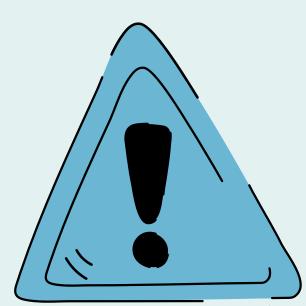
BESTRETWISE

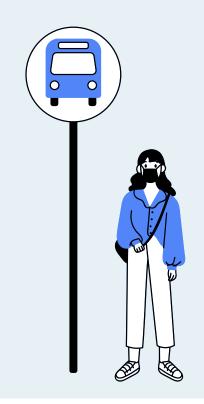
Stay alert especially when walking, riding or on a scooter. Avoid using noise cancelling headphones so you can hear traffic and what is around you.



Stick to busy well lit roads and avoid taking short cuts through parks and alley ways.

Keep mobile phones and valuables out of sight to avoid attracting unwanted attention.

When travelling by public transport, try and use stops that are on busy, well lit roads



Avoid distractions like music, texting or talking on the phone to ensure you know what is happening around you.

Don't take lifts on the back or front of friends

bikes and wear a helmet and visable clothing to ensure you can be seen when on a bike.



Ensure you judge the speed and distance of vehicles approaching and learn to identify gaps and distances in traffic.

#SpeakupSpeakout

