



PLM Promotions Personal Safety and Crime Prevention in accordance with PSNI guidelines.

Personal Safety and Crime Prevention

We hope that everyone has a safe time at Fatboy Slim at Giants Park, Belfast. By taking some practical precautions and thinking safety, your experience should be a happy one.

More comprehensive Personal Safety and Crime Prevention advice can be found at <http://www.psni.police.uk/index/crime-prevention/personal.htm>

Attacks

Some of us fear being attacked so it is worth considering what you might do if it did happen. If someone threatens you, shout for help and set off your personal attack alarm – if you have one. This might be enough to frighten the attacker off.

However, you can use self-defence if you feel it is necessary.

Each situation is different and you will have to make that choice yourself. You should take the time to think about what you would do. Remember, you can defend yourself but it is illegal to carry an offensive weapon.

General Advice

You can do many things to increase your safety when you are out.

- Stay in busy, well-lit areas
- Travel in a group, if possible
- Respect other people's personal space
- Walk away from confrontational situations as soon as possible
- Go to the police or a doctor if you have been attacked

Self-Defence

If you do decide to defend yourself, be aware that your attacker may be stronger than you. It is often better to shout and run away. Call the police immediately on 999 if you feel you are in any danger - we are here to help.

- You can use reasonable force in self-defence
- You are allowed to protect yourself with any object you are carrying, as long as it is not an offensive weapon, such as a knife.
- Self-defence classes may help you feel more secure

Outdoors

If you are on your own there are some simple things you can do to make sure you stay safe. For example:

- Stay in bright, well-lit and busy areas.
- Look and act confident.
- Get a personal attack alarm. They are available from DIY stores or ask your local Crime Prevention Officer.

Bag Safety and Valuables

We all care about our personal property but, remember, your personal safety is always more important. If you feel in danger, then let your valuables go.

- Carry your bag close to you with the clasp facing inwards.
- If possible carry your things in a small bag across your body, under your outer coat.
- Spread your valuables around. For example, carry your house keys in your pocket, your phone in your bag and your money in your jacket.
- Try not to advertise your valuables, mobile phone, laptop, MP3 player, jewellery, watches

Rape and Sexual Assault

Rape and sexual assault are devastating experiences for any person. If this happens to you it is important to remember that it is not your fault.

Rape and sexual assault can happen whether you are a man or a woman and we have specific officers who are there to help and support you. There are also voluntary agencies that are not linked to us, but that offer further support and advice.

It is wise, however, to take precautions when you are out. Research shows that being drunk can make you more vulnerable to sexual assault. Alcohol affects your actions and you can be taken advantage of if you are drunk.

Drugs can also be used to make people easier to attack. They can be slipped into your drink without you noticing and you need to take care when you are out.

- Always keep your drink with you.
- Drink out of a bottle.
- Make sure that you take your drink straight from the bar staff.

Help Us to Help You

- Take the name or address of any witness.
- Try to remember what the attacker looked like.
- Note the make, colour, model and registration number of any car involved.

Even though your immediate reaction will be to wash, try not to do this if you can possibly help it. Cleaning destroys vital medical and forensic evidence.

If your case does come to court don't worry because the law will protect your identity. Newspapers cannot publish anything that might identify you.

In an emergency always dial 999. If you have other enquiries or want to talk to an experienced officer, dial 0845 600 8000.

The PSNI's [Be SMART](http://www.psni.police.uk/index/updates/updates_campaigns/updates_be_smart.htm) campaign gives more information about how to stay safe when you are out and about.

http://www.psni.police.uk/index/updates/updates_campaigns/updates_be_smart.htm

DRINK SPIKING THE COWARDS WAY

**Drink Spiking is cowardly and wrecks lives!
It can cause serious illness and even death.**

STAY SAFE, WATCH YOUR DRINK!

