

STUDENT SURVIVAL Handbook



Serving our communities to
make them safer and stronger



SAFETY NEEDN'T CRAMP YOUR *Style*

FACT:

Crime rates are falling, yet a relatively high number of people studying at university or college do become a victim of crime. You may not want to hear this while you're studying, but criminals see students as easy targets. However, this doesn't mean that you can't keep yourself and your belongings safe. In making this guide we wanted to give you simple advice on how to steer clear of crime.

SURVIVAL KIT

You will need some or all of these things

- Contents insurance to cover your belongings (buy this before you arrive)
- A UV pen to mark your possessions with your parents address, post code and their house number, as this is less likely to change so frequently
- A map of the campus (to get to know your safe way around)
- A personal alarm
- Contact details for a reliable taxi company and timetable for any bus services (including the late night buses)
- A bank or building society account (don't keep your cash lying around)
- A list of possessions in case they go walkabout (register them for free at www.immobilise.com)
- A record of anything you'll need in emergencies: bank details, card and passport numbers and contact details (including those for reporting lost cards and phones, etc)
- A decent lock for your bike (those marked Sold Secure)
- A timer switch for lights (costs as little as £2 from a DIY shop)
- DVDs, hard drives or memory sticks to back up your work
- Good quality door and window locks and a door chain (if you don't lock up you are more likely to have a break-in, plus you'll need them for most insurance policies)

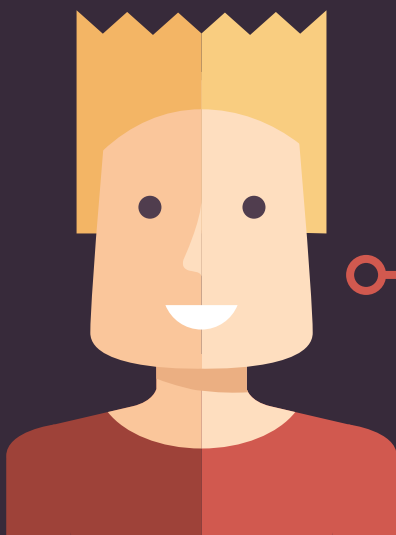


EASY TARGET?

Student houses are littered with easy-to-loot, expensive goods. If you live with four housemates, that means five laptops, five mobile phones, five lots of just about everything. And, just to add to the mix...

- Housemates come and go, making it commonplace for doors and windows to be left open
- Students are away from their accommodation for four to five months of the year
- Students make the most of their uni/college experience by going out a lot – your place is unattended at peak thieving hours (when you're all at the pub or library or seeing mates)

Many aspects of the student lifestyle make it attractive for burglars and thieves – but you can make it less so if you read on!



Safety basics...

- Lock up, even if you're nipping down the corridor
- Stay together, tell friends where you are, share taxis and walk home together. Know your surroundings and choose sensible walking routes – well lit and with lots of people
- Carry a personal alarm
- Travel light (in terms of valuables)
- Keep your valuables out of sight and locked away when possible

Property marking

Don't just think about doing it. Use a UV pen and write your parents address, post code and their house number on valuables. Ideally, keep photographic records of valuables. Record the make, model and serial numbers of electrical equipment – or even better, register them for free at www.immobilise.com.

"I'd left my bedroom window open when I went to a lecture. I thought it'd be safe because there's so many people around. When I got back, my room had been ransacked. My flatmates were furious because my room's on the ground floor. I couldn't have made it easier."

