

# Stay safe

- 1 Stick with mates a similar age to you – a good mate won't ask you to do stuff you're uncomfortable with.
- 2 If you feel you can't say no, ask yourself 'am I in a safe situation?'
- 3 If someone offers you something for free, ask yourself what will they want in return?
- 4 Listen to your body – heart beating, stomach-turning are signs you feel unsafe.
- 5 Be careful what personal details (including photos) you give out online and in real life.
- 6 Make sure you know where you are going and how to get home. Have credit and charge on phone.
- 7 Make sure someone you trust always knows where you are.
- 8 Drinking and drugs can make you unaware of unsafe situations and you can become a target for people who may hurt you.