

## Managing the day to day responsibilities

# Keeping and feeling safe in the community



Fundamental to leading an active life out in the community

### What did we find?

Strong awareness of the risks of harassment

Supporting each other to keep safe at night – sharing taxis and walking together to the bus stop

Owning a dog provides greater security and reassurance

Keeping safe online – an increasing concern as more people use computers and smartphones and social networking

### What learning is involved?

Learning to keep safe in the home, out in the community, and online

Recognising safe spaces

“ In the evening with football if I’m walking back through the park I sort of keep my distance from groups. ”

Mason, self-advocate

### What more can be done?

Liaise with police and community and neighbourhood groups to provide guidance and training

Provide training in keeping safe online