computer)

Social Networking

www.knowthenet.org.uk (social networks - privacy advice for social networks)

www.us-cert.gov (alerts and tips for staying safe on social network sites)

Specific Advice for Popular Websites

www.priveazy.com (protect your accounts)

Anti-Fraud Tips

www.actionfraud.org.uk (provides anti-fraud advice and ways to report fraud incidents online)

Direct Marketing Removal

www.192.com/misc/privacy-policy (this website explains how 192.com get the information it publishes; it also includes a link to the CO1 fax-back form which will allow you to remove your details from 192.com)

Security Away From Home

Travelling in General

Be alert to dangers that may be encountered while travelling - particularly on entering or leaving your own home.

If possible, avoid setting patterns in your travel arrangements that may make it easy for anyone to predict your whereabouts.

Vary your routes and times of departure as much as possible.
(This is a significant contributing factor in ensuring your personal safety.)

Make sure someone at home knows your route and the time you expect to return.

If your arrival is overdue, arrange for this person to report it to the police. Keep the person advised of any delays.



Do not go to the same restaurant or place of entertainment consistently. This establishes a pattern that will become obvious to anyone interested in your movements.

Make ticket or restaurant reservations in a name other than your own.

Travelling in company is safer than travelling alone.

Make a habit of checking the road before leaving your residence.

Note any suspicious or strange vehicles and report these to police.

Contact the police immediately if you think you are being followed. If you can, make your way towards the nearest open police station. Do not drive home.

Do not publicise your movements. Restrict details to as few people as necessary on the 'need to know' principle.

Contact local police where there is advance publicity of your visit to an area that you consider sensitive. If necessary, arrangements will be made to give attention to your visit.

Never leave laptops, documents or papers in unattended vehicles. (They may identify you or your employer.)

Before travelling, make sure that someone at home knows:

- * **A contact telephone number**
- * **Where you are going**
- * **Whom you are going to see**
- * **How you will travel**
- * **When you expect to arrive and when you expect to return**
- * **What to do in the event of undue delay**

Walking

You may be vulnerable when walking alone at night.

Walk on brightly lit, well travelled streets as much as possible.

If you must walk in a poorly lit street, stay near the kerb and well away from shrubbery, dark doorways and other places of concealment.



Avoid short cuts through vacant lots, deserted parks and unlit alleys.

Be alert to your surroundings. Keep away from anyone of whom you are suspicious.

Try to be as inconspicuous as possible in public places.

Vary walking or running routes.

If you think you are being followed, stay in a public place and contact the police. Consider using other places of safety that may be accessible



UVIED's (Under vehicle improvised explosive devices)

Make car inspection a daily routine if UVIED's are likely to be a threat to you.

UVIED's take many forms, but they are usually simple devices that can be detected through routine inspection.

(It should be remembered that attackers can go to great lengths to construct cleverly disguised devices.)

Check underneath your car before using it in the morning or, if appropriate, when the vehicle has been left unattended for prolonged periods.

Do not take it for granted that your car is as safe as when you left it. It only takes a few seconds to plant a device.

Avoid drawing attention to your vehicle by displaying cherished vehicle registration plates or by choosing or adding distinctive features (e.g: large spoilers, stand-out colours, particularly unusual alloy wheels).

Familiarise yourself with the underside of your vehicle and the wheel arches; you will then be better placed to recognise anything that ought not to be there.

Common places for UVIED's are:

- * **On the ground underneath the car**
- * **In front, on top of or behind one of the wheels, or underneath a mudguard**
- * **Tied to the exhaust or underneath or behind a seat (usually the driver seat or that normally occupied by the target)**

Disturbed ground around the car may indicate that an explosive device has been buried or planted there.

Carry a torch with which to check your vehicle after dark.

Where possible, secure all locks and petrol tank access.

At home or in work, park your car in a locked garage or a secure parking area. If neither of these is an option, leave your vehicle where it can be seen by the general public.

Simple precautions can make it more difficult for anyone to attach anything to your car or place anything in it that is designed to cause harm or injury.

Do not allow anyone near your vehicle before you have checked it thoroughly and are satisfied there is nothing untoward or suspicious.

Opposite are photographs that might assist in the identification of UVIED's.

However this is not an exhaustive or definitive list



If you discover a suspicious item:

- **Do not attempt to touch or remove the object.**
- **Move away to a safe area (at least 100m)**
- **Do not use any mobile phone.**
- **Report it to the police immediately by phoning 999 (using a landline)**

On the Move by Vehicle



When you are driving, use common sense and be alert to the possibility of sudden danger.

