



PRESS RELEASE

NATIONAL PERSONAL SAFETY DAY 2007

True or 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?

The above question has been taken from one of the personal safety quizzes that everyone – male or female, young or old - was being encouraged to do on **National Personal Safety Day 2007** (15th October) in order to check out how much they really know about keeping themselves safe from violence and aggression and finding out what they can do to minimise the risks.

Julie Bentley, Chief Executive of organisers Suzy Lamplugh Trust, explains:

“National Personal Safety Day is about raising awareness of the simple, practical solutions that everyone can use to improve their safety. This year we encouraged everyone to do a kind of safety MOT by doing one of our specially designed Personal Safety Quizzes. This is a fun, easy way to let an individual discover if they are taking the right precautions in their daily life and, if not, advise them on what they could be doing to make themselves safer.”

There were several quizzes to suit various purposes and age groups. These were used by schools, councils, in workplaces and by individuals and their families. The quizzes generated a great deal of interest around the country – amongst those who took part on the day were a group of youth clubs in the south of England (where 17,000 young people and 900 youth workers did the quiz); employees as far away as the USA; a social care group who used it to teach Somalian women about safety, and many, many schools and workplaces around the UK who used the quizzes to improve the safety of their staff and pupils.

Information about National Personal Safety Day and the quizzes is still available at www.suzylamplugh.org/npsd2007

Answer to the question:

FALSE

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.

Ends

For Press Enquiries contact the Press Office on 07747 611308 or jo.walker@suzylamplugh.org

Notes to the Editor:

Please contact the Press Office if you would like a word copy of any of the quizzes.

The Suzy Lamplugh Trust, a registered charity, is the leading authority on personal safety. The Trust works to raise awareness of the importance of personal safety and to provide solutions that effect change in order to help people to avoid violence and aggression and live safer, more confident lives.

The Trust works alongside government, the police, the educational establishment, public bodies and the business sector to encourage safety wherever people may be at risk - in the home, at work, in public and in schools and colleges, on public transport and when travelling at home or abroad.