



The Suzy Lamplugh Trust **PERSONAL SAFETY MOT**

Complete the following quiz and see how much you know about how to reduce the risks of becoming a victim of 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) A 'hoodie' who has had a few drinks and is strolling down the street listening to their ipod.
- b) Someone who has their bag slung across their shoulder and is looking at what's going on around them.
- c) Someone who is striding along with their hands swinging by their side and 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 from violent crime
- b) 23% of victims of violent crime were under 24.
- c) Only 2% of victims of violent crime were over 65.

ON A NIGHT OUT

Ques 5: Before you go anywhere, you should think about how you are going to get there and back. Planning your journey is good because..?

- a) You can think about any safe places to go if you felt threatened when walking eg. a friends house, or busy place such as a shop or garage.
- b) You can book a licensed mini-cab to pick you up at the end of the night.
- c) Both of the above

Ques 6: You are at a party and you start to feel nervous or uncomfortable about the situation or the people who are there. Should you?

- a) Get away from the situation immediately - even if you're not sure that you're in danger or that trouble is about to start.
- b) Wait and see what happens – you could make the situation worse by over-reacting
- c) Ignore it; it's probably just you being paranoid.

Ques 7: You are most likely to end up in a potentially dangerous situation or having unwanted sex due to...?

- a) Having had your drink spiked with a drug such as rohypnol
- b) Having had your drink spiked with extra alcohol
- c) Having drunk too much yourself

Ques 8: You decide it's time to go home but you've forgotten to book your cab in advance and have lost the number of your local licensed taxi company. Which of the following should you avoid doing..?

- a) Going outside and taking the first cab you can find because it's not safe on the streets at that time of night
- b) Asking someone before leaving the club/party where the nearest mini-cab office is, and heading straight there.
- c) Asking a member of staff/your host, if they have the number of a local licensed mini-cab company and calling to book a cab. Then waiting at the party until it arrives.

Ques 9: You've been out for the night, it's late and you're walking home alone having just got off the night bus/train. Should you?

- a) Take any shortcuts, as the quicker you get home the better.
- b) Take the quietest route, because the less people around to cause trouble, the safer you are.
- c) Take the busiest route, because the more people around, the safer you are.

Ques 10: 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 11: 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 12: If you're being threatened or are in danger and need assistance quickly, the best thing to shout is?

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

TRANSPORT

Ques 13: 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 14: 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 15: 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 other respectable looking person in it.

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

- a) Keep your head down and stay quiet so you don't aggravate them
- b) Move to another seat or carriage.
- c) Take out your mobile and call a friend to chat to so you can 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.

KEEPING FIT

Ques 18: You take your dog for a walk in the park every day, sometimes early in the morning. To improve your safety you should...?

- a) Stick to the same route every day whenever possible
- b) Stick to the wooded areas where you won't be seen
- c) Stick to areas of the park where there are other dog walkers whenever possible.

Ques 19: You are a keen jogger/walker/runner. You can improve your safety when you are out by..?

- a) Not wearing headphones so that you stay alert to your surroundings
- b) Walking/running/jogging in open areas where everyone can see you
- c) Varying the route and time of your jog/walk/run whenever possible

Ques 20: You love the gym and go several times a week. However in the winter, it is dark when you come out and it's a long, badly-lit walk to the nearest bus stop. You should avoid..?

- a) Leaving when lots of other people are leaving
- b) Leaving last
- c) Going to the gym if it's dark when you come out

ON HOLIDAY

Ques 21: On holidays abroad, the safest form of transport is?

- a) The local taxis
- b) The local public transport
- c) Don't know

Ques 22: You are going on holiday to another country for the first time. Which of the following is most likely to improve your safety whilst you are there?

- a) Taking a course of self-defence classes so that you can handle yourself if there is any trouble
- b) Packing a pepper spray which can be used against any attacker
- c) Learning as much as you can about the culture and laws of the country you are going to visit.