As far as possible, vary your route and times of departure to avoid setting a pattern.

Keep car doors locked when driving.

Ensure car windows are fully closed when you are parked and opened only enough for ventilation when you are driving.

Look forward along parked vehicles in the street or road for anything of a suspicious nature and, via your driving mirrors, for vehicles following behind.

Keep to main routes as much as possible.

Avoid contentious areas in times of public disorder.

Drive your car at a steady speed.

Keep your distance from the car in front of you.

Don't leave documents unattended in your vehicle that would in any way identify you.

Do not allow yourself to be boxed in. On the approach to traffic lights allow enough room for manoeuvre or, if possible, adjust your speed to avoid stopping.

If something untoward appears to be taking place on the road ahead, stop and turn if it is safe to do so.

Ensure that you have sufficient fuel to avoid stopping at unknown or isolated petrol stations.

Do not open windows or doors or offer lifts to people you don't know.

Be wary if you experience a flat tyre. Drive to a safe place before stopping. If possible, get off the road altogether but try to avoid becoming isolated.

Be wary of accident scenes. They may be staged to cause you to stop.

Do not leave your car unattended if you can avoid it.

Taxis

If possible, do not use waiting taxis.

Only use legally licensed taxis.

Do not share a taxi with someone you don't know.

Be aware, that for their own safety, some taxi drivers are installing cameras that record the behaviour of passengers.

Cameras that record the views from the front and rear of the vehicle may also be installed. In such taxis, images of you, other occupants and, for example, your home may be recorded.

Before you get into any vehicle, check the credentials of the driver.



Consider alternative pick-up or drop-off points other than your home or place of work and don't wear anything that would disclose your occupation.

If using a taxi or chauffeured service, consider changing your position in the car. Sit in the front seat occasionally.

Give your chauffeur/taxi driver clear instructions as to what route to take, but do not give notice of your route in advance.

A personal chauffeur should be encouraged to become security conscious. Advise him or her of the relevant security measures suggested here.

**If you think you are being followed,
keep a lookout in your rear-view mirror.**



- * **Try to keep calm. Keep the vehicle moving, even if only slowly**
- * **Contact the police if you have a mobile phone or radio**
- * **Close the windows and make sure the doors are locked**

Make a safe detour to check if you are being followed - do not deviate to an unknown route on which you may become lost.

Note details of the suspect vehicle and give these to the police.

Keep your distance from any obstacle. Ensure you have adequate space for evasive action if you have to slow down or stop.

To get attention, switch on your hazard warning lights and/or use the horn.

Drive to the nearest open police station or other place of safety and report the incident.

Rail, Sea, Air and Other Public Transport

If travelling by train, enter a compartment that is already occupied.

If you can, keep locked luggage where you can see it.

If you have to surrender your luggage - make sure you get the right bags back. Don't open them unless you are confident they have not been tampered with.

When travelling by ship, be cautious about walking on deck at night.

Try to obtain a cabin and ensure that the door is kept locked at all times.

Hotels

Where possible, avoid regularly using the same hotel.

Never see visitors in your hotel room if they are not known to you and their identity and bona fides cannot be confirmed. Meet them in a public room where others will be present. (This includes members of the press.)

Be wary of hotel paging. It is advisable to prearrange with the hotel for callers to leave their name and contact details with reception. This will reduce the risk of identification and possible attack.



Delivered Items

Direct Marketing Removal

www.mpsonline.org.uk (the mail preference service provides a free online service that maintains a list of all those people who do not wish to receive direct marketing. Again, whilst 100% success is not guaranteed, this is used by a lot of direct marketing companies to avoid sending such mail)



Suspect Packages

Postal bombs can be just a few millimetres thick or may be considerably larger. Toxic substances may also be sent through the postal system. Remember such packages may explode on opening, so look for:

- * **The Postmark - and the name and address of the sender. Do you normally get letters or parcels from this source?**
- * **The Writing - Do you recognise it?**
- * **The Balance - Is it evenly balanced? If the letter or parcel is an irregular shape, treat as suspect.**
- * **The Weight - If this seems to be excessive in relation to size, treat as suspect.**

- * **Holes -** Are there any punctures or tears that could have been made by wires? If so, treat as suspect.
- * **Stains -** Are there any stains or grease marks that could be caused by 'sweating' explosives? If so, treat as suspect.
- * **The Smell -** Some explosives have an aroma of marzipan or almonds.
- * **The Feel -** In the case of letters, this will indicate if the envelope is likely to contain only folded paper. If the letter is more rigid - e.g. contains cardboard or metal, treat as suspect.
- * **The Outline -** Can you see unusual shapes when you hold it up to the light? If so, treat as suspect.
- * **The Flap -** Is the flap of the envelope stuck down completely? Are there any gaps?