Ted, 3rd year student

DON'T HAVE MUG-ING

WRITTEN ALL OVER YOU

- Keep bags closed and fastened. Be wary when wearing a backpack. If someone grabs it, let it go. Bags – and their contents – can be replaced
- Keep your wallet out of sight
- Use cash machines in daylight or with a mate. Otherwise, choose a well-lit one or one inside a bank (see page 12 for more on this and credit card fraud)
- Don't be flash with cash or your laptop (keep this hidden in an anonymous bag like a rucksack)
- If you take your mobile out with you, keep it hidden and keep calls brief
- If you suspect you're being followed, cross over the road to see if they follow. If you're still worried, don't hang about. Go to a public place and call a mate to meet you, or the police
- Have your house keys ready before you reach the door – and carry them on you, not in your bag

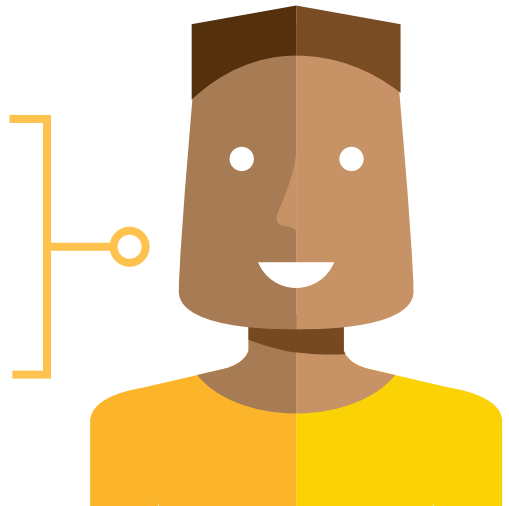
"I went in to the library to send an email, and hung my rucksack on the back of my chair. When I turned round, it was gone, along with my phone, diary, books, keys. I had to change the locks on my front door."

Matt, 3rd year student

- Walk confidently and be aware of what's going on around you
- Try to blend in and avoid wearing your 'Drunk' or 'Lost' student badge which will make you stand out to criminals
- Remember, if you're chatting on the phone or listening to your MP3 player, you won't hear someone come up behind you. Your hearing is your best protection and your voice is your best defence
If you're attacked, shout and run!
- When your gut says there's trouble ahead, there probably is. Get somewhere safe
- Steer clear of a confrontation; it's really not worth it
- If something does happen to you, report it to the police and campus authorities. You could stop it happening to someone else

Getting home

Many campuses run safety schemes; check out your union for info. These can include late-night buses for students and advice on dangerous areas. Some will hook up with cab firms so, even if you don't have cash, you can take a cab and pay later if you give your student card details to the driver. Never get into an unmarked cab and don't walk home in the dark on your own.





TOGETHER

WE

CAN

STOP

SPIKING



**SEE IT.
REPORT IT.
STAY SAFE.**



Think you have **been spiked** or **seen spiking** in action?
Contact bar staff immediately!

Scan the QR code to see what measures are in place to protect you



GOING OUT ON THE TOWN!

Common pitfalls of a night on the lash

All graduates who spent their time at uni or college taking full advantage of the local nightlife have their tales of woe about a night out on the tiles.

The nights usually start with drinking lots in a short space of time and end in a blur with you doing something you'd rather not have done, throwing up 'til the next full moon, or in a police station reporting a lost bag or a stolen phone.

If it's easy for you to steal the flag hanging from the bar, a pint glass or an authentic-looking lampshade, then it's even easier for someone to steal your handbag, a tenner from your wallet or your phone.

On a night out, be constantly aware:

- of where your belongings are; and
- that the more you drink, the less bothered you'll be about your stuff and what you get up to!

Who's eyeing you up?

What you need to know about spiking

- Spiking drinks with alcohol or drugs does happen
- People do it 'to be funny', out of spite or anger, to rob you or to leave you open to sexual assault
- It only takes 15 minutes for the effects of 'rape drugs' to kick in, but they can wipe out eight hours of memory
- Most people know their spiker, and men's drinks get spiked too!

Protecting yourself against spiking

- Don't take a drink you haven't seen poured
- Don't leave your drink unattended, especially if nipping out for a fag
- If you suddenly feel unusually drunk, ask someone you trust to get you home
- If a mate starts acting out of character, they might have been drugged – ask for help and get them home safely



**FEEL LIKE YOU'RE
NOT IN A SAFE
SITUATION?**

**ON A DATE
THAT IS NOT
WORKING OUT?**

**RECEIVED
UNWANTED
ATTENTION?**

**SOMEONE NOT
TAKING NO FOR
AN ANSWER?**

**For discreet help, speak to a
member of our team and**

ASK FOR ANGELA.

