



# Feeling Safe

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# Keeping Safe

**Cybersafe...** *whilst browsing the internet I came across this chat room...I was a little scared at first but once I got chatting to this guy he seemed really nice so we exchanged telephone numbers and arranged to meet each other...when I told my friend she completely freaked out and made me bring her along...just as well because when I got there he turned out to be an old creep in his late 30's!!*

## Top Cybersafe tips:-

- ❖ Don't give out your address or bank details and be careful what information you give out.
- ❖ You don't really know them just because you've been chatting to them...people lie so always be on your guard.
- ❖ If you decide that you want to meet up with this person...always make sure you choose a public place and bring a friend along...better to be safe than sorry.

## Who can help???

- Woman's Aid – [www.scottishwomensaid.co.uk](http://www.scottishwomensaid.co.uk)
- Samaritans – [www.samaritans.org.uk](http://www.samaritans.org.uk), [jo@samaritans.org](mailto:jo@samaritans.org)
- Rape Crisis Scotland – [www.rapecrisisscotland.org.uk](http://www.rapecrisisscotland.org.uk)
- Healthy Respect – [www.healthy-respect.com](http://www.healthy-respect.com)

**Drink safety...** *I was out with my mates one night and we were all having a few bevy's and smoking a few funny fags ☺ One of the guys was chatting me up but he was creeping me out...I told him there was no chance of us getting together; however I had a few drinks then next thing I know I woke up in his bed with him lying beside me. My underwear was on his bedroom floor...yuuuukkkkk, I felt sick to my stomach, the sick git had sex with me after spiking my drink...I couldn't get out of there fast enough.*

The girl in question was too afraid to inform the Police that she had been raped as she didn't think that they would believe her. This is a very common occurrence for both girls and boys and the most common drugs used to spike drinks are 'GHB' (gamma-hydroxybutyrate) and 'Roofies' (Rohypnol), very potent sedatives which make you unconscious and unable to walk, they also give you memory loss so you can't remember what happened. The Police are specially trained to deal with these situations so please don't be scared to contact them, they are there to help!!

## Who can help???

- Crimestoppers – 0845 555 111
- Victims Support – 0845 603 9213
- Police Emergency – 999
- Women's Aid – 0800 027 1234

# Neighbours from Hell

Are your neighbours a nightmare to live next to? Sometimes they don't realise just how annoying they are...so why not tell them.

*My neighbours drove me crazy with their constant noise...playing music until all hours and my children could not sleep because of the racket. My friends advised me to speak to them to ask them to tone it down a bit but I was terrified...I would cry constantly but after a while I couldn't take anymore so I chapped their door...much to my surprise they turned out to be very friendly and apologetic. We came to an agreement that they could continue to play their music loud until a certain time then they would turn it down....so now everyone's a winner 😊*

Do your neighbour's argue a lot or does their dog bark constantly? Repeatedly loud noise can drive you crazy and can be deemed as Anti-social behaviour which can lead to eviction...so what do you do?

## Who can help???

- The Local Authority – Environmental Health Department
- Your Local Police Station
- Citizen's Advice Bureau (CAB)

[www.cas.org.uk](http://www.cas.org.uk)

[www.adviceguide.org.uk](http://www.adviceguide.org.uk)

# My Space

## Not what I expected!

I was so excited when I got the keys to my new flat and couldn't wait to move in; however that feeling was short lived...before I knew it I began receiving mail from my landlord and complaints about me....but I hadn't done anything!

*"The old man who lives below me began complaining to the Council saying I was playing music and having wild parties till the wee small hours....then he told them I was dumping rubbish bags on the stairwell. I began receiving lots of letters of complaint; however when I contacted them to tell them this wasn't the case they didn't believe me. I contacted my Social worker before I got evicted....turned out it was the old man himself leaving the rubbish and blaming me! The woman at the council was raging when she realised"*

## My mates in my place!

Do you know that you're responsible for the way your friends behave around your flat? If they're kicking off outside then you'll be held responsible.

### Mates 'n' your flat!

- *Have you thought about what kind of friends you have? Could you trust them in your flat? It's worth thinking about. The harsh reality is they could get you evicted. True friends wouldn't want that..*
- *Think before you tell people where you stay.*
- *Tell your friends to phone before they turn up, so they know they have to ask you first.*
- *If you don't want people in....don't open the door.*
- *Don't let lots of people in at once.*
- *Don't let them use it as somewhere to party and turn up when they want.*

***To control your space you need to control your door!***

## **The Bogus Man**

You may think that bogus callers only happen to older people such as your granny; however think again...Frank found out the hard way. When the gas man came to read his meter he left him alone to do it, he was in and out before Frank knew it...but when he left Frank noticed that some of his personal belongings such as his cash, his mobile telephone and jewellery which had sentimental value to him as his grandad had given it to him were gone.

