

LONDON BELONGS TO YOU

Walk through stations,
along streets, onto
trains or buses with
your head held high,
shoulders back, as if
you own the place.
Because you do.

GET UP & GO!

And tell people about the ideas put forward in this leaflet. This scheme will only work if you spread its message.

Practice makes perfect,
so remember:

Plan your journey in advance
Keep Alert
Eyes, Thighs, Rise
Find your voice to say "NO!"
Be alert not fearful

Richmond Safer Neighbourhood Board monitors policing and community safety in the London Borough of Richmond-upon-Thames. For more about what we do visit www.richmond.gov.uk/safer_neighbourhood_board or contact us on richmondcpp.snb@gmail.com

"Teach them that words are a martial art

that can be used to say no

as well as yes,"

"Girl Combat, London"
by Farrah Fray Poet

GO GIRL!

Practice makes perfect

Personal safety advice from
Richmond-upon-Thames
Safer Neighbourhood Board

Not just for girls...



TOTAL POLICING

The streets of London and its public transport are safe. There is so much CCTV coverage. Given the population, there are very few incidents.

But many women are *afraid*, even though they ought not to be. A few simple precautions will keep you safe and give you confidence. Plan your journey in advance. Don't look at your phone when you come out of a station—criminals watch the exits and pounce. Trust your instincts; if it does not feel right, change your route.



FIGHT THE FREEZE

Many women who report that they froze when they were assaulted. People talk of fight or flight responses but not THE BIG FREEZE.

EYES >
THIGHS >
RISE!

Remember, “Eyes” if you see something suspicious, “thighs” don't freeze, use your legs to “rise” if someone sits near you and you feel uncomfortable, GET UP AND MOVE immediately. Practice this until your body does it automatically.

JUST SAY NO (LOUDLY)

If someone touches you (on purpose) or says something unacceptable, stand up and shout “Oi!”. Attract other passengers' attention and the eye of the CCTV camera. Perpetrators don't like attention, nor do they expect a well placed “Oi”. Practice shouting at home; find your words; until your mouth does it automatically.



SECRET WEAPONS AND REPORTING

TRANSPORT POLICE

Your first secret weapon is the British Transport Police text. **61016**. If you see something whilst travelling, all you have to do is to text that number, giving details of where you are (18.10 train from Waterloo to Kingston, near Strawberry Hill), and describe the problem. They text back immediately, and alert transport staff and police, if necessary. And no one hears you say a word. But if it is extremely urgent, dial **999**.

KNIGHTS IN BLACK TAXIS

London's iconic black cabs are strictly licensed and vetted by the Mayor of London and by their own organisation. If you have to get away, even if you have little money, stop a black cab.

■ According to the Licenced Taxi Drivers' Association, while there isn't a set policy, most cabbies are very well honed in detecting genuine people in real distress from cheats, and treat them very differently.

■ No other form of taxi is as safe. Black cabs are more expensive but you can trust their drivers.

The Suzy Lamplugh Trust

The trust's website has advice on staying safe at home, at work, on business, whilst travelling, on line, on dates. Go to their website at <https://www.suzylamplugh.org>

TELL MAMA

A service for those who have suffered anti-Islamic abuse. Go to <https://tellmamauk.org>.

CST (Community Security Trust)

For those who have suffered Anti-Semitic abuse. Go to <https://www.cst.org.uk>. In an emergency, you can call them on **0800 032 3663**.

Refuge

is the nation-wide organisation which supports all those for whom Domestic Abuse is a problem. Contact by phone on **0800 2000 247**

REMEMBER

Do report incidents. No one has the right to abuse another human being on the grounds of ethnicity, faith, age, gender, sexuality or age. Call BTP on **0800405060**, if the incident occurred while on a train or tube, or the Metropolitan Police Service on **101** or online at <https://www.met.police.uk>report>

