



## **PRESS RELEASE**

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### **How to Improve Your Safety If You Don't Have Your Own Bodyguard**

Having your own bodyguard obviously does a lot for your personal safety but the personal safety charity, Suzy Lamplugh Trust, say that for those of us not lucky enough to have one, there are a lot of very simple precautions we can take to improve our safety when out and about.

Chief Executive of the Trust, Steven Gauge, says:

*“Jacqui Smith’s recent comments have obviously highlighted the issue of personal safety and I think it’s important to stress that people shouldn’t take fright, they should take control.”*

*“Don’t let the fear of crime stop you from going out and leading your lives to the full. For the majority of people, the chances of suffering from violence and aggression are very small, and you can reduce the risk even more by take the right practical steps to improve your safety.”*

The Trust recommends the following 10 Steps to Improve Your Personal Safety:

- Always let someone know where you are going and when you expect to be back.
- Stick to busy well-lit streets and avoid deserted parks and

dark alleys – even if it means taking the longer way home.  
Walk down the middle of the street if it is deserted.

- Don't flash your valuables. Keep them hidden but if asked to give them up, hand them over without a fight. They can be replaced, you can't!
- Think about what you would do if you felt threatened. The best idea is to head for a public place where you know there will be other people, for example a pub or garage.
- Avoid passing stationary cars with their engines running and people sitting in them. If a vehicle pulls up suddenly alongside you, turn and walk in the other direction - you can turn much faster than a car.
- Try to keep both hands free and don't walk with your hands in your pockets.
- Walk facing on coming traffic to avoid curb crawlers.
- Keep your mind on your surroundings – remember if you are wearing a personal stereo or chatting on your mobile phone 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 and look 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. If necessary, call the police.
- Consider carrying a personal safety alarm which can be used to shock and disorientate an attacker.

Gauge added:

*“The above tips all sound very obvious and most people know that they would be safer taking the long route round the park or not carrying a flash mobile, but how many people ignore the advice. It's not just knowing how to stay safe that makes the difference it's doing it.”*

For further safety advice go to [www.suzylamplugh.org](http://www.suzylamplugh.org)

**Ends**

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**Notes to Editors:**

**The Suzy Lamplugh Trust**, a registered charity, is the leading charity for personal safety. The Trust works to raise awareness of the importance of personal safety 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.