



# Modelling Safety

Some basic tips to ensure you stay safe when modelling

Author: Graham Guy

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When you are just starting out as a model it is relatively unlikely that you will have an agent, and so you will be publicising yourself and finding your own work. If you do well with your self-publicity then you will soon be travelling to visit photographers who may not be so well known, and who are based in unusual locations. There will be occasions when you will be called upon to perform tasks or to place yourself into a situation that would not be considered normal or in some cases even acceptable in a more traditional work environment. So how do you keep yourself safe?

The most important thing to remember is to not forget your common sense. You would not meet anyone for the first time without knowing who they are or finding out something about them, and so this should be no different with a photographer. Have a look at their web site and if possible see some of their previous work. See if their published contact details match the ones they have given you. Ask if they can provide references from previous models.

Before you go to visit the photographer, be sure to check that you can bring a friend with you to the session for support. Do this even if you have no intention of bringing anyone along as the reaction of the photographer to the request will tell you a lot about them. If you do take someone along however, make sure that they are not going to cause more problems than they solve. Some photographers have had boyfriends and parents cause so much trouble on shoots that they will only allow models to bring along female non-relatives as chaperones.

But before you even get to the stage of seeing photographers and going on jobs, you have to market and publicise yourself, and there are things that you can do to protect yourself there as well.

It is important that whenever you apply for a job or expect photographers to find you that you keep yourself contactable. So on any adverts you place or replies to postings you need to publish your phone number and email address. But do you really want to advertise that personal information in places where you may not have control over who sees it?

The solution to this is to have a dedicated email address for your modelling work with one of the free providers (Hotmail, etc.) and keep it separate from your personal life. If you do this however you must be sure to check it regularly, as not answering your emails will be considered unprofessional and will get you passed over for other jobs in the future.

You may also want to consider getting a second mobile phone - a cheap pay-as-you-go option from one of the supermarkets would be more than adequate. Use that one in your public profile, and then if you do find that it gets to someone you would rather was unable to find you it is simple and cheap to change the number without losing contact with your friends.

So to summarize, keeping safe when modelling is the same as keeping safe anywhere. Protect your personal information and only meet once you are sure who you are meeting. Try to ensure that you have someone with you, and if you can't (or prefer not to) then keep in contact with someone who knows where you are.