

Find someone you can trust

CONTACT

COMBATTING VIOLENT CRIME IN LONDON

It is really sad but some people get kicks out of preying on the weak.

If you find yourself in a situation where you think you are being bullied, being pushed to do negative things, or you feel there is no way out.

Find someone you can trust and who genuinely cares and talk to them to look at your options.

There are nearly always alternatives. Be prepared to take them.

Family, close friends or loved ones can probably help you with this, but if not, find someone you can trust for help.

Some former gang members have said that when they started trying to get out they stopped taking phone calls from their gang and had their family tell friends they weren't home after a short while his old friends got the message.

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Practical advice
and support
for young adults

If *you* want out here are some tips you should try...

There are better ways of meeting our needs. We all don't have to be in gangs - we just have to make the right choice.



1. Play it safe

Never tell the gang you want out directly.

Instead simply start spending your time doing other things.

Instead of spending time people who are negative find something else to do during that time. Look around.

There are possibilities everywhere: sports, youth clubs recreation centres, and even spending time with your family.

It's your life and your responsibility.

2. Forget the Garms

For many gang members, dressing or talking a certain way makes you feel safe because other people are scared of you or know that you are from a certain group.

You gotta believe in yourself - are you really defined by what you wear or how you carry yourself? Do you really need to make other people feel afraid in order to feel good about yourself?

3. Know that Associations can be deadly

Find out who your real friends are. Can you trust them? Do they bring positively or negativity into your life? Are they a magnet for trouble - especially when they have had a bit to drink or smoke? When they beefing about something or someone do they tend to drag you in?

Many violent situations are brought about purely by associations.

It is a part of life that many of the people around you don't *really* want the best for you and when they have troubles or end up bringing you into a situation it's not because they care but because they don't want to go at things alone.

These days carrying a knife or a gun carries big consequences - but it is easier to get others to take the risks.

If your friends are encouraging you to do negative things then it's time to take the toughest choice and cut them lose - for good.

4. Forget the hype

Being in a group or a gang meets a need. We all want to feel loved, respected, protected, needed and feel like we are achieving our dreams.

What we got to understand is that some people know this and use this to get us to do things that they don't want to go at alone.

Think outside the box and get good at making excuses.

Did you know? The maximum penalty for an adult carrying a knife is up to four years in prison and there are worse things than prison ... you could end up dead.

People say they carry knives or hang around in gangs for protection but the fact is, just by being in a gang you attract trouble and if you carry a knife, you are more likely to use it and get stabbed yourself - often with your own weapon.

There is NO safe place to stab someone.