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Our mission is to campaign, educate and support people to help reduce the risk of violence and aggression for everyone.

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SAFE**
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trust

Suzy Lamplugh Trust was founded in 1986 following the disappearance of the young estate agent. The aim of the Trust is to raise awareness of the importance of personal safety and to help people to avoid violence and aggression and live safer, more confident lives.

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KEEPING SAFE

ADVICE FOR MEN

WAS THIS HELPFUL?

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KEEPING SAFE GUIDES**

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<http://www.suzylamplugh.org/tips>

Advice for Men

Fact: **Men are twice as likely as women to be the victim of a violent attack**

Think about where you are going and how to get there. Plan your route to avoid deserted streets and dark parks or alleyways.

Avoid wearing headphones or chatting on your mobile when walking down the street alone, as this will prevent you from hearing any danger warning signals.

Carry a personal attack alarm. They are not just for women. Use it to shock and disorientate an attacker. This will gain vital seconds for you to get away.

If you hear or see trouble ahead, then cut off or turn around before you get to it and head to the nearest safe place, such as a garage, police station or anywhere where there will be lots of people.

Remember, alcohol severely affects your ability to make safe judgements. The majority of violent attacks on young men take place in or around licensed premises. Think about how much you drink and the type of places you go drinking.

Plan your journey home before your first drink rather than after your tenth.



TOP TIPS

If you are trapped in an aggressive situation, then try and stay calm and talk your way out of it. Physical self-defence should only be a last resort. It limits your options and commits you to a fight you could lose. It's not weak to walk away from violence.

Avoid an aggressive stance: crossed arms, hands on hips or a raised arm can be seen as challenging and confrontational.

Avoid looking down on anyone or touching someone unnecessarily.

Avoid using unlit or isolated cash machines.

Keep fit. Good posture, stamina, strength and tension control can all aid personal safety.

Be aware how you come across when you've been drinking. Ask your mates. Sometimes people can inadvertently attract trouble by the way they behave when they are drunk.

If someone is becoming agitated or aggressive, don't crowd them. Invading someone's personal space will only make them more uptight and defensive and therefore more likely to become violent.

If you have a friend whose behaviour or attitude (drunk or sober) attracts trouble, pick a good time and have a word with them. Make it clear that you are not going to be dragged into violence because of their behaviour.

If you see someone else being attacked, it's not always the best idea to rush over to help as this could escalate the problem and you too could end up being attacked. It may be better to stand back at a safe distance and call loudly for help and use your mobile to phone the police. Seeing what you are doing should stop the attacker, whilst leaving you safe.

Report any incident as soon as possible. You may save someone else.

Never assume it won't happen to you. Nobody is invincible. Even though the risks are slight, they are there – so don't take any unnecessary chances with your safety.