



CRIME PREVENTION BOOKLET



BURGLARY

Want to protect your home? Think **WIDE(N)** - Windows, Interior, Doors, Exterior, Neighbours - to have the best possible protection against burglary.

Research shows that a set combination of security actions provides up to 50 times more protection for your home versus no security. A combination of WIDE actions is the most effective solution and is recommended by police throughout the country. Additionally, at Neighbourhood Watch we believe that neighbours keeping an eye out for each other is also key to preventing burglary.

- **WINDOWS:** Lock your windows
- **INTERIOR:** Put your interior lights on a timer
- **DOORS:** Double or deadlock your doors
- **EXTERIOR:** Put your exterior lights on a sensor
- **(N)EIGHBOURS:** Keep an eye out for neighbours

Taking simple measures can significantly reduce your chances of being burgled. Opportunity plays a big role in enabling crimes to be committed, particularly burglaries. Most domestic burglaries are committed by opportunists.

Criminals will look for homes that:

- seem unoccupied
- have little or no apparent security
- have doors or windows left open, or
- enable them to remain unseen when burgling.

A home's overall impression will influence whether a burglar targets it. As a general rule, if it looks like there is someone inside, the burglar is likely to go elsewhere.

OURWATCH.ORG.UK/BURGLARY

A home in a dilapidated state will seem easier to break into, so a simple deterrent might be tidying up a garden or repainting doors and window frames. One crime often produces the opportunity to commit another. For example, a burglar may return after a break-in because they know when the owners are likely to be out. They can also expect the property to be full of new replacement items.

Before upgrading your home security, think about what part of your home seems more vulnerable, how often you are at home, and when it is empty. Remember, wherever possible, to always ensure that security products you purchase are Secured by Design or Sold Secure – these are good quality, independently tested products.

WORRIED ABOUT BURGLARY?
THINK WIDE(N)

- 👁️ **WINDOWS** LOCKED
- 👁️ **INTERIOR** LIGHTS ON A TIMER
- 👁️ **DOORS** DOUBLE OR DEADLOCKED
- 👁️ **EXTERIOR** LIGHTS ON A SENSOR
- 👁️ **(NEIGHBOURS)** KEEP AN EYE OUT

Neighbourhood Watch Network is a charity registered in England & Wales, CIO no. 1173349

ANTISOCIAL BEHAVIOUR (ASB)



RECOGNISING ASB

Recognising what ASB is and what ASB isn't can be difficult. What constitutes ASB is extremely subjective. What you may consider to be ASB another person may not.



ASB is a range of behaviours that can cause nuisance, annoyance, harm, or distress to a person in their home, neighbourhood, or community. It includes a wide range of unacceptable activities such as:

- Noise nuisance: including loud music, banging, DIY at unsocial hours, or loud parties
- Household disputes: including shouting, swearing, and fighting
- Harassment and intimidation: including threats, violence, or abusive behaviour aimed at causing distress to certain people, e.g. the elderly
- Environmental ASB: including dumping rubbish, animal nuisance (such as dog fouling and dogs barking), vandalism, property damage, and more.

There is a fine line between ASB and neighbour disputes, which can often begin over relatively minor inconveniences, such as parking.

[OURWATCH.ORG.UK/ASB](https://ourwatch.org.uk/asb)

RECORDING ASB

It is important to keep a record of the incidents, as this will be of great help in investigating the behaviour and tackling it. It can also help you to get some perspective on how often it happens. If you decide to take formal action at some stage, it can help others to see an established pattern of nuisance over time.

Download and use our ASB diary (from ourwatch.org.uk/asb) to record events over a period of 14 continuous days. You can ask someone else (a neighbour or visitor) who witnesses the nuisance to sign the entry in the "names & addresses of any witnesses" column.

Return your completed diary to your ASB team at your local authority. If you live in private accommodation, or if you live in a local authority or housing association property, return it to your housing officer.

REPORTING ASB

Antisocial behaviour can ruin lives and devastate communities. Reporting antisocial behaviour early on is important to prevent it from escalating.

The local authority, social housing landlords, and the police all have powers to deal with antisocial behaviour.

It is important that on reporting antisocial behaviour to your local authority, police, or housing provider, you detail the impact that it is having on your health and wellbeing.

Visit ourwatch.org.uk/asb to find out how to report.

