

**Plan ahead.** Think about how you are going to get to school and home, e.g. Travel with a friend. Make sure you know what time the bus is.

**Avoid danger spots** like quiet or badly-lit alleyways, subways or isolated car parks. Walk down the middle of the pavement if the street is deserted.

**If you are at all worried,** try and stay near a group of people.

**Try to use well-lit, busy streets** and use the route you know best.

**Keep your mind on your surroundings** – remember if you are chatting on your mobile phone or wearing a personal stereo, you will not hear trouble approaching.

**If you think you are being followed,** trust your instincts and take action. As confidently as you can, cross the road, turning to see who is behind you. If you are still being followed, keep moving. Make for a busy area and tell people what is happening.