**They will know you need help and get
you out of the situation without fuss.**





If they don't say **YES**,
take it as a **NO**

SEX **WITHOUT**
CONSENT **IS RAPE**

#GetConsent

As part of our valuable work around the protection of vulnerable people we've launched a public engagement campaign called #GetConsent. The campaign aims to remind people about the importance of consent when engaging in any sexual activity.

Do you know that 1 in 4 reported rapes or sexual offences in Humberside are directly linked to night time socialising? And half of these incidents involve drugs and alcohol? Analysis shows that these offences often happen around midnight, typically coinciding with the closure of pubs and bars.

Our #GetConsent campaign is to educate and remind everyone that consent is paramount. Each and every time.

Sex without consent is rape.

ARE YOUR DIGS ASKING FOR IT?

Test out your student accommodation and ask:

“If I were a burglar, how easy would it be to break in?”

For most of you, living on your own for the first time or moving into rented digs means your own ‘house’ rules. But just how safe are you in your room? Take the test...

Do you have outside lighting?

Yes No

Do you have a burglar alarm and use it? (despite the hassle)

Yes No

Does your door fit properly, is the lock properly attached and does it keep the door firmly shut?

Yes No

Does everyone in the house always lock their doors and windows, even if someone’s in downstairs?

Yes No

If you have deadlocks, do you use them? (burglars hate them because you need a key to open them)

Yes No

Do you use a timer switch for lights and radios when you’re out? (to give the impression you’re in)

Yes No

Do you have a smoke alarm?

Yes No

Do you make sure any valuable items – TVs, laptops or cash – are hidden away from outside view?

Yes No

Have you registered those valuable items on www.immobilise.com? (it’s free so help us help you)

Yes No

Is your back garden secure and difficult for strangers to access?

Yes No

Loads of Yes’s: You’re looking after yourself. More No’s: C’mon. Take more care.

What if you live in halls? The majority of thefts in halls result from students leaving doors and windows open. Here’s a mini-test just for you...

If you live in halls, do you make sure no one follows you in through the main entrance?

Yes No

Do you avoid leaving notes on your door announcing “I’m out!” or giving out access codes to take-away companies?

Yes No

Do you keep your door and the main door shut, even when you have just popped down the corridor?

Yes No

DON'T LET THEM **STEAL** YOUR DEGREE...

If your laptop's nicked, that's how many weeks of hard work gone? Save yourself the grief (and cost) by doing what you can to protect what's yours...



Laptops

OK, so it's mobile, but don't carry it around if you can help it. If you do, disguise it by putting it in a rucksack so people won't know you have one.

Don't leave it on show in a car – even if you are in it.

Back up all your work regularly. Use tracking software – laptops can be tracked, traced and retrieved from criminals by the police.



Motor bikes & scooters

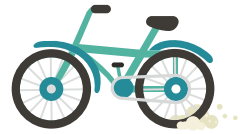
Always lock it to something immovable (some insurance companies won't pay out unless you've done this).

Put a steering lock on and use a strong steel cable or D-lock.

Get a combined alarm / immobiliser fitted by a professional.

Take the same precautions about where you park as you would with a car.

Have the bike, engine and windscreen etched with the Vehicle Identification Number (VIN) or your parent's postcode.



Bicycles

With over 100,000 bikes stolen every year, you can't be too protective.

Use a sturdy lock like a D-lock. Chains can be cut.

Lock both tyres, and remove any extras (like lights or seats if removable).

Record your bikes frame reference, as well as, it's make and model onto www.immobilise.com.

If you can't find a secure bike store, lock up your bike where it can be seen – in a busy street, or near somewhere with good lighting and CCTV.

Finally, if it gets stolen report to the police.



