

# Safety

Safety is an important component of both physical and mental wellbeing. The idea of safety includes perceptions as well as protection from actual harm. Experiences of crime or injury can be seriously detrimental to feelings of safety, not only for those directly affected but also for those who witness these events or are involved through family, friendship or community ties. Further sub-dimensions include: perceptions of personal safety, experience of crime and occurrence of injury (including intentional selfharm).