Ques 23: True or False

When you are drinking on holiday, you can drink more without getting into trouble because you are drinking in the 'European style' throughout the day and therefore you are not binge drinking like you would be doing at home?

Ques 24: You are sharing a room at the hotel with someone and you only have one key. Which of the following arrangements should you NOT agree to?

- a) The person who comes home first should not lock the door so that the last person can get in and not be left locked out in the middle of the night.
- b) The person who comes home first should lock the door and the last person will just have to knock to wake them up when they come home.
- c) You should both agree to come home at the same time

AT WORK

Ques 25: You have arranged an appointment to meet a new client at their offices. Before leaving your office you should..?:

- a) Make sure you have all the details in your diary so that your colleagues can check where you are if they need to.
- b) Let someone know where you are going, who you are meeting and when you should be finished and tell them you will call them when the meeting is finished
- c) Leave an out of office reply on your computer saying when you will be back.

Ques 26: You get into a situation with an irate customer/client who is starting to get aggressive. To stop the situation getting violent you should..?

- a) Stay calm; speak gently, slowly and clearly; whilst acknowledging 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 27: You work unsociable hours and are often the only person in the office/building late at night. Which of the following advice should you ignore?

- a) Check all external doors are locked when you are inside the building
- b) Make sure you leave the building at the same time every night so that you don't miss your bus and have to wait about on the street.
- c) If a person e.g. a courier arrives unexpectedly, do not open the door to them.

Dealing With Aggressive Behaviour

Ques 28. What should you avoid doing in a potentially aggressive situation?

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

Ques 29: 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 30: Understanding about personal space is important because?

- a) If you stand to far away from someone they will think you are not being friendly
- b) If you stand to 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, which will intimidate them and they will calm down.

ANSWERS

Question 1.

a = 0; b = 0; c = 3

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 around them by listening to music. Also, if you are wearing hoods/earphones you won'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 than 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 = 1; b = 1; 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 6

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; if you wait to see what develops you might leave it too late and not be able to leave.

Question 7

a = 0; b = 0; c = 3

Far more people find themselves in dangerous or undesirable situations due to having drunk too much alcohol themselves, as opposed to somebody else adding extra alcohol to their drinks – although this can and does happen on occasions and you need watch out for it. If you suddenly feel drunker than you should considering the amount of alcohol you think you have drunk, make sure you find someone you trust to stay with you until you sober up/they can get you home safely. Statistics indicate that the use of so called date rape drugs, such as rohypnol, is very rare.

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

Always be careful of taking mini-cabs outside clubs as you can't be sure if they are licensed. It is safer to walk to the nearest mini-cab office to get a cab than it is to get into a stranger's car just because they claim to be a mini-cab. The safest thing to do, however, would be to ask for a number in the venue and call from there. That way you can wait in comfort and safety until the cab arrives.

Ques 9:**a = 0; b = 0; c = 3**

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

Ques 10**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.

Ques 11**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 for as most people are so accustomed to hearing car alarms going off that they tend to ignore the noise now. Also, there may be nobody around to hear it!

Ques 12**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.

Ques 13**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.

Ques 14**a = 0; b = 3; c = 0**

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

Ques 15**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'.

Ques 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.

Ques 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!

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

You should always try to stick to routes where there are plenty of other people and preferably in open spaces where you could easily spot someone approaching you. Even better, try and arrange to walk with another dog walker. When walking alone, avoid quiet, wooded or bushy areas and try to vary the times of your walks and the routes you take.

Ques 19**A = 3; b = 3; c = 3**

All of these are good ideas. Avoiding wearing headphones and staying alert to your surroundings will greatly improve your safety. As will staying in open spaces where you can easily be seen, as it is very unlikely an attacker will attack someone in full view of passers by. And varying your time and route is a good idea because many muggers/attackers plan their attacks in advance based around a potential 'victims' routine. If you don't have a routine, then you are much less likely to become their victim.