Mobile phones

If you make a call in public, keep an eye on who's around you.

Register your phone with your network operator. This makes barring easier.

Record your IMEI number (a unique ID code located on a strip normally found behind the battery of the handset or by calling *#06#) on www.immobilise.com along with the make and model of your phone.

These days it's as easy to cancel a mobile as it is to cancel a credit card. The moment your phone is stolen, call your network on 08701 123 123 and they will block your SIM card and phone. Once cancelled, your phone cannot be used again on any network, even with a new SIM card – meaning no big bill run up in your name, and stealing it is pointless.



Cars

Don't make it easy for thieves. Believe it or not, most cars are stolen because they're unlocked. Say no more.

Never leave the keys in the ignition: a prime example is when paying for petrol or warming your car on an icy day.

Hide car documents and keys at home.

Think about where you're parking. Use a well-lit, secure car park rather than a dark alley. Also, think about your personal safety when returning to your car.

Don't leave anything – CDs, chequebooks, even an old coat – on show inside as they may be tempting for thieves.

Consider investing and using an alarm as a deterrent.



"I parked my car outside my boyfriend's house while we went out for the evening and it got broken into. I'd been home for the weekend and had my clothes in the boot, and they pinched a camera out of one of the bags. It cost me a fortune to replace. I don't leave anything in there now."

Claudia, 3rd year student

THE TROUBLE WITH WEED

Weed is seen as a harmless drug and there are people who go through their whole lives smoking it without a problem and without getting caught – but that doesn't mean they're right...

Q. What is the law on cannabis?

A. Cannabis has been upgraded back to a Class B drug. For over-18s, possession of a small 'personal quantity' may lead to a 'cannabis warning' on a first occasion, rather than arrest, but the drug will be confiscated. If you are caught again you could face an on-the-spot fine or arrest.

Q. What's so bad about a little smoke with friends?

A. In the eyes of the law, passing a spliff is seen as dealing.

Q. I've always been told I can't get hooked on cannabis – what are the health issues?

A. It's common for users to become dependent on weed and then suffer withdrawal symptoms such as insomnia, irritability, mood changes and appetite disturbance. Regular users can become demotivated and unsociable, get depressed and some suffer from mental health problems.

Then there's the smoking: cannabis, like tobacco, has lots of chemical 'nasties', which can cause lung disease and possibly cancer with long-term or heavy use.

Urban myths...

- Just a slap on the wrist? A conviction for any kind of drug crime can mean suspension or expulsion from your studies and/or halls of residence. In some countries, such as the USA, a conviction for drugs may mean you're not allowed into the country
- Amsterdam-style coffee shops are not legal in the UK, no matter what anyone tells you
- It is illegal to grow your own and you can be prosecuted with intent to supply if caught
- There have been cases where skunk has been bulked up with microscopic glass beads. These are invisible to the naked eye and it can't be good to inhale hot glass into your lungs

FACT:

A third of all burglaries are through open windows and doors. Keep burglars out by keeping you home secure.



Illegal drugs are just that – illegal. But if you're going to use them, at least know what you're getting into...

Some drugs will make you want to dance, acting as a stimulant to the mind and body, for example; ecstasy (Es, MDMA), speed, crystal meth, cocaine. Others will make you go off into a world of your own, for example; heroin, GHB, GBL, ketamine, magic mushrooms.

All are illegal because they pose significant risks to a person or society and carry heavy penalties with them. When on drugs, people are more likely to become victims of crime and they don't generally make the best decisions for themselves.

For more information on specific drugs, their risks and effects, talk to FRANK 0800 77 66 00 – www.talktofrank.com

Es are rarely pure and can be cut with other drugs or substances to make them cheaper to produce and sell, which means they can be dangerous and unpredictable.

GHB, GBL and ketamine have anaesthetic effects and, as such, can be fatal on their own and even more so when taken with alcohol. When taking these drugs you won't feel pain, so if you hurt yourself you won't feel it until the effect wears off hours later. GHB and GBL are particularly dangerous and could have unpredictable side-effects.

