Fun in a safe environment

Stars in the Sky is all about having fun in a safe environment. Safe doesn’t have to mean that you can’t do things. You just have to think how you do things. People with learning difficulties/disabilities are more vulnerable to abuse and abusers but this shouldn’t stop us having fun. Follow these guidelines and everything should go smoothly.

- Never arrange to meet with a member without informing stars in the sky.
- Don’t give anyone your number (including mobiles) on your first meeting. Stars in the sky will support you to meet up again. Only do this if you feel comfortable on later meetings.
- Don’t give personal information on a first meeting such as your address, work address, family details especially if you are a parent.
- Always let stars in the sky support you on your first one to one meetings.
- If anyone intimidates you, harasses you or makes you feel uncomfortable please inform Stars in the Sky or ask an advocate or care provider to tell us.
- Always make sure that you have a safe way of getting home and you have organised the appropriate transport. Stars in the Sky will help you do this.
- Always tell a career, friend or family member where you are going and what you are doing. They can always ring Stars in the Sky for more information.
- Try and make your first one to one meeting in the day time or early evening. Stars in the Sky will support you whatever you want to do but it’s easier to get home if there are any problems.
- Always arrange to meet people in public areas and know your escape routes. On your first meeting Stars in the Sky will support you and show you how to do this.
- Make sure if you have a mobile phone to have it charged up and with some credit. Try and keep 30p in change on you to make a public phone call. Remember in an emergency 999 is free but don’t use this service unless it is an emergency.
- You aren’t expected to pay for anything you don’t want to pay for. Stars in the Sky ask that on the first meeting people share the expenses. Stars in the sky will help you organise a meeting that is within your budgets.
- You never have to kiss, cuddle, have sex, touch someone or let them touch you unless you are sure you are ready. Stars in the Sky will support you to get advice if you need it.
- If you don’t like someone tell them in a nice way and be clear.
- If someone says no to you accept it and move on. Stars in the Sky will support you if you need advice.
- Don’t give members access to your passport, bank details, money, pin numbers, bills and benefit letters. These are yours and no one else’s.
- Remember alcohol and drugs (prescription and recreational) can reduce your awareness and understanding, this can make you an easier victim and increase your risk of accident.
- Watch your drinks at all times if you think your drink looks or taste funny or different leave it. Stars in the sky can help you get special swizzle sticks to show drugs in your drinks.
- If you need advice on sexual health, contraception, sexuality, domestic violence or any other matter Stars in the Sky will support you to find the right advice body to help you.
- If you feel you are the victim of a crime or have witnessed a crime please contact the police.