

December 2022

# Twelve Days to a safer Christmas

Advice and tips on making your Christmas safer

Day 1

## Safe Christmas Shopping

- Park in a well lit area
- Avoid shopping alone — especially at night
- Make sure all your shopping is in the boot or covered up
- Be aware of who is around you
- Remember where you parked
- Shield your PIN and don't carry large amounts of cash



Day 2

## Burglary

- Light up — use motion sensors or timers
- Lock up — be secure — doors & windows
- Don't advertise what's in your house via discarded packaging
- Keep your valuables out of sight
- Store your car keys safely
- Never reveal you will be away from home on social media

**Don't let thieves know you're out**



If you have any information about possible organised crime, victims of such crime or vulnerable people subject of exploitation, please inform Essex Police or CrimeStoppers on 0800 555111

Keep up to date and do **even more** Online **at** [essex.police.uk](https://essex.police.uk)



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## COUNTERFEIT

DON'T BUY INTO  
ORGANIZED CRIME

### Day 4 Online Shopping

Research the seller—can you trust them?  
Enticing links in emails and texts - proceed with caution  
Too good to be true—or offers designed to fool you?  
Use a credit card to pay—it's a safer way  
Need to report:  
[actionfraud.police.uk](https://actionfraud.police.uk)

### Day 3

### Counterfeit Goods

If the price seems too good to be true it is probably counterfeit  
Buying goods from counterfeit sites puts you at risk of credit card fraud and identity theft  
To report a complaint, contact Citizens Advice Consumer Helpline on 0808 223 1133

## ActionFraud

Report Fraud & Internet Crime

[actionfraud.police.uk](https://actionfraud.police.uk)



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Day 5

### Loan Sharks

Loan sharks exploit the cost of living crisis by preying on peoples financial worries —don't be a victim  
Loan sharks may seem friendly at first but they often resort to intimidation, threats or violence  
If you or someone you know is a victim, call the Illegal Money Lending Team on 0300 555 222



**Stop Loan Sharks  
helpline is open 24/7  
Get advice and support**

**0300 555 2222**

**STOPLOANSHARKS**  
Intervention . Support . Education

Day 6

### Romance Scams

Online dating — don't let your heart rule your head  
If their profile is too good to be true — it probably is  
Never allow them access to your bank account or copies of your personal documents  
Never send money to someone you've never met

### SWIPE LEFT ON ROMANCE FRAUD

Over £66m was lost to  
romance fraud between  
Aug 2019 and Aug 2020.

#LoveNotLies



ActionFraud  
www.actionfraud.org.uk



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Day 7

### Safer Nights Out Part 1

#### Drink Spiking

- Go to the bar with a friend or group
- Never leave your drink unattended
- Don't drink from other people's glasses
- Don't accept drinks from strangers
- Cover your drink
- Watch out for each other

How to recognize a drink that's been

## SPIKED

or tampered with

FOGGY  
APPEARANCE



EXCESSIVE  
BUBBLES



SINKING ICE



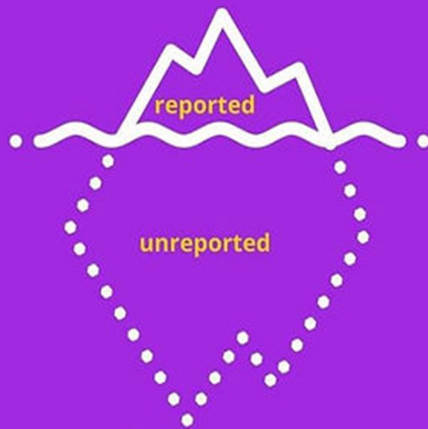
CHANGE IN  
COLOUR



#### HOW TO HELP A FRIEND WHO YOU THINK HAS BEEN SPIKED

- Tell a bar manager, bouncer or member of staff
- Stay with them and keep talking to them
- Call an ambulance if their condition deteriorates
- Don't let them go home on their own
- Don't let them leave the venue with someone you don't know or trust
- Try and prevent them drinking more alcohol

### UK Spiking incidents **iceberg**



[www.spikeaware.co.uk](http://www.spikeaware.co.uk)

Day 8

### Safer Nights Out

#### Needle Spiking

Needle injection spiking involves attempting to inject a drug into a person. This is done for a number of reasons – For amusement/humiliation, to facilitate theft or rape/sexual assault. It is a crime and can result in a prison sentence of up to 10 years.

#SPIKEAWARE



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Day 9

### Drink/Drug Driving

There is no excuse for driving a vehicle if you have been drinking or taking drugs

Do not drink or drug drive—

**IT COSTS LIVES**

Organise a designated driver, book a taxi or walk

Call 101 (non urgent)

999 (emergency)

**DRINK  
DRIVING.  
TOGETHER  
WE CAN  
STOP IT.**

➤ PREVENT ➤ PERSUADE ➤ POLICE

Day 10

### Taxi Safety

Where possible, try to pre-book your taxi and arrange to be picked up and dropped off in a safe place

Always sit in the rear of the taxi and never accept a lift from a stranger

Make a compliment, comment or complaint about your journey via your local council website

## KNOW YOUR CAB



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Day 11

### Child Online Safety

Have you bought your child a new device for Christmas?

Set and maintain parental controls

Maintain an open dialogue with your child about their online activity

Encourage their use of age appropriate sites

Be open and honest in your discussions around their digital activity

For advice go to:  
[internetmatters.org](https://internetmatters.org)



CEOP REPORT

[ceop.police.uk](https://ceop.police.uk)

internet  
matters.org

Day 12

### Device Security

Use your phones security features

Know your phones IMEI number by dialling \*#06# and keep it safe

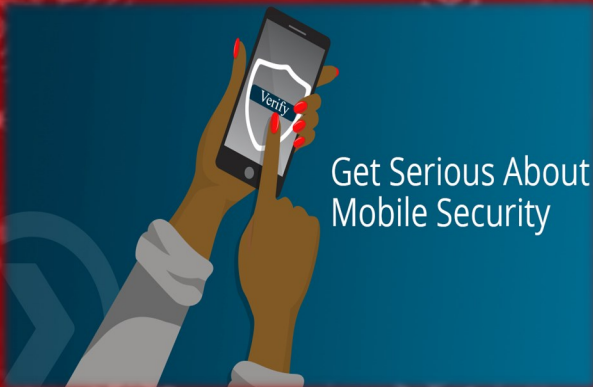
Be aware of your surroundings

Never leave your phone unattended

Never confront a thief or risk your own safety for the sake of your phone—

property can be replaced, you cant

Get Serious About  
Mobile Security



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CALL  
ESSEX  
POLICE  
101  
IN AN EMERGENCY  
ALWAYS CALL 999