Cocaine and heroin are extremely addictive. Cocaine can make you feel unbeatable and can make you a danger to the people around you.

Ecstasy makes you thirsty. It's not the ecstasy itself, but the loss of water caused by sweating, often brought on by dancing. If you have taken ecstasy it's important to keep sipping fluids (water or an isotonic sports drink) – about a pint an hour, little and often, no more.

What are the risks?

- No matter what you're taking, the more times you take it, the more you'll need to take to get the same buzz
- Alcohol is a depressant and doesn't mix well with drugs
- Your immune system gets a battering – whether it's the high octane nights that last four days or the toll drugs take on your organs, your body is working overtime and you'll be more susceptible to everyday colds and viruses
- It's worth knowing the law about the drugs you decide to take as you can face years in prison for taking or possessing some drugs if caught
- If you decide to take drugs, always make sure you are with friends and they know what you're on, and watch out for your mates – sometimes they mightn't realise they're in danger. Don't be afraid to ask for help

Contributing to a dirty business

It's also worth noting that the drugs trade fuels a lot of other nasty industries. Organised crime deals in everything from the arms trade to people trafficking and the child sex industry as well as contributing to poverty throughout the world.

Don't take drugs and drive, simple!

Experts believe that at least 4,500 deaths and 135,000 serious injuries are caused in Europe through drug driving. It is also illegal – visit www.dft.gov.uk/think/drugdrive for further information.

CREDIT CARD SECURITY AND SHOPPING ONLINE

Having your PIN stolen and losing £££ on your credit card – the likelihood is low, but reduce the odds by keeping your details and cash safe

Credit card fraud –

Ways to protect yourself:

- Treat your cards like cash – never let them out of your sight (one in five stolen credit cards are taken from cars) and never, ever pass on PINs or passwords
- Don't leave cards behind a bar. Someone could copy the details
- Go through your bank statements carefully – if you spot a withdrawal or purchase that isn't yours report it to your bank
- Rip up or shred receipts, mini statements, loan forms and cashpoint balances so card details can't be stolen
- If you go abroad, only take the cards you'll need and inform your bank. Have emergency contact numbers to hand to cancel lost or stolen cards
- Never keep your PIN with your cash card
- If any of your cards are stolen, call immediately to cancel them – don't even wait until you get home

Four steps to e-shopping safety

1. Use a secure computer

Get virus protection and a firewall installed. Avoid shopping from public computers. Don't open emails or attachments if you don't know where they came from – they could contain a virus. Log into and out of secure sessions correctly. Only shop at secure websites.

2. Always use a single credit card.

Check that you are shopping with a reputable online store. If it's a secure connection, the beginning of the website address should change from http to https. Also, a small padlock symbol should appear on the bottom of your browser.

3. Keep your ID YOUR identity

Keep PINs, passwords and personal information safe – always be wary of unsolicited emails that claim to come from banks asking you to click on a link and disclose information. Your bank would never ask you to disclose your PIN or password in full. If someone asks for your card details or asks you to do dodgy transfers over the internet, they're likely to be scamming you.

4. Be up-to-date

Keep a record of any transactions you make online so that you can check them against your bills or statements.



When taking money out of cash machines:

- Go in daylight and use machines inside banks if you can
- Shield the keyboard, even if no one's around
- Never be distracted
- If someone crowds or watches you, cancel the transaction and move on
- Put the money and card away safely before leaving
- Do not use a machine that appears to have been tampered with in any way

Cashpoint security

Be aware of 'shoulder surfers' who look over your shoulder at cash machines to steal your PIN. Look out for machines that have been tampered with.

FACT:

Women feel most in danger walking down the street, yet men are most likely to be victims of robbery or personal attacks. Don't make yourself an easy target...



SOCIAL NETWORKING

You will undoubtedly be liking, following and poking people on social media sites already. However, the nature of social networking means that using it carries a degree of risk including becoming a target for cyber-criminals, but there are tips to keep you safe online.



