



## Having fun – Staying safe

Stars in the Sky is all about:

- having fun
- making new friends
- starting a new relationship



But we want you to be safe.

Being safe doesn't have to mean that you can't do things. You just have to think how you do things – and we can support you to do that.



Follow these rules and everything should go well:

- Tell Stars in the Sky (Worcestershire) if you make plans to meet with another member.



- Don't give anyone your number (including mobiles) on your first date. Stars in the Sky (Worcestershire) will support you to meet up again if you want to. Only do this if you feel safe on later dates.



- Don't give personal information on a first date like your address, work address, family details especially if you are a parent.



- Let Stars in the Sky (Worcestershire) support you on your first date.



- If anyone makes you feel unsafe please tell Stars in the Sky (Worcestershire).



- Stars in the Sky (Worcestershire) will help you sort out transport **but you will have to pay for it.**



- You could tell a support worker, friend or family member where you are going and what you are doing. They can always ring Stars in the Sky (Worcestershire) for more information on 01562 820262.



- Always arrange to meet people in public places.



- If you have a mobile phone, make sure it is charged up and you have credit. Keep 40p in change to use a public pay phone.



Remember in an emergency 999 is free but don't use this service unless it is an emergency.



- Stars in the Sky (Worcestershire) will support you to think about where you want to go and what you can afford.



- You never have to kiss, cuddle, have sex, touch someone or let them touch you unless you are sure you are ready. Stars in the Sky (Worcestershire) will support you to get advice if you need it.



- If you don't like someone tell them in a nice way and be clear.



- If someone says “no” to you – accept it and move on. Stars in the Sky (Worcestershire) will help you if you need support.



- Don't give other people access to your passport, bank details, money, pin numbers, bills and benefit letters. These are yours and no-one else's.



- Remember alcohol and drugs can make you do things you might be sorry about. They can put you at risk and make you an easier victim or make you have an accident.



- Watch your drinks at all times. If you think your drink looks or tastes funny or different leave it.



- If you need advice on sexual health, contraception, sexuality, domestic violence or any other matters, Stars in the Sky will support you to find the right organisation to help you.



- If you are the victim of a crime or have witnessed a crime please contact the police.