CAR CRIME



LEAVE IT LOCKED, LIT & EMPTY

Whilst we can't always prevent it, there are simple steps we can all take to reduce our chances of becoming a victim of car crime.

PROTECT YOUR CAR, LEAVE IT:

1. LOCKED

LOCK YOUR CAR WHEN YOU LEAVE IT

2. LIT

PARK IN A WELL-LIT AREA

3. EMPTY

HIDE ANY ITEMS ON SHOW

SHARE THESE 3 STEPS
WITH 3 FRIENDS



www.ourwatch.org.uk

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Following the top three steps will help keep your car safe, but there are further steps you could take:

- Store car ownership information at home
- Secure number plates with anti-theft screws, available from car accessory stores
- Keep your car keys out of sight in your home
- Use a Sold Secure (soldsecure.com) approved anti-theft device. Search for suppliers on securedbydesign.com
- When parking in a car park, look for a 'Park Mark' (parkmark.co.uk) indicating that the car park meets recognised security levels
- Fit locking, anti-tamper wheel nuts to secure alloy wheels
- Secure items outside of your vehicle. Anything left on roof-racks, tailgate racks, holiday top boxes, or in tool chests are easily stolen when the vehicle is parked

CATALYTIC CONVERTER THEFT

Catalytic converters are targeted because of the precious metals that they are made with, namely rhodium, platinum, and palladium. Thieves simply cut the catalytic converter from the exhaust pipes of parked cars and sell them on to scrap metal dealers. Taller vehicles are more vulnerable as the catalytic converters are easier to access.

To reduce the risk of having your catalytic converter being stolen you could:

1. Use anti-theft products such as Catloc - a Sold Secure approved product
2. Park to restrict access underneath your car
3. Weld the catalytic converter to your car
4. Fit a tilt alarm
5. Register your converter and mark it with a forensic marker, which will make it harder for thieves to dispose of it

KEYLESS CAR THEFT

To avoid keyless car theft remember DISTANCE, SIGNAL, STEERING WHEEL.

- **KEEP KEYS A SAFE DISTANCE FROM THE CAR:** Keep keys far away from doors and windows. This will minimise the chances of a thief being able to find and amplify the key's signal
- **BLOCK OR TURN OFF THE SIGNAL:** Consider purchasing a Faraday pouch to keep your car key in. These pouches contain signal-blocking materials that stop your key transmitting its code. Check your manual to find out if your key can be switched off
- **STEERING WHEEL LOCK:** Consider using a steering wheel lock, a driveway parking post, or even a wheel clamp

For more information and further tips visit ourwatch.org.uk/protectyourcar.

OURWATCH.ORG.UK/PROTECTYOURCAR

CYBERCRIME



PROTECT YOUR PASSWORD

We know there is a sea of information out there around how to best protect yourself online. We also all know the horror stories of hacking, online scams, and identity theft.

But what are the quickest, most important things for you to do today to ensure it doesn't happen to you?

There are three quick and easy steps you can take today to secure your accounts.

PROTECT YOUR PA\$\$WORD IN 3 EASY STEPS



- 1 CREATE A SEPARATE PASSWORD FOR YOUR EMAIL ACCOUNT
- 2 USE 3 RANDOM WORDS
- 3 TURN ON TWO-FACTOR AUTHENTICATION (2FA)

ourwatch.org.uk/passwords

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CREATE A SEPARATE PASSWORD FOR EMAIL

Your personal email account contains lots of important information about you and is the gateway to all your other online accounts, including banking, social media, and online shopping.

If your email account is hacked, all of your other passwords can be reset, so use a strong password that is different to all your others.

[OURWATCH.ORG.UK/PASSWORDS](https://ourwatch.org.uk/passwords)

USE 3 RANDOM WORDS

Weak passwords can be hacked in seconds. Three random words is the recommended way of generating passwords, as it is easier to remember and takes trillions of years for a computer algorithm to crack. Start with your most important accounts (such as email, then banking and social media) and replace your old passwords with new ones.

The Cyber Resilience Centre recommends looking around the room and picking three things you can see, for example: table, computer, map. This would become tablecomputermap – DO NOT use words that are associated with you, such as animal names or surnames, as these are easy to identify (particularly if you use social media).

Some accounts require more than just three words to increase the strength of the password.

TURN ON TWO FACTOR AUTHENTICATION (2FA)

Two-factor authentication (2FA) is a free security feature that gives you an extra layer of protection online and stops cyber criminals getting into your accounts - even if they have your password.