- Avoid publishing any identifying information about yourself – such as phone numbers, your address or birthday – that could be used by scammers
- Make it difficult for anyone wanting to hack your accounts by using strong passwords with symbols and numbers
- Only let your friends view your posts by using appropriate privacy features on social media sites to restrict strangers' accessing your profile
- Remember that the stuff you post stays online, so don't say anything or publish pictures that might later cause you or someone else embarrassment
- Never post comments that are abusive or may cause offence to either individuals or groups of society
- Be on your guard against phishing scams, including fake friend requests and posts from individuals or companies inviting you to visit other pages or sites. If you do get caught up in a scam, make sure you remove any corresponding likes and app permissions from your account
- Ensure you have effective and updated antivirus/antispysware software and firewall running before you go online
- It has become common place for perspective employees to view possible recruit's social networking pages, so be careful about what you say, what pictures you post and your profile as it could affect your job prospects

#LibbysCampaign

Call us immediately if

**YOU FEEL LIKE
YOU'RE BEING
FOLLOWED**

*Don't hesitate to call us on 101.
Call 999 if you're in danger.*



Scan to report online



HELPLINES

Need more advice? These will help...

General

www.humberside.police.uk
www.nusonline.co.uk
www.crimestoppers-uk.org

Feel safe phoning the police with information call **999** in an emergency or **101** in a non-emergency. Alternatively call Crimestoppers anonymously on **0800 555 111**.

Personal

www.victimsupport.org.uk
Request support online or call **0808 16 89 111**.

www.suzylamplugh.org

A national charity concerned with how to be safe at home, work, uni/college, and in public.

www.askforangela.co.uk

A national scheme that helps anyone who is feeling vulnerable on a night out to get the support they need.

Vehicles

www.soldsecure.com
A non-profit company that produces car security equipment, backed by police.

Drugs

www.talktofrank.com
You've seen the ads. Provides all you need to know on drugs, alongside stories from recovering users. Helpline: **0300 123 6600**, or **text your question to 82111**.

Mobile phones and possessions

www.immobilise.com
How it works and what you should do to block a stolen phone.



Online

www.takefive-stopfraud.org.uk
Advice on preventing email, phone-based and online fraud.

www.getsafeonline.org

Advice on online socialising, shopping and study.

www.mycommunityalert.co.uk

A free messaging system to help keep you updated about what is happening in your local area.

WRITE IN YOUR RELEVANT NUMBERS AND KEEP IN CASE OF EMERGENCY

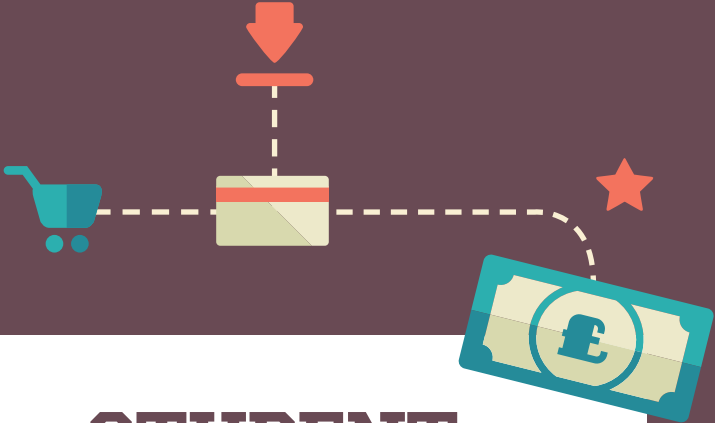
Local taxi rank:

Campus security:

Mobile network operator
(or call 08701 123123)

24-hour emergency bank number:

Insurance claim emergency number:



STUDENT SURVIVAL Handbook

This survival guide has everything you need to stay safe on-and-offline. We have given you the knowledge and advice that will help to make your stay at further education enjoyable and hassle free.

For more information, help and advice visit:
www.humberside.police.uk

