

Staying Safe in the UK

Travelling in the street (especially on your own and at night) can leave you vulnerable to theft and attacks; however following these simple steps can help you remain confident and safe when out and about.

Make a plan

If travelling with friends, plan a suitable route and stick to it. Make a plan of action in case the worst happens (i.e. you get separated or one of you may have drunk too much alcohol) and keep a look out for each other.

Be fully prepared

Tell a friend or family member where you are going, and take a charged mobile phone and sufficient money with you.



Walk confident

By walking confidently from the moment you step outside, you will appear less vulnerable (and less of a target).

Stay aware

Avoid using distractions such as wearing a hoodie or earmuffs, using your phone or listening to music, as this may cause you to lose awareness of your surroundings.



Hide your valuables

Keeping your valuables fully hidden (such as keeping your phone in your bag and/or your jewellery under your outer garments) will make you less of a target for theft.

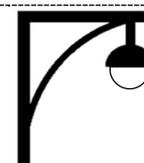
Face oncoming traffic

When walking on a pavement, face oncoming traffic to help prevent thieves (on bikes or other vehicles) from sneaking up from behind you. But remain vigilant of anyone that approaches you from in front.



Stay in the light

Avoid walking at night or in dark places such as sidewalks, parks or anywhere that's unfamiliar to you. Where possible, walk in areas where there's a lot of activity, has CCTV and/or is brightly lit.



Safety in numbers

It's safer to travel as a group (with those you know) as attackers find it easier to target single individuals. Regardless if you're travelling solo or as a group, avoid taking shortcuts in empty areas and only use public transport that others are using (avoid boarding an empty empty bus, for instance).

Stay vigilant

Consuming alcohol and drugs will reduce your inhibitions (making you more likely to do activities you otherwise wouldn't do) and reaction times to risks and other dangerous situations. Make sure you do not drink excessively and do not let your drink out of your sight (even for a moment) to reduce risk of 'drink spiking' (where a drug is added to your drink without you knowing).



What is the Prevent Strategy?

Prevent is the UK's current strategy in **preventing** and **countering all forms of terrorism** and the **radicalisation/extremism** that leads to it. There are four main sections:

- **Pursue:** to stop terrorist attacks
- **Prevent:** to stop people being radicalised to become terrorists and/or support terrorism
- **Protect:** to strengthen protection against terrorist attacks
- **Prepare:** to reduce the impact of terrorist attacks.

Prevent looks at three key objectives:

- 1) Challenging the ideology of terrorism and their promoters.** Terrorist groups are formed from an ideology or extremist view, which when promoted via the media (but mainly on the internet) allows for radicalisation and recruitment. Prevent will challenge these ideologies and interrupt any forms of promotion.
- 2) Protecting vulnerable individuals.** This involves offering advice and support to prevent radicalisation, including intervening to stop the process of an individual (or group) being radicalised.
- 3) Working with sectors and institutions at risk of radicalisation.** These sectors include education, faith, health, criminal justice and charities, in addition to the internet and media (where promotion helps to facilitate radicalisation and recruitment).

What is Radicalisation and Extremism?

The UK Home Office defines radicalisation as "The process by which people come to support terrorism and violent extremism and, in some cases, then join terrorist groups." Through radicalisation, an individual or group gradually takes on a set of extreme views (either political, social and or religious, known as extremism) which aim to reject the ideal views and customs of one or more nations.

Preventing Radicalisation and Involvement in Extremism

Spotting radicalisation in an individual is not easy; however, they are likely to display one or more of the following signs:

- withdrawing themselves from their friends and family
- talking unnaturally and as if it's scripted
- unwillingness to discuss their views and ideas
- a sudden disrespectful attitude towards others
- increased levels of anger and/or stress
- working in secret more often, especially on the internet.

If you suspect that you and/or someone else (or a group) is being radicalised, notify your assessor or fill in our Student Form provided in both your enrolment pack and available on our website at www.trainplus.co.uk.

You can also contact your local police force by dialling 101, or dial 999 only if in an emergency.