

Personal Safety



Be Aware



Be Alert



Take Action

**we care
we listen
we act**



Police Service
of Northern Ireland

You can do many things to increase your safety when you are out and about:

Be Aware

- Stay in busy well-lit areas.
- Keep valuables out of sight.
- Carry your house keys in your pocket.
- Don't take short cuts through dark alleys, parks etc.



Be Alert

- Remain alert and aware of your surroundings.
- Walk facing the traffic, so a car cannot pull up behind you unnoticed.
- Avoid wearing headphones or using mobile phones whilst walking.



Take Action

- Ensure your mobile phone is fully charged.
- Store ICE (In case of emergency) numbers on your mobile phone.
- Download a personal safety app to react quickly in an emergency situation.
- Plan your route in advance, tell someone your plans and if they change, update them.
- Walk away from confrontational situations and seek help.

