



Keywords

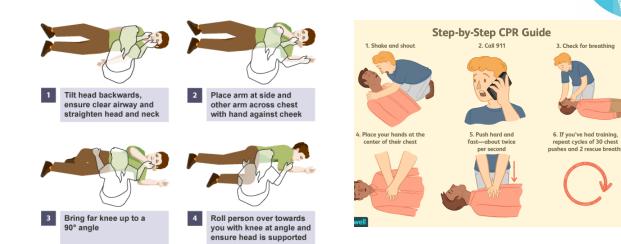
Personal
Recovery
ACT
Run
Hide
Tell



Safety in the community and how to keep yourself safer

Subject: 14-19 (Key stage 4 and 5) Topic title: Personal Safety

Recovery Position



RUN



Run to a place of safety. This is a far better option than to surrender or negotiate. If there's nowhere to go, then...

and Well-being

HIDE



It's better to hide than to confront. Remember to turn your phone to silent and turn off vibrate. Barricade yourself in if you can. Then finally and only when it is safe to do so...



Tell the police by calling 999.