

Who can help support us

Our Parents/ Carers, Grandparents and Family, Emergency services, Trusted Friends, Young Carers Workers, Teachers, Government and Council officials, RedCross, Lollypop Ladies/Men, Doctors, Shop Managers, School Bus Drivers, Social Services, Childline



Useful tips for keeping safe

- Carry a whistle and charged mobile phone
- Let people know where you are going
- Stay around other people when you can
- Stay in well lit areas where you can
- Have a torch and high visibility jacket if you are out in the dark
- Use safe transport if it is available for you
- Hide your valuables from view
- Choose your route carefully if you are going out alone
- Know when to stop any risky behaviour
- Keep within the law because it is there to help protect everyone
- Never keep 'special secrets' - always tell a trusted adult
- Be prepared to ask for help or advice from people you trust
- Respect family rules because they are there to help keep us safe



**THE GOOD NEWS IS
THERE ARE LOTS OF GOOD, HELPFUL & TRUSTWORTHY
PEOPLE OUT THERE AND ONLY A FEW HARMFUL ONES**

This leaflet was produced by Skye and Lochalsh Young Carers in April 2009, as the result of group work on the topic.

www.skyeyoungcarers.co.uk

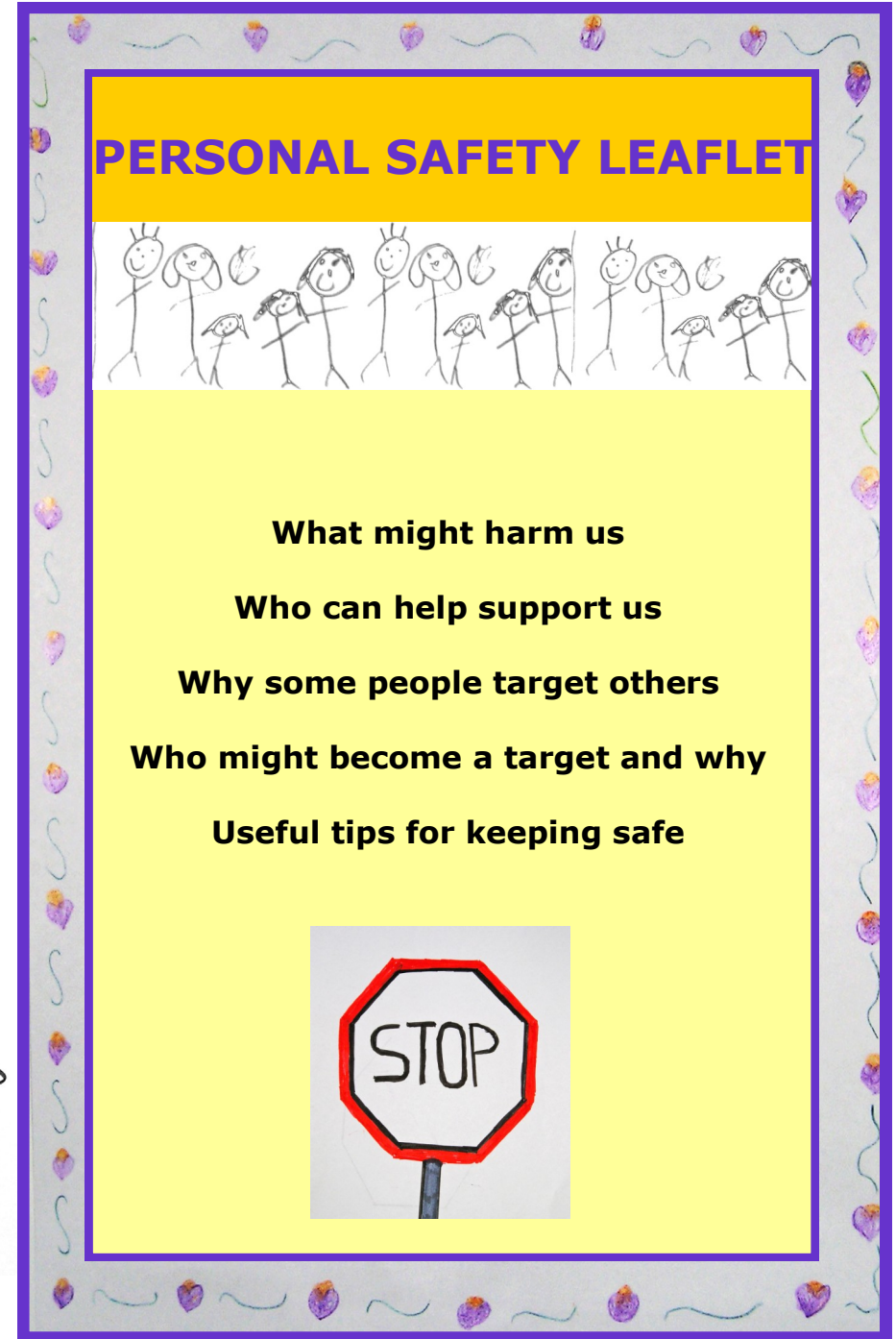
Contact: SLYC at Victoria Cottage,
Hedgefield Road, Portree, Isle of Skye IV51 9GF
Email: mjagger@slccf.fsnet.co.uk