### **Fast Facts....Did you know???**

- The most common prey of a violent assault is a male aged between 16 and 25.
  - The most common street crime is the theft of a mobile phone, as they are easy to unlock, small and easy to dispose of.
  - Most muggings and assaults take place between 10pm and 6am and usually happen outside pubs/clubs...people think you're an easy target when you are a little worse for wear.
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- ✓ Ask for I.D
  - ✓ Use your door chain or peep hole if you have one
  - ✓ If you're still not sure, just refuse them entry and ask them to call back another time.
  - ✓ If you do let them in, stand and watch them...don't just leave them to it.

### **Who Can Help Me???**

- Crimestoppers – 0845 555 111
- Police Emergency – 999
- Victim Support – 0845 603 9213
- Students – [www.good2bsecure.gov.uk](http://www.good2bsecure.gov.uk)
- Victims Support Scotland – [www.victimsupportsco.demon.co.uk](http://www.victimsupportsco.demon.co.uk)

# Spick and Span

## The property

It is important to keep you home in good repair. If you are living somewhere with damage to sockets you have the right to have these fixed. Your landlord should sort it out for you. You have to do your own bit too and keep on top of stuff. You need to look after the flat, if you get angry and damage things the landlord won't be happy and can try to evict you.

## Do you know all the hazards in your flat?

Basically, life is a risk, but we don't have to live in germ suits or wrap ourselves in cotton wool yet. Thinking about some of the common hazards in your flat can help you decide if it's worth fixing or if you're willing to risk it.

### Bits and Pieces

- **Reports and repairs** – You need to report and faults and repairs to the landlord. Even small things because they can turn into big problems, like a loose wire in a socket can blow a whole circuit!!
- **Minor maintenance** – Not sure what repairs you are responsible for? Check your tenancy agreement, it should tell you in detail.
- **Furniture not yours?** – Take care of any furniture that was already in the flat, because if you damage it you'll have to pay for it when you move out. So beware!

*“My bulb blew so I changed it. It still never worked...I got the spark out. He changed it and it worked fine! I know...dumb. That bulb cost me £50. Turns out I changed the bulb with a dud one. DUH!”.*

## My Place – Safe Space

Most safety tips are just good common sense.

### If something is broken

- Report it
- Don't use it
- Don't try to fix it yourself

## Hair fryer

“The flat I had was a bit of a nightmare. There was this one plug socket hanging off the wall, I could see the wires and everything. One day I needed to use it so I thought I’d just try it to see, and it burst into flames and blew all my fuses! Really scared me! I had to phone the landlord and tell him. He wasn’t happy”

### In a crisis

- Try doing one thing at a time
- Don’t panic
- Stop it or get help?
- Make it safe
- Clean the mess

## Out for repairs

It can be a nightmare but when your house needs big repairs your landlord might ask you to move out while they get fixed. The landlord needs to talk to you about this first. You need to give him your permission or the landlord would need to go to court to get an order to force you to move out. IF you have any questions and need answers you should contact Shelter or Citizens Advice Bureau (CAB) to make sure you’re not being ripped off.

## Who Can Help

- **Citizens Advice Bureau (CAB)**  
[www.cas.org.uk](http://www.cas.org.uk)  
[www.adviceguide.org.uk](http://www.adviceguide.org.uk)
- **Shelter**  
[www.shelterscotland.org.uk](http://www.shelterscotland.org.uk)  
0808 800 4444
- **Scottish Federation of Housing Associations**  
[www.sfha.co.uk](http://www.sfha.co.uk)  
0131 556 5777  
0141 332 8113

## FEELING SAFE QUIZ

1. What is the most common street crime?
2. What time roughly does most assaults and muggings take place?
3. Name 2 things you should do before letting someone you don't know in your house?
4. Can you name any services that can provide you with help or support?
5. Should you give out your bank details or any personal information on the internet?
6. Who can help you if you are having trouble with your neighbours?
7. Who do you report all faults and repairs to?

## ANSWERS

1.

2.

3. a)

b)

4.

5.

6.

7.