

The following safety leaflets are available to download for free from the Suzy Lamplugh Trust website at www.suzylamplugh.org/tips

- Keeping Safe on the Streets
- Keeping Safe Over the Festive Season
- Keeping Safe On Holiday
- Keeping Safe On Transport
- Keeping Safe When Dating
- Keeping Safe When Driving
- Keeping Safe as a Student
- Keeping Safe When Keeping Fit
- Keeping Safe on the Internet
- Keeping Safe When Selling Your Property
- Keeping Safe Travelling To and From School
- Keeping Safe - Children & Young People at Halloween
- Personal Alarms: How do I choose?



Suzy Lamplugh Trust

Suzy Lamplugh Trust was founded in 1986 following the disappearance of the young estate agent. The aim of the Trust is to raise awareness of the importance of personal safety and to help people to avoid violence and aggression and live safer, more confident lives.

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Keeping Safe

TRAVELLING TO & FROM SCHOOL



www.suzylamplugh.org

Safety When Travelling To & From School

Luckily, for most of us, it's very safe to walk to school or take the bus/train there and back. However there are risks so it makes sense to take the following advice to improve your safety and confidence when you are travelling to and from school.



When Walking

If possible travel with a friend or group of friends.

Stay alert – Keep an eye on everything that is happening around you.

Avoid wearing earphones or chatting on your mobile phone, as this will distract you from your surroundings and you may not see or hear trouble



approaching. The sooner you are aware of potential danger, the easier it is to avoid it.

Keep both hands free and don't weigh yourself down with lots of heavy bags – you need to be able to move easily.

Trust your instincts – If you have a 'funny feeling' about someone or something, don't ignore it, act on it straight away.

Take the route you know best and stick to busy, well-lit streets.

Avoid danger spots like subways, deserted parks and badly-lit areas.

Walk in the middle of the pavement, facing oncoming traffic. This will avoid any cars driving up alongside you as you walk.

Think about your route home. Where would be a safe place to go if something went wrong? Safe places might be busy places like shops or garages, friends' houses or a police station.

Have your keys ready so you can get into your home quickly.



Travelling By Bus or Train

Always wait for a bus or train in a well-lit place and near other people if possible.

Try to sit near the driver or guard and make sure you can see as much of the bus deck or carriage as possible.

On trains, look for busy carriages and stay on the lower deck of a bus if possible, near to the driver.

Have your travel pass/correct change ready, so that your purse or wallet stays out of sight.

Carry extra money in case you get stranded and need to take another bus or train.

What to Do If you Feel Threatened

If a situation makes you feel uneasy you should try to get away at once. If you are on a bus or train then move to a different seat or carriage. You can also alert the driver, guard or station staff.

Always give away your bag, purse or wallet rather than fighting to keep it. Your things can be replaced – you can't.

Your voice can be one of your best forms of defence. Don't be embarrassed to make as much noise as possible to attract attention.

If you are on a bus or train you can press the alarm. Train platforms have telephones situated at the Help Points – these will connect you immediately to the British Transport Police or station staff.

You could also phone 999. The operator will ask for name, address, emergency you require – give the information as clearly as you can and ask for the police. After you've contacted the emergency services call your family and let them know where you are.