2FA reduces the risk of being hacked by asking you to provide a second factor of information, such as getting a text or code when you log in, to check you are who you say you are.

Check if the online services and apps you use offer 2FA – it's also called two-step verification or multi-factor authentication. If they do, turn it on. Start with the accounts you care most about, such as your email and social media.

SCAMS



TELL SCAMMERS TO SLING THEIR HOOK

We've looked at the psychology around why people fall victim to scams, to help people protect themselves against the huge number of scams that are happening every day.

We also know that victims of scams often report that, in hindsight, they felt something wasn't quite right at the time. We are raising awareness of the tactics scammers use, and encouraging you to 'stop and think' if something doesn't FEEL, SEEM, LOOK, or SOUND right. This gives you time to trust your gut instinct and helps prevent you from becoming a scam victim.



KNOW THE TACTICS

We've identified five tactics that scammers use to hook people in - helping you stay one step ahead, protecting yourself and your loved ones against the increasing variety of scams that are happening every day:

- They imply they're doing you a favour
- They indicate everyone else is doing this
- They say your only chance is to act now
- They act like they're similar to you so you like them and want to please them
- They ask you to do one little thing which makes you do more

"Any of us can be caught out by scammers. They deliberately target our better natures and use psychological tactics, like being overly friendly or pretending to do you a favour, making you a limited-time offer, telling you everyone else has done something, or trapping you into doing little tasks for them.

If you sense something's not quite right, give a clear, firm "no". Politeness and fear of offence can make us more vulnerable – so we want to tell people it's ok to be firm in telling scammers you are not interested."

John Hayward-Cripps, CEO of Neighbourhood Watch Network

TAKE FIVE TO STOP FRAUD

Criminals are experts at impersonating people, organisations, and the police. They spend hours researching you for their scams, hoping you'll let your guard down for just a moment. Stop and think. It could protect you and your money.

- **STOP:** Taking a moment to stop and think before parting with your money or information could keep you safe.
- **CHALLENGE:** Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- **PROTECT:** Contact your bank immediately if you think you've fallen for a scam and report it to Action Fraud.

Visit our website to find out more about how to protect against doorstep, mail, online, pension and investment, phone, or romance scams.

[OURWATCH.ORG.UK/PROTECTFROMFRAUD](https://www.ourwatch.org.uk/protectfromfraud)

STREET HARASSMENT



WHY SHOULD I SPEAK OUT?

Often people are so resigned to constant harassment and abuse that they believe it is something they must put up with, as though it's part of daily life. Everyone needs to make it clear that they find all forms of harassment unacceptable and take a stand against it.

Witnessing street harassment and not safely intervening sends the message to those experiencing and perpetrating it that it's okay and that society considers the behaviour acceptable. Acceptance of street harassment contributes to a toxic culture that perpetuates inequality by denying equal access to public spaces. Public spaces should be safe and inclusive for all.

WHAT IS STREET HARASSMENT?

By street harassment, we mean unwanted behaviour in public areas that includes, but is not exclusive of:

- unsolicited sexualised or offensive comments or gestures
- unwanted whistling or honking
- so-called 'catcalling'
- indecent exposure
- stalking or being followed
- intrusive staring
- persistent sexual advances
- unwanted touching
- being insulted or shouted at
- feeling physically threatened

Public areas include streets, shopping centres, public transport, hospitality venues (e.g. clubs), public events (such as concerts and festivals), parks, commons, and other public recreational spaces.

[OURWATCH.ORG.UK/STREETHARASSMENT](https://ourwatch.org.uk/streetharassment)

IS IT ILLEGAL?

Behaviour doesn't have to be illegal for it to be harassment, although some harassment is a crime.

Behaviours that are not considered harassment are those that arise from a relationship of mutual consent. A hug or a compliment on physical appearance between friends or mutual flirtation is not considered harassment.

In circumstances where street harassment includes unwelcome sexual conduct, another term for it is 'public sexual harassment'.

WHAT CAN I DO IF I SEE IT?

The simplest thing that we can all do is ask: "Are you okay?". If you see someone experience street harassment, and it is safe to do so, ask them that question.

It can make a big difference to those who experience it, as it lets them know that you stand by them, and that street harassment is never okay. If you see it. Ask it.

