

Security

The responsibility for personal safety starts with you. It may be helpful to be reminded of some of the facts we tend to take for granted.

Remember these simple rules to maximise your safety.



www.youngdiggers.com.au

Your non-military, non-government, confidential volunteer help and support service



Australia

Veterans & Veterans Families Counselling Service (VWCS)

Phone: 1800 011 046 – 24 hrs, 7 days



New Zealand

Veterans' Affairs New Zealand (VANZ)

NZ Freephone: 0800 4 838372

International: +0011 64 7 859 7676

8am-5pm Monday to Friday (NZ time)

Looking after the family

* When out alone

- Take extra care when out alone after dark
- Always be alert to your surroundings
- Avoid short-cuts and dark deserted areas
- Walk near the kerb away from bushes and buildings
- Walk facing the traffic
- Do not hitch hike
- Carry a torch after dark
- To avoid delay keep your keys in your hand

* When at home alone

- Secure all windows and doors
- Fit and use a door chain and viewer
- Ask all callers to show their ID, and make sure you examine it carefully
- If you are at all suspicious, call your local police station or emergency on 000 (Australia), 111 (New Zealand), it does not matter if it turns out to be a false alarm

* Shopping

- Don't put your wallet/handbag down where it can be easily stolen
- Don't leave your wallet/purse on top of your shopping bag, trolley or pram
- Avoid unlit or deserted car parks and areas
- Don't carry excessive amounts of money in your wallet/handbag or purse
- Remember; first protect yourself then your belongings

* Travelling by car

If you have car troubles, find a telephone and call for help. Don't accept help from passing motorists. If they want to help, get them to go to a telephone for you and call for assistance. Whilst waiting with your car don't sit inside. It attracts attention to your plight. Sit next to your car away from the flow of traffic, if practical. If not, sit in the passenger seat.

- Where possible always travel on main or well-lit roads
- Check the interior of your car before entering, especially the back seat
- Park in well lit areas
- Keep valuables out of sight
- If followed home do not get out of the car, make sure the doors are locked, sound the horn and flash your lights to attract attention

* Telephones and the internet

A telephone is not only a source of comfort but an important element of security. If you receive anonymous or nuisance telephone calls always call the police. If they persist the police can take action. As a precaution, do not discuss military movement plans or dates in public internet forums/chat rooms or on your mobile telephone.

* Rumours and 'Bad press'

There will be no shortage of rumours and sensational media coverage of incidents, both at home and about what is happening where your digger is. This is a common cause of upset and can lead to distress. Do find out the truth by speaking to a military representative in your area or your diggers unit. He or she is in regular contact with the unit and will be able to establish if your fears are real or not.

* Going away

If you decide to go away for a length of time during your diggers deployment or separation make sure you tell someone in Defence, particularly if your house will be empty. It is important that the Defence has reliable information on how to contact you quickly in an emergency. Sometimes having a mobile number is not enough, so it is important that the Defence knows where you are in case of an emergency involving your digger.