

## Staying safe information sheet

### How to stay safe and respond to inappropriate requests and proposals:

- Trust your instincts. If the person makes you uncomfortable, immediately tell someone.
- If you feel in immediate danger, call the police.
- Do not share your contact information with the person.
- Do not get into the person's vehicle or leave with this person. Until help arrives, try to remain in a public place. Try not to agitate the person.
- Do not share your personal information and documents (passport, bank account details, credit card details, etc.). Do not divulge passwords and keep documents in your possession.
- To prepare for unsuspected situations, develop a **safety plan**:
  - **Create safety words** with family members, trusted friends and teachers that you can use in a situation when you cannot talk freely
  - **Choose a safety word** that means you can talk and you are safe
  - **Choose a safety word** that means you need help
- Keep the contact information of trusted friends and family members where you can access it easily if you need help. Share your safety words with them.