



## **PRESS RELEASE**

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### **Charity Warns Women To Take Extra Care on Holiday Following Spate of Attacks**

Following a recent spate of attacks on women at popular holiday resorts such as Majorca and Ibiza, the personal safety charity, Suzy Lamplugh Trust, are warning women to take extra care on holiday this summer.

Steven Gauge, Chief Executive of the Trust, says:

“When we are on holiday, we can be extremely vulnerable if we are not careful. This is not because our holiday destinations are inherently more dangerous than our home towns but because we are more relaxed, less on guard and in many cases more drunk on a nightly basis when we are on holiday.

"We are also unlikely to know which areas of our holiday destination are considered safe or 'dodgy' or how to spot a legitimate cab from a bogus one, so it is easy to see why we can be more at risk."

The Trust advises the following:

- The best way to stay safe on holiday without spoiling your fun is to plan ahead. For example, if you are going to be drinking on a night out, then sort out before you go – when you are still sober and able to make safe decisions - how you are going to get home at the end of the night. Remember alcohol will seriously affect your ability to make sensible judgements about your safety.
  
- It makes sense to arrange for at least one of your group to stay sober each night in order to keep an eye on the others and see that they don't do anything to put themselves in danger. This might not make this person the most popular at the time but their friends will be extremely grateful the next morning, when they have sobered up and realise what they might have done if their friend had not stopped them!
  
- Date rape is an issue in most countries these days, so it is vital that you watch your drinks being poured and that someone watches them at all times. But remember the most common date rape drug of all is alcohol itself! Know your limit and

remember that in many countries the drinks are much stronger than at home. If you feel particularly strange after taking a drink or realise you have drunk too much, tell a friend immediately and make sure you are accompanied home by someone you know and trust.

- If the clubs or bars you are going to are within walking distance make sure you walk there and back in pairs at least. If you have to travel any distance to get there, ask your holiday rep or someone from your hotel to recommend the safest method of transport.
- If you are sharing a room, NEVER arrange to leave the door unlocked to let one person in if they want to come home later than the other/s. Either agree to come home at the same time, or that the last one home has to wake those already in the room in order to get in.
- If your room is on the ground floor, keep your window shut.
- In many of the popular resorts, which are full of other holidaymakers, it is sometimes easy to forget that you are living in a country with a completely different culture. Some of these cultures have very strict morals and dress codes for their women. The local men can easily get the wrong idea if you are walking about with next to nothing on. Nobody is saying you shouldn't wear what, and as little, as you like (apart from in

countries where there are actual laws restricting this) but take a moment to think what messages you are sending out and avoid any situation where this could cause a problem.

Gauge adds:

“This all seems very obvious but the problem is that you when reach all that sun, sea and sand, it is all too easy to think ‘I just want to relax, have a good time and not worry about stuff like how to stay safe’. However, it’s important to stress that it only takes a few simple precautions to greatly reduce the risk of suffering a violent attack, which has to be worth it!

“The risk of being attacked is very small, but it’s there, so it is worth taking care to make sure you don’t become another statistic this summer.”

For more advice on personal safety visit [www.suzylamplugh.org](http://www.suzylamplugh.org)

**ENDS**

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**Notes to Editors:**

**Suzy Lamplugh 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