

HOW TO KEEP YOURSELF SAFE

You may be aware that there have been a number of robberies in Ipswich in the past few months. Whilst this is still a relatively rare occurrence, there are some simple steps you can take to reduce your chance of becoming a victim:

Many of the incidents have occurred during the hours of darkness and the victims are usually alone. Go out and enjoy your night out, but ...

- **stay together** - make sure everyone gets home safely either with the group or in a taxi.
- **stay sensible** - being under the influence of drink (or drugs) can significantly increase your chance of being a victim of robbery. Be sensible in how much you drink and look after your friends.
- **stay aware** - using headphones means you are unlikely to hear someone approaching you until it is too late.
- **stay safe** - keep to main roads with street lights and avoid dark alleyways and shortcuts through parks. Tell a responsible person when you will be home. Carry a personal alarm.
- **stay secure** - don't advertise your valuables, keep them in pocket or handbag out of sight. Check it is safe before you use your phone. Make sure your phone and other valuables are security marked and registered on www.immobilise.com

Whilst males below the age of 30 are more likely to be victims of robbery, females and people over 30 can also be at risk. Parents...

- show a good example to your children and follow the advice above yourself
- make sure you know where your children are and when (and how) they are coming home
- consider the danger of children carrying expensive phones and other electronic equipment with them and take the appropriate steps to ensure they are not put at unnecessary risk

If you see anything suspicious call Police on 999 if it is an emergency or 101 if it is less urgent. If you have information relating to robbery and do not want to talk to police you can report information without giving your name to Crimestoppers on 0800 555 111

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