

Sev Necati Training

NEWSLETTER

Welcome to our newsletter. Each month we will be bringing you what's new and happening, with a theme for the month. This month's theme is a series of articles on how to "stay safe", with a different topic each month.



To begin with big congratulations to Sev Necati for winning Highly Commended for Best Business in Diversity 2009. Sev Necati has worked for a long time with some of the most socially and economically deprived communities, those from Black, Asian and Ethnic Minorities (BAME) and whose first language is not English.

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Sometimes we ask ourselves why do some men become criminals and how do they choose their victims: Stated in the words of a famous criminologist, “When men first come into contact with crime, they abhor it. If they remain in contact with crime for a time, they become accustomed to it, and endure it. If they remain in contact with it long enough, they finally embrace it, and become influenced by it.”

Bearing this in mind why do they choose certain individuals as victims. There is no one right or wrong answer to this. Criminals however like to pick on individuals that they think are easy targets. These may be individuals known to them or strangers. Most attacks against women or perpetrated by others most likely known to them. Thinking about this what can women do to stay safe.

This issue we will focus on party safety. Christmas and the New Year are fast approaching and many of us will have parties to go too and will more than likely be staying out late and possibly drinking.

Things to think about:

1. Before going out on a night out make sure you have told someone you trust where you are going and with whom. When you may be likely to come back home.
2. Do your best to go with a group of other women \ men that you trust. You should always have one person in the group that looks out for you and you look out for them.
3. If you are going to be drinking pre-arrange how you will be getting back home. Black cabs can be hailed off the street but under NO CIRCUMSTANCES get into an unlicensed taxi and \ or cab off the street. This is illegal. Taxis must be pre-booked.
4. Do your best to drink less alcohol and drink more water during your night out. Do your best to stick to the same drink, try and not mix your drinks and always make sure you have

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your drink with you. If you leave your drink unattended then DO NOT drink it. This is one of the ways drug rape can happen.

5. Taking drugs is illegal. However if you do then do not buy drugs from someone you have just met. Most of the time drug dealers at clubs / bars are selling to the massive and are not selling you what you think you may be buying. They can easily combine it with chemicals that will be very harmful to you and your body, which could mean you have a very bad reaction.
6. Be sensible in your approach. If you are talking to a stranger for the first time then do not give him personal details about yourself like where you live. Do not make yourself vulnerable.
7. Being confident and assertive can assist you from staying out of danger. This is reflected in your body language and demeanor. Becoming drunk and very loud can sometimes draw the wrong people towards you.
8. If a fight breaks out / and or other trouble then remove yourself very quickly from the venue and call the police for help.
9. Do not carry large sums of money, credit cards and other valuables with you. Do not leave your bag un-attended. Just bring what you need for the night. Put some money safely on you away from the money you will be spending on your night out. So if unfortunately if you are a victim of crime and your money / cards are stolen you have some money to get home with.
10. When paying for anything by credit / debit card make sure the machine is brought to you and you see what is being done. If anyone ever takes your card away / and or behind a bar they may be cloning your card.
11. If you are being harassed by anyone then let the management / and or security know. If they are not helpful and you feel scared and do not want to leave the venue because you think you may be followed then call the police.
12. When you leave the venue make sure you have planned prior how you are getting home. Know when your last train / tube and buses are running. Many routes in London run a

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good night service but after a certain time you may have to wait a very long time. Do not fall asleep when you are alone.

13. Do not take short cuts through alleys and / or parks or other areas, which are unfamiliar to you. Always stick to well lit areas, with other people and walk towards the flow of traffic.
14. Have your keys out and ready in your hands to get into your front door.
15. If you feel very scared and you are on your own then run, get to somewhere safe and call the police.
16. Do not talk on your mobile phone when you get off London Transport and think this is going to save you from being attacked, it just makes you more vulnerable as you cannot see and / or hear what's going on around you.
17. Walk confidently, know how you are getting home, call / text someone when you get home so they know you are home safe (even if you are driving) so if either of you don't call within a certain time then the other knows to check up on you.
18. Drink sensibly and be aware of what you are doing and saying and you will have a more enjoyable festive season.

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