

## Staying Safe while Renting

Video Transcript

creating a better life  
for children and young  
people in care

Before I moved out on my own, I didn't have to worry about much at all. But once I did, I was suddenly responsible for lots of stuff, including my own safety! That took some getting used to.

Here's how I try to keep safe.

### **Text on screen: Look After Yourself**

Most importantly, I've learnt how important it is to look after myself and stay on top of my mental health!

For me, this involves setting boundaries for some of my family and friends. I had to learn to say no.

I don't let anyone into the house who makes me feel unsafe; and I've learnt not to let anyone stay unless I know they won't hang around longer than I want them to.

Living alone can be hard work sometimes. But Austin (pet budgie) helps keep me company and I always stay in touch with my mates.

Getting out of the house each morning, going for a walk, helps me get out of my own head and feel connected to other people.

### **Text on screen: Look After Your Place**

Keeping my rental property secure is a big part of feeling safe.

When I moved in, a couple of the windows didn't close properly – but I contacted the real estate agent and they sent someone around to fix them the next day.

- I never give my keys out to other people.
- I make sure everything's properly locked every time I'm heading out.
- If I'm having people over, I put my valuables out of sight.
- And if the smoke detectors start beeping, I replace the batteries the same day. I never want to get caught in a fire!


### **Text on screen: Look After Your Neighbours**

**victoria office** When you've got your own place, you also need to be mindful not to scare your neighbours or make

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them feel unsafe.

Someone told me that if your neighbours make a complaint about you, it could lead to you being evicted and copping a bad rental reference. So, I introduced myself to my neighbours soon after I moved in and always try to be respectful to them.

And I make sure my visitors are respectful too. I don't want them messing things up for me.

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If you're in a situation you're finding difficult to manage, ask for help from a support worker.

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