

Personal Safety



Out and about

These tips may help you stay safe when you're out and about.

Charge your phone

Always have a fully charged phone with you.

Safety or information applications (apps)

Consider installing and using safety or information apps.

Tell someone

Tell someone your plans and text to confirm your arrival or any changes.

Be aware

Take notice of who's around and where you are.

Go to our website for the full suite of Personal Safety fact sheets, including:

A night out

Mobile phone

Online marketplaces

Dating/first date

Need help?

Call **Triple Zero (000)** for police, fire, ambulance in an emergency.

Call **131 444** for non-urgent police attendance.

Report crime anonymously at crimestopperssa.com.au or by calling Crime Stoppers on **1800 333 000**.

Need more information?

Turn this page over for more on this topic, or see how you can *protect what matters* by scanning the code or visiting www.police.sa.gov.au



Disclaimer: This publication contains only general guidelines and strategies for dealing with safety and security, and no guarantees or representations are made concerning their effectiveness. SA Police accept no responsibility for any injury or loss resulting from the application of these strategies.



**SOUTH AUSTRALIA POLICE
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**PROTECT
WHAT MATTERS**

Out and about

Charge your phone

- Your phone keeps you connected if you need help while out and about. It enables you to reach friends, family or emergency services if needed.
- Portable power banks or chargers can be useful to have with you if you rely on your phone a lot or when there might be a long time between charging opportunities.

Safety or information applications (apps)

- Consider installing a personal safety app on your phone. Most are free. Each has different information and service – like sending emergency alerts or sharing your location with trusted contacts.
- Some apps can discreetly reach out to, or call emergency services, or link you to safety tips and resources.
- There are also apps you can use for support or information like mapping (to show your location) and transport (to connect you to taxis, Uber, or public transport).
- Set up 'ICE' (In Case of Emergency) details that can be accessed by anyone – including emergency services – from a locked phone screen in case of that emergency.

Tell someone

- Plan and share details of your route or destination.
- Before you leave, let a trusted person know your plans and how long you expect to be.
- Consider sharing your live location with someone you trust.
- If meeting up with friends, send a quick text when you leave and let them know if your plans change.
- Ask yourself: if something goes wrong, does someone I trust know where I am?

Be aware

- Your phone is a distraction and being distracted can put you at risk.
- Actively look around while you walk. Pay attention to who's around and what's happening near you.
- Keep the volume low on your device or consider only using one earpiece so you can hear what's happening around you.
- Walk against the flow of traffic and keep a safe distance if a car stops.
- Trust your instincts and remove yourself from a situation if you don't feel safe.
- Consider carrying a personal safety alarm.



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