



## HOW WELL CAN YOU LOOK AFTER YOURSELF?

Complete the following quiz and see how much you know about avoiding violence and aggression.

### WHO IS MOST AT RISK?

**Ques 1: Which of the following do you think is most likely to be a victim of a violent attack:**

- a) A female over 45
- b) A female between 16 – 24
- c) A male between 16 – 24

**Ques 2: Which of the following do you think is most likely to attract a mugger?**

- a) Someone who has had a few drinks and is strolling down the street wearing a hoodie and listening to their ipod
- b) Someone who has their bag slung across their shoulder and is looking around them at what's going on.
- c) Someone who is striding along with their hands swinging by their side; their phone and purse in their inside pocket

**Ques 3: Only one of the following statements is correct. Which one?**

- a) Females are *twice* as likely to become a victim of violence as males
- b) Males are *twice* as likely to become a victim of violence as females
- c) Males are *equally* as likely to become a victim of violence as females

**Ques 4: Which of the following statements is NOT true?**

- a) 40 – 65 year olds are most at risk of violent crime
- b) 23% of victims of violent crime were under 24.
- c) Only 2% of victims of violent crime were over 65.

## **Do You Know How to Reduce the Risks?**

### **ON THE STREETS**

**Ques 5: You've been out with your mates, it's late and you're on you're way home alone. Should you..?**

- a) Take any shortcuts because the quicker you get home the better.
- b) Take the quietest route because it is safer when there is no-one around to cause trouble.
- c) Take the busiest route because you are safer with more people around.

**Ques 6: If you're walking down the street listening to music, you're more likely to...?**

- a) Be distracted and therefore unlikely to see danger approaching
- b) Look cool, so no-one will want to mess with you
- c) Look distracted, which means no-one will bother you

**Ques 7: Before you go anywhere, you should think about how you are going to get there and back. Planning your route is good because..?**

- a) You can think about any safe places to go if you felt threatened e.g. a friends house, or busy place such as a shop or garage
- b) You can avoid getting lost in a strange area
- c) Both of the above

**Ques 8. If you feel something is 'not quite right' about a situation you are in, you should?**

- a) Get away from the situation immediately - even if you're not sure if you're in danger.
- b) Wait and see what happens – you could make the situation worse by overreacting.
- c) Ignore it; it's probably just you being paranoid.

**Ques 9. If someone starts to get aggressive with you, it's best to:**

- a) Hit out first, before they get a chance to.
- b) Run
- c) Stay calm; speak slowly and clearly and try to talk your way out of it.

**Ques 10. What should a personal alarm be used for?**

- a) To attract attention
- b) To calm an attacker down
- c) To shock an attacker, giving you time to get away.

**Ques 11. If you're being threatened or are in danger and need assistance, the best thing to shout is...?**

- a) Help!
- b) Fire!
- c) Call the Police!

## **TRANSPORT**

**Ques 12. The best place to wait for your bus / train / lift is..?**

- a) In a well-lit area, near other people.
- b) In a darkened doorway, where no-one can see you and therefore bother you
- c) In a quiet spot away from everyone else, as you are safer on your own.

**Ques 13. On an empty bus you should try to sit..?**

- a) At the back, away from any trouble getting on the bus.
- b) At the front, near the driver.
- c) Near the exit.

**Ques 14. When travelling on a train, you should...?**

- a) Look for any empty carriage to sit in. You're safer on your own
- b) Look for a busy carriage to sit in.
- c) Avoid crowds but look for a carriage with just one responsible looking adult in it

**Ques 15. When you're travelling, it's a good idea to ..?**

- a) Take extra money in case you have any problems and need to take another bus/train or taxi.
- b) Take your ipod or mp3 player so that you can listen to them and look occupied.
- c) Carry a knife so that you can defend yourself if there is any trouble.

**Ques 16. You are on a train and someone who makes you feel a bit uneasy sits next to you. You should..?**

- a) Look out of the window to avoid eye contact and stay quiet.
- b) Move to another seat or carriage.
- c) Take out your phone or ipod and ignore the person.

