

OUT AND ABOUT

These tips may help you stay safe when you're out and about.

Charge your phone

Always have a fully charged phone with you.

Safety or information applications (apps)

Consider installing and using safety or information apps.

Tell someone

Tell someone your plans and text to confirm your arrival or any changes.

Be aware

Take notice of who's around and where you are.



Charge your phone

- Your phone keeps you connected if you need help out and about. Think friends, family or emergency services.
- Portable power banks or chargers can be useful to have with you if you rely on your phone a lot or when there might be a long time between charging opportunities.

Safety or information applications (apps)

- Consider installing a personal safety app on your phone. Most are free. Each has different information and service - like sending emergency alerts or sharing your location with trusted contacts.

- Some apps can discreetly reach out to or call emergency services or link you to safety tips and resources.
- There are also apps you can use for support or information like mapping (to show you where you are) and transport (to link you to taxis/uber/public transport).
- Set up "ICE" (In Case of Emergency) details that can be accessed by anyone, including emergency services, from a locked phone screen - in case of that emergency.

Tell someone

- Plan and share details of your route or destination.
- Before you leave, let a trusted person know your plans and how long you expect to be.
- Consider sharing your live location with someone trusted.

- If meeting up with friends, send them a quick text when you leave and communicate any changes.
- Think! If something goes wrong, does a trusted person know where I am?

Be aware

- Your phone is a distraction and being distracted can put you at risk.
- Actively look around while you walk. Pay attention to who's around and what's happening near you.
- Keep the volume low on your device or consider only using one earpiece so you can hear what's happening around you.
- Walk against the flow of traffic and keep a safe distance if a car stops.
- Trust your instincts and remove yourself from a situation if you don't feel safe.
- Consider carrying a personal safety alarm.

