

# Fact Sheet

## Travelling to School Safely

Walking to and from school is a great opportunity to get some exercise and enjoy the outdoors. If you remember a few simple rules, you should be able to have a safe and enjoyable journey to and from school each day.

### Be prepared

- Always know the route you are taking and how long it takes.
- Have a couple of routes to your destination. Always taking the same route creates predictability. It's best to alter your route a couple of times a week (remember to tell someone which route you are taking).
- Know where to go if you find yourself in trouble - you may know someone who lives along the route, a shop keeper or maybe there is a police station.
- If it looks like rain, pack an umbrella or raincoat
- If walking with a sibling, stay together. Don't leave younger ones alone. Remember to ensure they are safely at their destination before proceeding to yours.

### Walk the walk

- Maintain a confident appearance (even if you don't feel it). Head up, shoulders back and confident strides.

- Walk like you mean business – avoid dawdling and stopping too much. Show everyone around you that you have somewhere to be at a set time and you intend to get there.
- Be aware of your surroundings including cars, people and landscape features. Look around at what is happening and where you are walking.
- Trust your instincts - if a situation doesn't feel right then take action to get yourself to a situation where you feel safe again. You could catch up or slow down to join others walking or change sides of the road.
- If there is someone else in your area going the same way, walking together can make you feel safer.

### Talk the talk

- If someone tries to stop you to talk, keep walking or advise them while still walking that you are expected at school where your friends are waiting for you.
- If someone offers you a lift or calls you over to their car - decline with a wave and continue walking. Never get into the car with a stranger.
- If you think you are being followed, remain calm. If possible, safely change to the other side of the street. Make your way to the nearest

safe place, be it school, a police station or shops - anywhere people are.

- If trying to get away from someone in a car, always move in the opposite direction to the car. This will make it harder for them to follow you.
- Never tell a stranger your name or where you live, unless they are the police.
- Always tell a trusted adult if a person or situation made you feel uncomfortable or unsafe.

#### REMEMBER

Maintain a confident appearance.  
Head up, shoulders back and  
confident strides.

### Remember the details

If you are approached by someone trying to get you to go with them against your will, it is important to tell a trusted adult, such as your parents or school teacher. Try to remember as much about the situation as possible. What colour was the car? Was it old or new? What did the person look like? Did they have any tattoos or piercings? Were they old or young? Were they alone or was there someone with them? In which direction did they leave? Try to remember exactly what they said to you.

The more information you can remember, helps the police find the person involved. It is important to discuss any concerns you have about personal safety with a trusted adult such as your parents or school teacher. Don't forget to discuss how you felt and why and what

you could do in future if you have this feeling again.

### Useful safety contacts

Policelink: 131 444  
Emergencies (Triple zero): 000  
Crime Stoppers: 1800 333 000  
Hoon hotline: 134 666

#### More Information:

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