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All of us are individuals who
help to complete a picture

Stick together
'It is good to listen'
Light your way
Keep in touch
Keep in touch
'Stick together'



PERSONAL SAFETY LEAFLET

What might harm us

Who can help support us

Why some people target others

Who might become a target and why

Useful tips for keeping safe

STOP

To stay safe from harm we need to be

Protected from hazards—such as harmful people, places, animals, objects and environmental elements like heat, cold or wind.
Protected from neglect—such as a lack of clothing, warmth, shelter, food, education

Use 'PAPACAR' to help keep safe



PREPARED - learn from experience and other trusted people

AWARE - be alert to what is going on around you

PLAN - think about where you are going and work out what you can do to reduce any risks

ACTIVE - be prepared to put what you have learnt into action and ask for help when you need to

CAREFUL - know safe places and people to go to for help and do not take unsafe risks

ASSERTIVE - be able to say 'no' confidently and do not allow yourself to be pushed into doing anything you are not sure about

RESPONSIBLE - value yourself and use what you have been taught as well as your gut feelings to tell you what is right and wrong



Why do some people target others

To use, abuse or enslave them, to hurt them, for ransom, to sell them on to other people, for entertainment or gratification, to meet other people's demands, to influence a witness to a crime, because they are racist, because they are ill themselves, for revenge, because they discriminate against people.

What do these people want to gain

Money or valuables, respect from people they want to impress, feelings of power and control, pleasure or gratification, Adrenalin rush, revenge satisfaction, they can feed their ego (their opinion of themselves), fame (notoriety).

it's good to listen.

for help

shout

stick together.

Who might become a target and why

Children, people who are elderly, ill or disabled as they can have fewer defences and can be more trusting

People who are often on their own or on internet chat sites as there will be fewer witnesses and more opportunities to approach them
People who do not to share their feelings can have a tendency to keep secrets—this can be used to protect the person harming them
People who are more inquisitive and curious as they can be easier to bait

People who look unhappy as they might be more likely to respond to someone who is willing to listen to them

People who are rich or have things other people envy

People who appear unsure or frightened as they are more likely to lack confidence and be easier to persuade to do things

People who have a need for something, for example cigarettes, alcohol, drugs, food, shelter, security, help with problems or warmth as they would be easier to bait

Minority groups due to other people being racist or intolerant

People connected to a gang or someone who has done harm to others as they can attract revenge



Skills people might use to target others

They are likely to be **watchful** and **patient** to get what they want

They will be **opportunistic** to take advantage of opportunities

They can be **manipulative** using a gentle, friendly and concerned approach to gain people's trust

They might be **authoritative** or **aggressive** using fear to make people do what they want

They can be **charming** to flatter and persuade people to do what they want

They might be **generous** and use bait such as food, access to animals or gifts to gain trust and build a false relationship

They can be **conniving** so they make people feel very 'special' and persuade them to keep 'special secrets' which will protect them

They might have **weapon** skills

They might have **determination** as well as **analytical** skills so they know when best to make their move while ensuring they have little or no risk of getting caught