

Youth and Connexions

We offer impartial information, advice, guidance and support for young people aged 13 – 19 and up to 25 if they have additional needs.

You can talk to one of our advisers or youth workers about what you want to do. They will talk to you about the options available and help you, if you need it. www.thesource.me.uk

Other leaflets

We have a range of other leaflets listed below available in youth clubs, schools, colleges, drop in centres or by phone and email.



Plus, you can **text** the word **SOURCE**, followed by your name, address, postcode and the leaflet you want to **60006** – it's that easy!

- ▶ Benefits for young people seeking work
- ▶ Choose your own path - choices after Year 11
- ▶ Fighting the stress of exams
- ▶ Finding work
- ▶ Free time – what to do in your spare time!
- ▶ Getting ready for exams (revision techniques)
- ▶ Guide to qualifications
- ▶ HE student finance (plus tips on managing your money)
- ▶ Healthy living
- ▶ Help and advice on lifestyle questions
- ▶ How to apply for jobs online
- ▶ Preparing for an interview
- ▶ Starting work
- ▶ Travel and transport (plus owning a vehicle)
- ▶ Volunteering / gap year

You will be charged the cost of a standard text message and your text will be used for this purpose only.

www.thesource.me.uk

by young people, for young people

Contact us

You can always visit our drop-in centres, call us on Freephone **0800 085 4448** or email youthandconnexions@suffolk.gov.uk

It's all about services for young people!

Youth and Connexions is part of the Youth Offer for young people in Suffolk. Find out more at www.thesource.me.uk/suffolkyouthoffer

إذا كنت شاباً تعيش في مقاطعة سافولك و تريد ترجمة لبعض أو كل المطبوعات فالرجاء الإتصال بالرقم 01473 260180

আপনি যদি তরুণ বয়সের একজন ব্যক্তি সাহেবকে থাকেন ও এই লিফলেটের সবগুলি বা কিছু অনুবাদের আকারে পেতে চান তাহলে অনুগ্রহ করে 01473 260180 নম্বরে ফোন করুন।

如果你是居于修福郡的年青人而又希望得到全部或部份这些印刷品的翻译本, 请致电 01473 260180

Se você é um(a) jovem que vive em Suffolk e gostaria de obter este impresso traduzido (ou parte dele), por favour ligue para 01473 260180.

If you would like a copy of this leaflet in an alternative format, please call 01473 260180.

connexions

Personal safety

(outside and online)



Outdoors

Whether we live in a town, village or in the countryside, find out how to help you keep safe when you are out and about.

Walking

Let people know where you are going and when you will return. Plus, try to ring someone to tell them what time you'll be home.

Stick to the streets that you know and / or used by a lot of people. Avoid shortcuts through wooded areas, car parks or alleys.

Keep your possessions out of sight. Money plus jewellery and mobile phones are all tempting targets.

Avoid poorly lit areas at night.

If you have a personal alarm keep it in your hand so that it's accessible.

Be careful if anyone in a car asks you for directions.

Parties, pubs, clubs and alcohol

Only let people you know buy you a drink and don't accept drinks from strangers, because it may be tampered with. Remember, you must be 18 to buy or drink alcohol.

Drinking alcohol might seem a good idea, but it could change the way you behave and put you at risk. Find out more, including how to party safely at: www.need2know.co.uk



Connexions Direct advisers are available to offer information, advice and support to young people aged 13-19 between 8am and 2am everyday. You can call them on **080 800 13219**.

Driving

Keep your car in good running order and make sure there's always enough fuel.

Don't leave any valuables on show, including radio, bags, mobile phone or money.

Keep doors locked. Even if you're away from your car for a minute, keep the windows closed and lock the doors.

Don't pick up hitchhikers, and don't hitchhike.

Trains and buses

If someone harasses you, say loudly "Leave me alone!" or move to another seat or speak to the driver on the bus or a member of the train staff.

Try to choose an open carriage where there are several other passengers.

Travel downstairs on a bus if you are alone to avoid being cut off upstairs.

Try not to use isolated bus stops.

Keeping safe when you are online

Many young people use the internet to buy things, download music or to talk to friends.

Choose a nickname to use in chat rooms and newsgroups. Never use your real name and try to make it hard for people to guess your real name from a nickname.

Passwords need to be kept private - make sure they are at least six characters long and you keep them secret.

Don't talk to people online that you don't know.

It's better to keep online mates "online". Don't meet up with them without an adult you trust.

It's not a good idea to open files that are from people you don't know. You won't know what they contain - it could be a virus, or worse, an image or film that could be upsetting.

Pictures taken by mobile phones

Try to avoid adding photos of your friends from your mobile onto websites, because people who you do not know you could see them too.

What if?

You think someone knows your password - change it straight away.

You get an e-mail saying that computer problems mean the company has to ask you to confirm your password - delete it from your mailbox without answering.

Someone is making offensive comments or using threatening language in a chat room, then leave the chat room immediately and report that person to the person in charge of monitoring the chat room.

Report online abuse

Never assume it won't happen to you and it is never too late to tell someone if something makes you feel uncomfortable.

For help and advice or to report online abuse, go to www.thinkuknow.co.uk