Ques 20**a = 0; b = 3; c = 0**

Remember – safety in numbers! Whenever possible, leave when others are leaving and stay with the group as much as you can.

Don't let fear of crime stop you from leading your life to the full, just because it's dark. You should continue to go to the gym but just be aware of your personal safety and stay alert in order to minimise any risks.

Ques 21:**a = 0; b = 0; c = 3**

You can't make generalisations about the safety of transport abroad, as it will vary depending on the destination. Always ask your holiday rep, your hotel or at the airport when you arrive, about the safest form of local transport and where to find it/how to book it.

Ques 22:**a = 0; b = 0; c = 3**

The best thing you can do to improve your safety when in another country is to learn as much as you can about your destination, so that you don't end up in particularly dangerous area or in an aggressive or dangerous situation through ignorance on your part, eg. certain hand signals which we use regularly can be seen as very offensive in some countries.

Taking a self-defence course is not a good idea because it can give you a false sense of security. Many people take more risks because they think they can look after themselves. However, when it comes to a sudden attack on the street, they just freeze. Or they are dressed in high heels and a tight skirt which stops them from performing any of the moves they were taught.

A pepper spray is inadvisable because it is illegal in many countries (including the UK). It would be better to carry a shriek alarm, which are legal anywhere, and which have the same function as a pepper spray ie. to momentarily stop the attacker giving you valuable time to get away.

Ques 23:**True = 0; False = 3**

It doesn't matter if you start in the morning and drink 20 units of alcohol throughout the day/evening or down the whole 20 units in the evening – it is the amount of alcohol that you consume that does the damage not when you drink it.

Ques 24:**a = 3; b = 0; 3 = 0**

Never arrange for the first person back to the room to leave the door unlocked. Either agree that they are happy to be woken up to let the other person in when they eventually get back – or arrange to always come back together.

Ques 25:**a = 0; b = 3; c = 0**

Leaving details in your diary would not warn anyone in your office if there is a problem. If no-one knows when to expect you back, you could be in real trouble for quite some time before anyone realised.

Leaving an out of office reply on your email is great to warn someone their might be a problem if you are late back but there is not a lot they can do to help you if they don't know where you are and who you are with.

Cover all the bases by giving someone else all the details and arrange to call them after the meeting to let them know you are ok and on your way back.

That way, if you get into trouble, people at the office will know fairly quickly and they will have the necessary information to be able to do something to help.

Ques 26:**a = 3; b = 0; c = 0**

If you stay calm, speak slowly and clearly, and acknowledge the other persons feelings, you are most likely to defuse the situation.

On the other hand, 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.

Ques 27:**a = 0; b = 3; c = 0**

If you are the only person in the building, always check the external doors are locked and never open the doors to someone you are not expecting. However, it is not a good idea to leave at the same time every day. Remember, if you don't have a particular routine, you are less likely to be targeted.

Ques 28.**a = 0; b = 3; c = 0**

In a potentially aggressive or violent situation, avoid using physical contact with the other person as this is likely to make them even more aggressive. You might think you are putting a sympathetic hand on their shoulder but they are most likely to see it as invading their space, causing them to become more uptight and defensive.

To prevent to situation from escalating, make sure you give them their space – stand at least two arms lengths away from them – and keep them talking; getting them involved in a conversation is a useful tool for calming someone down.

Ques 29:**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 30:**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

If you score between 66 - 95

Congratulation! 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 36 - 65

You're reasonably safe out and about but you do need to pay a bit more attention and realise that taking simple precautions to keep yourself safe is not about restricting your freedom or living in fear – it's just common sense!

If you score between 0 - 35

Oh dear! You really do need to learn a bit more about personal safety. The risks of becoming a victim of a violent attack are thankfully very small, but they are there, so it makes sense to take a few simple, common-sense precautions to reduce them even further. Read the quiz and the answers again and visit www.suzylamplugh.org for more safety advice.