

The Esther Project

SAFETY TIPS



TRUST YOUR GUTS

If you feel uncertain about a situation, there's probably a good reason. Listen to your instincts and take action, whether that means saying no to a potential client or running away.

USE A SCREENING STRATEGY

Speak to potential clients on the phone beforehand to hear what they sound like, use the NUM number/email screening service to decide whether or not to see them. Keep a record of people you don't want to see or talk to again.

COMMUNICATE YOUR BOUNDARIES

Be clear from the start about prices, and what you are and aren't prepared to do.

DRESS FOR SAFETY

Think about what you wear that could be used to harm you, eg a scarf or belt.

BUDDY UP

Set up a system with a friend so that someone knows where you are. Check in before and after. Agree on a code word that you can use to discreetly alert them of danger.

KEEP YOUR ROUTE CLEAR

Be aware of your nearest exit and keep the route clear.

RAISE THE ALARM

Carry a safety alarm with you and/or have a few hidden around the space you are in. Throw the alarm in the perpetrator's direction to distract them and give you time to escape.

CONSUME WITH CARE

Be cautious about accepting food, drink or substances offered by someone else. Intoxicated clients can be more of a risk.

SAFETY FIRST

If you're in danger, escape, shout for help, don't worry about making a scene. In an emergency always call 999.

OUTCALLS

Consider that hotels may be safer than going to someone's home. Avoid getting into a car with more than one person and sit in the back if possible.

SEXUAL HEALTH

Sexual Health Worthing, 45 Rowlands Road, Worthing, BN11 3JN

Littlehampton Children and Family Centre, Clun Road, Littlehampton, BN17 7DZ

Bognor War Memorial Hospital, Shripney Road, Bognor Regis, PO22 9PP

Chichester Sexual Health Clinic, St Richards Hospital, Chichester, PO19 6SE

Central Booking line for all clinics: 01903 285199

TEP service users can access a fast-track service at these clinics and our outreach workers are available to accompany you to sexual health appointments.

We also provide free sexual health items including condoms & lube, Chlamydia and pregnancy self test kits.

Contact the TEP outreach team on **07902 726432** or hello@esther-project.org for more info.

What if there is an incident?

NATIONAL UGLY MUGS (NUM) is a free service that allows you to anonymously report incidents and receive warnings about dangerous individuals and time-wasters.

Sign up at www.uknswp.org/um

We can support you with report making. Reporting not only provides access to support but also helps to keep others in the sex industry safe.

NUM also have a number and email screening service.



OTHER SERVICES

ACORN PREGNANCY COUNSELLING CENTRE WORTHING

Unplanned pregnancy and pregnancy loss support
01903 823893

BEYOND THE GAZE

Safety and Privacy resources
www.beyond-the-gaze.com

LIFECENTRE

Counselling support for survivors of rape and sexual abuse
0808 802 0808

MY SISTERS' HOUSE

Women's Centre, Bognor Regis
01243 697800

PREGNANCY OPTIONS CENTRE CHICHESTER

Unplanned pregnancy, post abortion and pregnancy loss support
01243 784177

RELEASE

Legal resources for sex workers
www.release.org.uk

SAFE IN SUSSEX

Domestic violence support
0330 333 7416 / 01903 231939

THE SATURN CENTRE SARC

Emergency response and practical help for anyone who has been sexually assaulted
01293 600469 / 0800 033 7797