**Ques 17: You are on a bus and someone gets on and starts to shout and make trouble. They single you out and shout at you to get off the bus with them or else. You should..?**

- a) Stay quiet and do what they tell you.
- b) Sound the emergency alarm and make as much noise as possible to attract the driver's attention.
- c) Shout back at them and tell them to get lost.

## **MOBILE PHONES**

**Ques 18: Which of the following is NOT true?**

- a) In half of all street robberies, a mobile phone is stolen.
- b) In 10% of crimes where mobile phones are stolen during street robberies, the phone is the only thing taken.
- c) 14 – 17 year olds are the age group most at risk of street crime.

**Ques 19: True of False:**

If you are walking home alone at night, it's a good idea to use your mobile to chat to someone at home until you get there, so that you feel more comfortable and they know you are safe.

**Ques 20: True of False**

It's not a good idea to text a friend while walking along the street.

**Ques 21: Where should you keep your phone out of sight?**

- a) At school
- b) On the street
- c) In shopping centres and on the High Street
- d) All of the above

**Ques 22: You receive a threat via text from a number you don't know. What should you do?**

- a) Tell someone you trust - a parent or teacher
- b) Ignore the text and delete it
- c) Text them back and be equally abusive to show that you are not intimidated

**Ques 23: Someone at school asks for your friend's mobile number so that they can call them direct. Should you?**

- a) Say you have an agreement not to give out each other's numbers but that you'll happily give your friend their number and ask them to call.
- b) Give them the number; what harm can it do
- c) Ring your friend and ask them if it is ok to give out their number

## **THE INTERNET**

**Ques 24: A national survey was carried amongst 11 to 17 year olds in the US to find out how many young people were receiving unwanted sexual approaches while using the internet? What figure did the survey show?**

- a) 1 in 5 had received an approach
- b) 1 in 25 had received an approach
- c) 1 in 50 had received an approach

**Ques 25: True or False**

Skilled young people who familiarise themselves with the internet are less likely to encounter online risks?

**Ques 26: Which of the following pieces of advice should you ignore?**

- a) Make sure you don't give out any personal information (including your age, school, where you live etc.)

- b) Stay in control when you are in chat rooms – if something bothers or upsets you, talk to the person you are chatting to and ask them to stop that line of conversation.
- c) If you really want to meet someone from the net, take someone with you and tell your parent or carer.

**Ques 27: Someone you've been chatting to online asks you for your mobile number so they can text you. Should you?**

- a) Give it to them because it can't be traced to your address so you are perfectly safe doing so.
- b) Ask for their number and tell them that you'll text them instead.
- c) Tell them No and that it is nothing personal but you just never give out your number to people you have only met online.

**Ques 28: Someone in a chat room starts to say rude stuff that makes you feel uneasy. Should you**

- a) Get out of the chat room immediately and report it to someone.
- b) Stay chatting so you can get as much info as possible from them to give to your parents/police.
- c) Get your mates involved so that you feel safer and more confident in dealing with it.

## **Dealing with Aggressive Behaviour**

**Ques 29. You get into an argument with someone in the playground and the other person is starting to get aggressive. To stop the situation getting violent you should...?**

- a) Stay calm; speak gently, slowly and clearly and acknowledge the other person's feelings
- b) Enforce your authority by standing squarely in front of them and putting your hands on your hips.
- c) Intimidate them by talking loudly and invading their personal space in order to make them back down.

**Ques 30. What should you avoid doing in a potentially aggressive situation?**

- a) Stay more than two arms lengths from the other person
- b) Put your hand on someone to try and calm them down
- c) Ask open questions ie. questions that can't be answered yes or no

**Ques 31: When communicating with someone, what % of the message do you think is communicated by the actual words you use, as opposed to your body language and tone of voice?**

- a) 7%
- b) 38%
- c) 55%

**Ques 32: Which of the following methods of communicating would an observer spot aggression in first?**

- a) words
- b) body language
- c) tone of voice

**Ques 33: Understanding about personal space is important because?**

- a) If you stand too far away from someone they will think you are not being friendly.
- b) If you stand too close to someone, they we will feel threatened and may get aggressive.
- c) If someone starts to get aggressive towards you, you can edge closer into their space and this will intimidate them and they will calm down.



