



PC 5504 DIX

School Liaison Officer,
Safer Schools Partnership,
Abingdon Police Station,
Colwell Drive Abingdon,
OX14 1AU
Tel. 101
Date

Dear Parents & Guardians

I am often asked various questions on personal safety for children and young people. Such as, where can I find out further information in order to help make my child safer while travelling to school, playing or socialising after school, and even make *them* more safety conscious?

This may be very relevant at this time of year as we enter autumn and longer, darker evenings. Many young people also attend and enjoy evenings at local street fairs and firework displays around this time of year.

A very good resource I can direct you to is the following link which opens a '**Parents Handbook**' created by the Suzy Lamplugh Trust. The Handbook offers some interesting statistics, very good practical advice and activities for parents to do and discuss with their children of all ages. Among others, the handbook covers the following topics:

Challenging Complacency,
Safety on the Street,
Tracing Systems for Young People,
Appearance and Attitude,
Personal Safety on Foot,
What are Thieves Looking For in Their Victims,
How To Say 'NO',
Using Public Transport ,
And many more

The link to the handbook is <http://www.suzylamplugh.org/wpcms/wp-content/uploads/Parents-Handbook.pdf>

The link to the main Suzy Lamplugh site is www.suzylamplugh.org
Where you will again find lots of very useful advice and guidance on personal safety for all ages, such as

- [Cycling Safety](#)
- [Dating Safely](#)
- [Drinking Safely](#)
- [Festival Safety](#)
- [Festive Season Safety](#)
- [Flat/House Sharing Safety](#)
- [Halloween Safety](#)
- [Holiday Safety](#)

- [Home Safety](#)
- [Internet Safety](#)
- [Keeping Fit Safely](#)
- [On a Night Out Safety](#)
- [Safety Advice for Men](#)
- [Street Safety](#)
- [Student Safety](#)
- [Travelling to and from School Safety](#)
- [Personal Alarms: How do I choose?](#)

The Suzy Lamplugh Trust also runs an annual **National Personal Safety Day** which is held on the 8th October. Its aim is to raise awareness of the simple, practical solutions that everyone can use to help avoid violence and aggression in today's society. It's about helping people live safer, more confident lives.

The 2012 Campaign for **National Personal Safety Day** is '**Tech No Chances**'.

Technology is a wonderful thing that few of us could see ourselves doing without. When it comes to personal safety it can be of great benefit: A teenager can text their parent to collect them if they are stranded; a pensioner can phone a friend if they have a problem and we can all keep in touch with family, friends and colleagues to check if they are ok. However there can be risks associated with some technology so this campaign will highlight some practical, common sense precautions people can take to ensure that their personal technology works for them, not against them.

The direct link to a quiz on Personal Safety for Primary School age pupils is <http://www.suzylamplugh.org/wpcms/wp-content/uploads/PRIMARY-SCHOOL-QUIZ.pdf> Perhaps you could talk through this with your child.

You can also find lots of practical Crime Prevention advice on the Thames Valley Police Website, the following link will take you to the Personal Safety page of the Crime Prevention section.

<http://www.thamesvalley.police.uk/crprev/crprev-pers.htm>

You will again find relevant links from the above page including the following link which is a 'Pod Cast' about the offence of Robbery. It includes interviews with Detective Sergeant Pauline Heilbron of Thames Valley Police and a Scenes of Crime Officer who both give information and advice on the subject. This may be particularly relevant to older pupils, students and adults.

http://www.thamesvalley.police.uk/robbery_and_personal_safety_podcast_final_ver2.mp3

I hope you find this information practical and useful and that it may help answer many of your own questions or concerns. You can also access the Thames Valley Police Website www.thamesvalley.police.uk, for information on your local Police Team, Crime Prevention advice and other useful information.

Regards,
Mike Dix