

# HELP

I'm being followed....

Try and keep a small amount of credit on your phone or carry a phone card with you so you can call someone.

Go to the nearest house, shop or garage.

Make your way to a well-lit area.

Even if you have no credit, most phones will still let you dial 999.

But best of all, try not to be out and about on your own.

[www.millysfund.org.uk](http://www.millysfund.org.uk) • [www.childline.org.uk](http://www.childline.org.uk)

For more information visit: [www.wiseup2safety.co.uk](http://www.wiseup2safety.co.uk)

Invest in a personal attack alarm

Contact [kycc@kent.gov.uk](mailto:kycc@kent.gov.uk) to find out where you can get one for just £2.50



This personal safety campaign has been developed by young people in Kent & Medway & is Supported by:



Kent Fire & Rescue Service