## **ANSWERS**

**Question 1.**

**a = 0; b = 0; c = 3 points**

Statistics show that 16 – 24 year old males are the most at risk group in society

**Question 2**

**a = 3; b = 0; c = 0**

People who have been drinking make easy targets for thieves, as do those who are distracted from what's going on by listening to music. Also, if you are wearing a hood or earphones you can't hear anyone approaching from behind.

**Question 3****a = 0; b = 3; c = 0**

Statistics show that males are twice as likely to suffer from violence and aggression as females.

**Question 4****a = 3; b = 0; c = 0**

Statistics show that 16 – 24 year olds are most at risk of violent crime

**Question 5****a = 0; b = 0; c = 3**

Always try to stick to busy, well-lit roads, even if that means a longer walk. Avoid short cuts through parks, waste grounds or along dark, deserted streets whenever possible.

**Question 6****a = 3; b = 0; c = 0**

Thieves target people who are not paying attention because they are unlikely to see trouble approaching. You might look cool to some people but you will also look like a perfect victim to a thief.

**Question 7****a = 2; b = 2; c = 3**

The more you know about how to get where you are going to and about the route itself the better. You will appear more confident and purposeful; and will have sufficient knowledge of places to head for if you think you are in danger.

**Question 8****a = 3; b = 0; c = 0**

Your instincts are there to warn you. If something doesn't feel right, trust your instincts and leave the situation immediately. You are not being paranoid and if you wait to see what develops you might leave it too late and not be able to leave.

**Question 9****a = 0; b = 0; c = 3**

Either hitting out first or running are likely to cause the aggression to escalate. By staying calm and trying to talk your way out of it, you might be able to defuse the situation

**Question 10****a = 1; b = 0; c = 3**

A good alarm should be loud enough to shock and disorientate an attacker giving you time to get away. Although an alarm can on occasions attract attention, that is not

primarily what they should be used for, as most people are so accustomed to hearing car alarms going off that they tend to ignore the noise. Also, there may be nobody around to hear it!

**Question 11**

**a = 0; b = 0 c = 3**

When shouting for help, try to give specific instruction to anyone that will hear you, like 'call the police', people are more likely to respond to specific commands and to take it seriously.

**Question 12**

**a = 3; b = 0; c = 0**

The old saying 'safety in numbers' is true. Always try to stand/travel/walk home where there are lots of other people as you are much more vulnerable when you are on your own.

**Question 13**

**a = 0; b = 3; c = 0**

If the bus is empty then sit near the driver, so that help is nearby if you need it.

**Question 14**

**a = 0; b = 3; c = 0**

If you are on your own, try and get a seat in a busy carriage. An empty carriage may not stay empty when you get to the next station and you could end up in the carriage alone with a stranger. Never trust someone automatically just because they look 'nice' or 'respectable'.

**Question 15**

**a = 3; b = 0; c = 0**

It's always useful to have extra cash on you so that you never get stranded with no way to get home, apart from walking the streets. Wearing an ipod or mp3 player when travelling is not a great idea because it could distract you from your surroundings and you may not notice any possible trouble/danger approaching. Never carry a knife for protection as it could easily be turned on you.

*NB Note on point C – LEGALLY you are not allowed to carry anything to defend yourself except a personal alarm. Anything that you carry intending to use as a weapon is illegal, including pepper sprays.*

**Question 16**

**a = 0; b = 3; c = 0**

Trust your instincts. If you are uncomfortable about someone, then move away from them and towards other people.

**Question 17****a = 0; b = 3; c = 0**

You will be safer staying on the bus and attracting as much attention as possible. But avoid answering aggression with aggression, as this will only make the situation worse!

**Question 18****a = 0; b = 3; c = 0**

It is not just 10% of the time that ONLY the mobile phone is stolen, it is actually 65%.

