

# Personal Safety Guidance

Personal safety advice and top tips from your local Policing Team.

Follow these top tips to keep you safe.

**1 Make travel plans in advance.** Let someone know when and where you are going and plan your route in advance.

**2 Stay alert and aware of surroundings.** Don't wear headphones or be distracted by a mobile phone, especially when alone.

**3 Avoid walking alone and use busy, well lit areas.** Avoid isolated, dimly lit areas and stay with a group if possible. Be mindful of hiding spots such as doorways, vehicles and bushes.

**4 Don't keep valuables all in one place.** Keep valuables in different pockets and compartments of your bag. Avoid carrying phones, wallets or purses in back pockets.

**5 Never leave a bag open or gaping.** Carry your bag with the flap closed and secured against your body to prevent opportunistic thieves.

**6 Body language.** Criminals often target people who appear to be more vulnerable. Use body language to give the impression that you are confident, walk with your head up and make eye contact with others.

**7 Change your routine regularly.** Criminals can observe routes and patterns and use them to target a victim.

**8 Getting a taxi.** Always use a licensed, reputable company or a black cab. Never use an unlicensed taxi.

**9 Don't ignore your instincts.** If you feel something isn't right, try and remove yourself from the situation and get help if necessary.

**10 Use a personal safety app.** Consider the functions on your mobile phone, some have built in safety features, or your existing apps such as WhatsApp. We recommend the Hollie Guard app.



More advice can be found via our website:  
[www.cheshire.police.uk/cp/crime-prevention/](http://www.cheshire.police.uk/cp/crime-prevention/)



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**ALERT** →

## Cheshire Police Alert

Registering with this site is completely free, and not only allows you to receive messages about your local area, but also allows you to feed back information to your local policing teams to help them better police your neighbourhood. Go to: [www.cheshirepolicealert.co.uk](http://www.cheshirepolicealert.co.uk)



## Neighbourhood Watch

There are different membership models to offer flexibility to suit you. At the heart of each one are you, your neighbours, and your community. Once you have joined as an Individual Member, you have the option to become a Scheme Member by either joining a local scheme or starting one up. Go to [www.cheshirenw.org](http://www.cheshirenw.org) or [www.ourwatch.co.uk](http://www.ourwatch.co.uk)



## Resident's Voice

It is important to us that we know about the issues that cause you concern. We have set up a survey where you can tell us about the things you would like us to focus on in your area. Go to: [www.cheshire.police.uk/residentsvoice](http://www.cheshire.police.uk/residentsvoice)



## CONTACTING CHESHIRE POLICE

Abuse of the 999 system is an offence and may lead to prosecution.

A graphic showing three steps for contacting Cheshire Police. Step 1: '1' with a phone icon and '999' in a red box, labeled 'IN AN EMERGENCY'. Step 2: '2' with a phone icon and '101' in a blue box, labeled 'WHEN IT'S LESS URGENT THAN 999'. Step 3: '3' with a cursor icon pointing at a 'cheshire.police.uk' button, labeled 'REPORT ONLINE NON-URGENT INCIDENTS'.