

personal safety

Some ideas on how to stay safe at university

getting home safely after a night out

There are a number of steps you can take to stay safe on a night out:

- plan ahead to get a lift or a taxi back
- share your location with a trusted friend using an app like “Find my Friends “ or Google maps
- programme the number of a reputable taxi firm into your phone
- if you feel more secure with a female driver then ABC Taxis (tel: 01603 666333) will try to provide a female driver on request
- when booking a taxi always give your name and ask driver to confirm who the taxi is booked for before you get in a taxi
- if possible, ask to be dropped off in a well-lit area where there are plenty of other people.

what if I am stranded alone without money to get home?

In an emergency you can book a taxi to get you back to campus and pay later using the safer taxi scheme. You should give your name, and show your student card when you get in to the taxi. You will receive a bill for the fare a few days later from the Student Union. For

details of the taxi firms operating the scheme see our website:

<https://www.uea.su/campaigns/welfare/safer-taxi-scheme/>.

walking alone at night

- personal attack alarms both scare off potential attackers and can make you feel more secure when walking alone. Carry an alarm in your hand when walking alone so that you can activate it quickly if needed.
- carry a torch
- if you cannot avoid walking alone at night then walk confidently, know your route and stick to well-lit areas if you can. Tell someone where you are going and arrange to call them when you have arrived at your destination
- avoid short cuts. Walking through parks or across waste ground could leave you vulnerable
- walk facing oncoming traffic so you are more aware of what cars are approaching. Consider wearing bright or reflective clothing to help make you visible
- keep your house keys in your hand/pocket so that your bag is lost or stolen you are still able to get home
- if you feel you are being followed, head for a well-lit safe place where there are people around. This could be a building open to the public, like a shop or takeaway, or a friend’s house. On campus, the Security Lodge is open 24/7

- many students walk from lectures or the library in the dark. Try to walk home with a friend and make sure that you vary your route from time to time
- you can help to make your friends feel secure by giving them a lift or walking them home and making sure they are safely indoors before you leave
- if you live on campus, programme the UEA security emergency number into your phone
- if you are on campus and feel unsafe, you can ask UEA Security to accompany you elsewhere on campus.

self-defence

In law you can use reasonable force in self-defence. That does not include carrying anything which can be described as an offensive weapon, which would be a criminal offence.

travelling on public transport

- if you are on an empty bus at night try to sit near the driver
- when travelling on trains at night, if you do not feel safe sit close to an exit or in a compartment with other people.

cycling

Most of the advice above on walking at night also works for cyclists, although you can try to speed away if you are feeling unsafe. But remember:

- a helmet can save your life. Wear one
- if you've been drinking, your judgement (and balance) will be impaired
- make sure you use proper bike lights at night, for your own safety and to avoid breaking the law
- wear bright/reflective clothing

- to reduce the risk of theft use a D Lock and get your bike registered and marked by the police.

driving alone at night

- plan your destination before you leave and let people know when you are going to arrive
- make sure you have enough fuel before leaving, your phone is charged (and on hands-free if you can) in case you need to contact someone in an emergency
- do not pick up hitchhikers and always ensure your doors are locked to prevent someone getting in if you should slow down in traffic
- keep doors locked and valuables out of sight
- after dark, park in a well-lit, busy place
- always have your key ready when you go back to your car at night.

home alone?

- when you are alone at home, put the chain across the door or use a spyhole to check who is there before opening it to anyone. Always check identification before letting anyone you don't know into your home.
- do not give your number or any personal information such as your PIN to callers and don't make it known that you are alone in the house if a stranger calls
- if you wake at night and hear an intruder it is advisable to switch on the lights and make a lot of noise rather than pretending to be asleep. If you are on your own pretend there is someone with you by calling out to them and ring the police as soon as you safely can.

security at home

There are some simple things you can do to make yourself more secure in your home. They might seem obvious, but they are all important.

- always make sure your front and back doors are locked when you are alone and before going to bed at night
- remember to secure any windows, even small ones, as someone can break in through any space larger than the human head. Burglars are more likely to target a house with poor security than risk a disturbance by forcing entry, so be vigilant about keeping your house safe
- your contents insurance may be invalidated if you have left the house insecure
- check with the landlord that previous tenants have not kept a set of keys
- if you live in university residences it is important to follow security measures; do not leave your door or window open and do not put your name and room number on your key-ring
- be careful when letting strangers into shared accommodation - they may not be who they say they are. If you feel insecure then contact security
- draw the curtains when it gets dark
- never leave cash or valuables on open view in your room and try not to have jewellery and electrical equipment visible. Keeping large amounts of cash in your room, even out of sight, is a theft risk
- it's best not to leave a spare key in a hiding place outside as an intruder could find it. However, it is a good idea to keep a key inside the house where you can find it easily in the dark, so if there is a fire at night you can leave the building quickly
- keep copies of your driving licence, passport and other important ID details safe and separate from the originals
- shred bank statements and other documents with personal details on them when disposing of them.

safe space on campus

Anybody who does not feel safe in their own home or who needs a safe space to be alone can request to stay in a safe space for a few nights. During working hours Student Support Services will be able to arrange this. If it is outside of these times, the Security Lodge will be able to help.

useful contacts

If you have experienced an attack or you want further advice on personal safety our advice workers offer a confidential and impartial support to students.