**Question 19****FALSE = 3 True = 0**

It is not a good idea to chat on the phone when walking home alone. Although it may be comforting, it does not make you safer. If you were attacked then the person at the other end of the phone could do nothing to help you – and in fact it can make you less safe. Chatting on your mobile will only distract you from your surroundings and make you less likely to see or hear danger approaching and therefore make you less able to avoid it.

**Question 20****TRUE = 3 False = 0**

Texting a friend whilst walking down the street will distract you from your surroundings. If you need to send a text, stop at a safe place, such as a garage, shop etc. to do it.

**Question 21****a = 0; b = 0; c = 0; d = 3**

Mobile phone thieves are everywhere. Avoid flashing your phone around anywhere in public

**Question 22****a = 3; b = 2; c = 0**

Tell a trusted adult about it and they will advise you on what you should do, based on the content of the text. If you can't do this for some reason, then delete it immediately. Do not, whatever you do, get into a 'conversation' with the person who sent the text.

**Question 23****a = 3; b = 0; c = 0**

You shouldn't give out people's numbers without asking. Abusive texts are becoming more common and your friend may have a good reason for not wanting this person to have their number. By saying you have an agreement, you can prevent any apparent rudeness or awkwardness in refusing the request. Calling your friend in front of the person could cause problems because if they were determined to get

your friend's number then the obvious thing would be for them to snatch your phone to get it.

**Question 24**

**a = 3; b = 0; c = 0**

The survey found that approximately one in five (about 20%) received a sexual solicitation or approach over the internet.

**Question 25**

**FALSE = 3 True = 0**

The London School of Economics and Political Science say that children and young people who are more skilled at using the internet take up more online opportunities than beginners - such as using the internet for learning, communicating with friends or seeking advice. It is skilled young people, more than the beginners, who are likely to encounter online risks such as bullying or online pornography.

**Question 26**

**a = 0; b = 3; c = 0**

If you are chatting and something upsets you or makes you feel uncomfortable, stop chatting immediately. Don't reply, even if it is to complain; otherwise you might get dragged into a conversation you don't want to have.

**Question 27**

**a = 0; b = 0; c = 3**

It's safest just to say NO. Someone can become a real pest by sending unwanted or abusive texts or phone calls.

**Question 28**

**a = 3; b = 0; c = 0**

Get out immediately and report it to an adult/directly to the police. Don't try and do the police's job for them – your job is to keep yourself safe. Likewise, it is not safe to get friends involved.

**Question 39**

**a = 3; b = 0; c = 0**

If you stand squarely in front of someone with hands on hips, your body language is not being authoritarian it is being clearly aggressive and would be likely to escalate any aggressive situation. Talking loudly and invading a person's personal space are also aggressive signals and would have the same negative effect.

**Question 30**

**A = 0; b = 3; c = 0**

You should avoid any physical contact with someone who is angry or upset, as this is likely to make them worse. You should respect people's personal space by staying more than two arm lengths away from them. Getting them involved in a conversation is a useful tool for calming someone down.

**Ques 31:**

**a = 3; b = 0; c = 0**

You communicate in three ways: Body language (55% of communication), tone of voice (38% of communication) and words (only 7% of communication).

**Ques 32:**

**a = 0; b = 3; c = 0**

Aggressive body language is the first sign that someone is feeling upset or angry. In a potentially volatile situation, watch out for signs from the other person and try to keep yourself from sending out the wrong messages

**Ques 33:**

**a = 0; b = 3; c = 0**

People feel threatened if they are crowded. Keep back or you may come across as aggressive. It also means that you are out of their reach if they take a swing at you.

## **Scores**

**Now add up your points and see how you've done.**

**If you score between 66 – 99**



Congratulations! You know what you are doing and how to keep safe. Just make sure that you always put into practice what you know. A lot of people make the mistake of knowing all the safety precautions they *should* take but just not bothering to take them. You know what to do so you've got no excuses!

**If you score between 34 – 65**



You're reasonably safe out and about but you do need to pay a bit more attention and realise that keeping yourself safe is not about being treated like a child – the same safety precautions apply to adults!

If you score between 0 – 33



Oops! You really do need to learn a bit more about personal safety. Read the quiz and the answers again and talk it through with your mates, a teacher or your parents.

