

Young people's

guide to staying safe



Brought to you by Hampshire Constabulary.

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Stay Safe

Hampshire Police is urging school leavers to stay safe this summer and to take a number of precautions to avoid becoming victims of crime.

- You will be safest in bright, well-lit and busy areas.
- Don't give thieves the chance to take your valuables – keep your possessions hidden.
- If someone tries to take something from you by force, it may be best to give it to them. This will help you avoid injury.
- Try to remember any distinctive features of your attacker this will help the police.

Register your mobile phone on www.immobilise.com. If your phone is then stolen and recovered by the police it will be returned to you. Your phone is a valuable item so when you are out be aware of your surroundings and don't use your phone when in crowded areas.

Young people are more likely to be the victims of theft and assault than any other age group.

If you are a victim of crime do not hesitate in reporting it to the police by calling 0845 045 45 45 or dial 999 in an emergency.



Alcohol

Remember, 18 is the legal age to get hold of alcohol. Alcohol affects your ability to gauge the safety of a situation and your ability to take appropriate action. The best way to have a great time and to keep safe is to plan ahead and not drink alcohol.

- Be your own person, don't be made to drink alcohol if you don't want to.
- Plan your journey home before you go out.
- Always go home with a friend.

Alcohol plays a significant role in many situations where violence or anti-social behaviour occurs. You can take steps to protect yourself: **Stay sober!**

You are much more vulnerable if you have drunk alcohol and some people are prepared to take advantage of this – whether by stealing your bag or wallet or coming on to you inappropriately.

Never assume that it won't happen to you and never assume that people are what they seem. Trust your instincts; they are there to warn you of danger. The police will confiscate alcohol from anyone underage.

Police can issue 16 and 17 year olds with penalty notices for offences of drinking alcohol, buying alcohol or attempting to buy alcohol.

These notices impose a penalty of £50 - £80.



Drugs

Possession of drugs and their supply, even to friends and family, is illegal.

People take drugs for a number of different reasons – maybe to gain confidence, to relax or to change the way they see things but it is impossible to predict the effect of a particular drug. The only way to be safe around drugs is to not take them.

Cannabis is the most widely used drug and there are a number of risks involved:

- It is illegal.
- The strength of it can be unpredictable.
- You can become psychologically dependent.
- Long-term use can make you anxious, paranoid and depressed.
- It is highly likely to cause cancer, even more so than cigarettes.

Drugs are divided into Class A, B or C according to the harm they can do. Class A drugs like heroin and crack cocaine are the most harmful.

Drug use can be very worrying and there are no easy answers to why some people take drugs and some don't. If you are worried about someone's drug taking the best thing to do is talk to them.

For confidential, anonymous and discreet advice on drug-related issues go to www.talktofrank.com



Knife Crime

Knife crime and attacks involving knives can be extremely worrying for people of all ages. You do not need to carry a knife in order to feel safe and there are a number of things you can do to prevent yourself from becoming a victim.

Carrying a knife, even just for self defence purposes, can have serious consequences. If you are caught carrying a knife by the police you can be arrested. Being caught in possession of a knife can lead to a four-year prison sentence. You may be carrying it for self defence but what happens if you get into an argument? Would you use the knife? If you try to use your knife it could get turned back on you. You could end up being badly injured or even killed by your own weapon. Is it really worth carrying a knife?

If you feel that you are in danger, there are a number of steps you can take:

- Move away from the situation towards a public place as quickly as possible, eg a house, garage, shop or restaurant.
- Make as much noise as you can.
- Instead of a knife carry a personal alarm. This will disorientate your attacker and give you time to get away.
- Try not to panic.
- Don't try to fight back.

The law says that a person under the age of 18 can't be sold any knife, blade or razorblade, any axe, any other article which has a blade or which is sharply pointed or anything which is made or adapted for use for causing injury to people.

You do not need to carry a knife or a blade in order to feel safe on the street or to make yourself look cool.

Anti-Social Behaviour

What is anti-social behaviour?

Anti-social behaviour is where someone acts in a way that could cause alarm or distress to others. This includes:

- Intimidation and harassment, such as when large groups shout or swear at passers-by.
- Street drinking and rowdy behaviour.
- Noise nuisance – such as playing loud music.
- Graffiti and vandalism.
- Littering, fly-tipping and waste dumping.
- Vehicle nuisance – such as cycling or riding mopeds on pavements.

People of all ages become involved in anti-social behaviour and it is certainly not just young people. Many youngsters feel intimidated by groups of youths, and anti-social behaviour affects everyone in the community, not just adults.

Before you go out tell your parents where you are going and what you are doing and also give them an idea of when you will be home.

Respect other people and remember that you are responsible for your own behaviour – make sure you don't distress other people or cause them to be bullied by someone else.



Prom Night!

Make sure your prom night is a night to remember.

If you are arriving at your prom in style make sure that you go to a reputable limousine company with experience in taking people to proms and balls.

If you want to remember every detail of your school prom then don't drink alcohol. If you do drink too much you could feel very sick, vomit; and do things you may regret or not remember. The other downside to drinking too much is the 'hangover'. The next morning you will feel sick and have a headache, this can last a long time.

Young people who have drunk alcohol are more likely to do things you wouldn't normally do, for example have unprotected sex which can result in pregnancy or a sexually transmitted infection such as HIV or herpes. They are also more likely to be put in dangerous situations with one third of all rapes happening when the victim has been drinking.

The statistics are shocking - in 2005 over 7,500 teenagers under the age of 18 were admitted to hospital suffering from the consequences of alcohol - next time it could be you.

Staying sober will help keep your wits about you.



Report It!

To report any incidents of anti-social behaviour contact Hampshire Police on 101.

In an emergency always dial 999.

Here to help!

Talk to Frank
about drugs

National freephone helpline
0800 776 600

Options

Alcohol and drug counselling
and information service
0800 0814 309

National Alcohol Helpline

Confidential advice and information
0800 917 8282

Hampshire Constabulary

0845 045 45 45

Connexions

Youth information and advice
080 800 13219

Crimestoppers

Anonymous reporting
0800 555 111



