



**Down's Syndrome  
Association**

A Registered Charity No. 1061474

Living the Way You Want Series



# Staying Safe

*Easy Read*

A Down's Syndrome Association Publication

## About this leaflet



→ This leaflet is made by the Down's Syndrome Association.



→ It is in Easy Read.

**Easy Read** means easy words with pictures to help everyone understand.



→ We ask **Having a Voice** groups to help us make Easy Read information.



→ **Having a Voice** groups are groups of people with Down's syndrome. They help people have their say.



→ **Having a Voice** groups make sure the Easy Read information is easy to understand.



→ You can find out more about **Having a Voice** on the Down's Syndrome Association website.

## What is in this leaflet?



→ This leaflet is about staying safe in your home.

## What you can learn

You can learn about:



→ • looking after your things



→ • what to do when someone comes to the door



→ • what to do in an emergency



→ You have a right to feel safe in your own home. Here are some tips to help you feel safe:



→ • always lock the door and shut your windows when you leave your home



→ • keep your keys in a safe place



→ • if you are going out, let someone know where you are going and what time you will be back



→ • if someone you don't know comes to your door, you don't have to let them in

You can ask for ID with their name and photo on it



- • if something worries you, tell your family or a support worker straight away



- • have a list of important phone numbers on your mobile phone or stuck to the fridge



- • call **999** in an emergency



- • you may have an alarm to call for help

make sure you know where your alarm is

## More information



**Foundation for People with Learning Disabilities** has an Easy Read guide about staying safe:

[www.learningdisabilities.org.uk](http://www.learningdisabilities.org.uk)

The **Down's Syndrome Association** has information about safety and online safety on our website:

[www.downs-syndrome.org.uk](http://www.downs-syndrome.org.uk)



## Thank you



→ Thank you for reading this leaflet!  
We hope this leaflet has helped you.

## Tell us what you think



→ We want to know what you think about this leaflet.

Email what you think to:  
[info@downs-syndrome.org.uk](mailto:info@downs-syndrome.org.uk)

## Down's Syndrome Association



**Down's Syndrome Association**  
A Registered Charity No. 1061474

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**Website:** [www.downs-syndrome.org.uk](http://www.downs-syndrome.org.uk)

The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

## Contact us

### Down's Syndrome Association

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[www.dsactive.org](http://www.dsactive.org)



[www.dsworkfit.org.uk](http://www.dsworkfit.org.uk)



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MUSEUM OF  
LEARNING  
DISABILITY**

[www.langdondownmuseum.org.uk](http://www.langdondownmuseum.org.uk)  
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[www.langdondowncentre.org.uk](http://www.langdondowncentre.org.uk)