SEE SOMEONE IN PUBLIC BEING
HARASSED?

WHEN YOU
FEEL SAFE,
ASK THEM

'Are you okay?'

THOSE THREE LITTLE WORDS
LET THEM KNOW
YOU STAND BY THEM, AND THAT
STREET HARASSMENT IS NEVER OKAY.

IF YOU SEE IT. ASK IT.

We can all do this small yet powerful act. By asking "Are you okay?" we become active bystanders, safely intervening to offer support to someone.

AN ACTIVE BYSTANDER



WHAT IS AN 'ACTIVE BYSTANDER'?

A bystander is someone who is present at an event or incident but does not take part.

Being an 'active bystander' means being aware of when someone's behaviour is inappropriate or threatening and choosing to challenge it.

There are several reasons why people don't help when they witness crimes or incidents:

- They fail to notice the crime or incident
- They fail to recognise the seriousness of it
- They fail to take any personal responsibility -
- They lack the knowledge or competence
- They worry about being judged for their actions
- They don't want to put themselves in danger
- They fear legal consequences
- They lack empathy
- They don't think they have the authority to help

HOW CAN WE BE ACTIVE BYSTANDERS?

How can we safely be active bystanders?

1. Don't expect others to be the first to act
2. Take responsibility to do something if it's safe
3. Encourage others to get involved safely
4. Empathise with the victim
5. Offer a small act of kindness
6. Call for support if it's not safe

The more we show concern for others - and become active rather than passive bystanders - when we think someone may be at risk, the more likely it is that we can help prevent tragedies.

WHY IS IT IMPORTANT TO BE ACTIVE BYSTANDERS?

Neighbourhood Watch was founded on bystanders not accepting certain behaviours and crimes, from sexual assault to burglary.

It is still this thread which binds all that we do today, from safely intervening when we witness a crime, to raising awareness to prevent crime from happening in the first place.

If harmful behaviours are not challenged, they can become normalised and more accepted by society. They can also escalate into even more harmful behaviours and crimes.

Safely intervening early on can disrupt the escalation and make it harder for these harmful behaviours and crimes to flourish.

WHAT OTHER CRIMES DO YOU HELP PREVENT?

On top of the crimes listed in this pack, we also provide prevention advice on:

- Bicycle theft
- Child sexual exploitation
- County lines
- Dog theft
- Domestic abuse
- Elder abuse
- Hate crime
- Heritage crime
- Modern slavery
- Rural crime
- Serious violence
- Terrorism

Our crime prevention toolkits, on our website, provide a wealth of expert guidance on spotting the signs, prevention techniques, and where to turn should you be a victim of crime.




[OURWATCH.ORG.UK/ACTIVEBYSTANDER](https://ourwatch.org.uk/activebystander)

CHECKLIST



Use this handy checklist to ensure your home is left safe and secure when you are out.

THINK WIDE(N)

-  **WINDOWS LOCKED**
-  **INTERIOR LIGHTS ON A TIMER**
-  **DOORS DOUBLE OR DEADLOCKED**
-  **EXTERIOR LIGHTS ON A SENSOR**
-  **(NEIGHBOURS) KEEP AN EYE OUT**

WINDOWS

- Are your windows closed and locked?
- Are your window sensors activated?
- Have you secured your garage and shed windows with locks?

INTERIOR

- Are your inside lights on a switch timer or smart bulb with timer?
- Is your home alarm on?
- Are your valuable items such as jewellery, car keys, laptops, iPads, cash, and phones out of sight?
- Are your chargers and cables for laptops/iPads out of view?
- Have you created a written and photographic record of any items of value (financial or sentimental)?

NEIGHBOURS

- If you are going away for a while, have you let your neighbours know?
- Have you joined your local Neighbourhood Watch group?

DOORS

- Is your front door double or deadlocked?
- Are all the doors to your home locked?
- Are your door keys kept out of sight (but to hand in case of emergency)?

EXTERIOR

- Are your outside lights on a sensor?
- Have you cut down tall hedges around the outside of your home?
- Is all packaging from expensive items (i.e. laptops, tablets, phones, games consoles) out of sight?
- Are your vehicles locked and valuables removed?
- Are your sheds, side gates, garages, and outbuildings locked?
- Are items that can be used to break in (i.e. bricks, rubble, ladders, garden equipment) put away?

OURWATCH.ORG.UK/BURGLARY