**If in doubt call 999 and ask for the police.
Clear the area of all people immediately.
Never try to open the letter or package.
Do not bend it or place it in water.**



Children

Keep young children within sight or earshot, or ensure they are in the care of a trustworthy adult (who is aware of the threat they may be under). Ensure this person knows what precautions to take.

Tell your children

- **To check if they know callers before opening the door to them**
- **Not to open the door to strangers and to fetch an adult quickly to deal with such callers**
- **To invite people home only if they have known them well for some time (unless they have checked first with you or the adult to whom their care is entrusted)**
- **To travel in groups or pairs and to use only well lit main roads when they are not under adult supervision**
- **At school, to play in supervised areas within the grounds**
- **At an early age, when and how to alert police and neighbours**
- **To refuse gifts, lifts, or approaches of any kind from strangers**

- **To report immediately any such incidents to a responsible adult**
- **To keep you informed of where they are and who they are with**
- **To exercise caution when meeting strangers**
- **To exercise caution when answering the telephone; otherwise, they may give out information that could place you at risk**

Ensure that:

You make arrangements with the school to contact you before allowing anyone else to collect your child.

The childminder you employ is reliable and well acquainted with 'door opening' and 'telephone answering' procedures and how to raise an alarm if necessary.



Publicity and the Media

Avoid revealing details about personal circumstances that might be useful to a terrorist or criminal.

It is impossible to provide advice for every eventuality. However, here are some examples of the kind of publicity you should avoid.

If possible, home addresses and other identifying details should be excluded from publications, such as 'Who's Who' or other easily obtainable sources.

Home telephone numbers should be ex-directory.

Television camera crews and press photographers should not generally be allowed to enter private homes.

(Where agreement is made to grant interviews to the press on private premises or to the publication of articles about the private lives of interviewees or their families, the media should be asked not to publish details that could help to identify a home address or way of life.)



Demonstrations

If your identity is established, it is possible that protesters may gather at your home. They may assemble close to your property boundary or in your garden and commence a noisy protest.

If this happens:

- **Stay calm - such protests may intimidate but will not necessarily lead to a physical threat**
- **Remain in your home**
- **Close and lock doors and windows and draw the curtains**
- **Inform the police using the 999 system**
- **Inform your workplace/colleagues**
- **Do not, in any way, respond to or antagonise the protesters; remain indoors and out of sight. Avoid confrontation**
- **If possible, note descriptions of individuals and vehicles present**
- **If you have a CCTV system fitted that has recorded images of protesters, you should hand any footage obtained over to the police; it may assist with identification and provide evidence in cases where offences have been committed**
- **Postpone any expected visitors**
- **Wait for the arrival of police**



Leafleting Campaigns

Your neighbours may receive letters or leaflets describing in extreme terms the work that you do. Most people, whatever their personal view on the subject at issue, will be sympathetic towards anyone who is being victimised.

You may want to talk to your neighbours.

Material should be passed to police.

All incidents should be logged and reported to police and to your employer.



Summary

If, in spite of the precautions you have taken, an attack has been made or attempted, it is essential that:

- **Police are alerted immediately**
- **Their instructions and requests are followed absolutely**
- **Nothing is touched at the scene**
- **No information is given other than to the police**
- **No private arrangements (e.g. ransom) are made with the attacker**



Useful Websites

Security advice

National Counter Terrorism Security Office:

www.gov.uk/government/organisations/national-counter-terrorism-security-office

Centre for the Protection of the National Infrastructure: www.cpni.gov.uk

Foreign Travel advice: www.gov.uk/foreign-travel-advice

General crime prevention advice

Secured by Design: www.securedbydesign.com

Anti-fraud advice www.actionfraud.org.uk

Sold Secure: www.soldsecure.com

Master Locksmith Association (MLA): www.locksmiths.co.uk

Personal safety advice

Crimestoppers: www.Crimestoppers-uk.org Tel: 0800 555 111

Suzy Lamplugh Trust: www.suzylamplugh.org

Victim Support: www.victimsupport.org.uk

Information security advice

Get Safe Online: www.getsafeonline.org

Cyber Street: www.cyberstreetwise.com

Internet Security & Safety Advice: www.knowthenet.org.uk

Advice on how to help children use the internet safely: www.internetmatters.org

Direct marketing removal

Mail Preference Service: www.mpsonline.org.uk

Telephone Preference Service: www.tpsonline.org.uk



