

What to Do if You Don't Feel Safe

If you get lost, or feel unsafe, and there is no adult around that you know and trust, look for a **safer stranger** who you can ask for help. If you can't see a **safer stranger** outside, look for a **safer building** you can go in to, to ask for help from the people who work there.



A **safer stranger** is a person who helps people in their job. **Safer strangers** will often be wearing a uniform. **Safer strangers** could be police officers, police community support officers, teachers, nurses, traffic wardens, shopkeepers, check-out assistants, paramedics and others.



Safer buildings could be banks, post offices, schools, libraries, medical centres, shops, supermarkets, leisure centres and others.

Tell the **safer stranger** your name. Also, if you can, tell them the phone number of your parent or the person who looks after you.