Police: 101 or 999 in an emergency
(If you feel unsafe and cannot speak, call 999 and then dial 555)

UEA Security: 01603 592352

UEA Nightline: 01603 597158
(8pm to 8am every night during term time)
www.norwich.nightline.ac.uk/

Leeway: 0300 561 0077
(24hr domestic abuse helpline)
www.leewaysupport.org/

Victim Support: 0300 303 0165

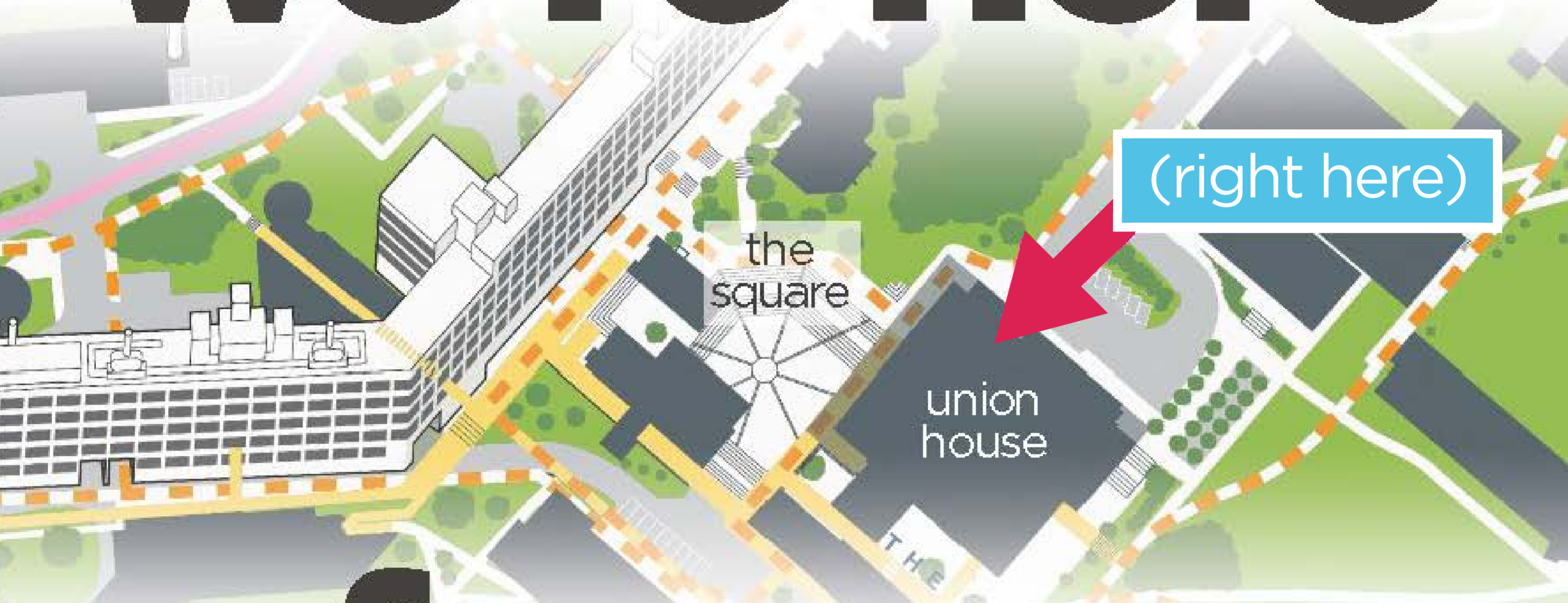
National Domestic Violence Helpline: 0808 2000 247

The Harbour Centre: 01603 276381
Support for victims of rape and sexual assault
www.theharbourcentre.co.uk/

The Sue Lambert Trust: 01603 622406
Support for survivors of sexual abuse
www.suelambertrust.org/

BT Nuisance Call Advice: 0800 661 441

we're here



(right here)

for you

With

free, confidential, impartial advice

mon - fri 10.00 - 16.00, 01603 593463

advicecentre@uea.ac.uk

uea.su/advice

we've got your back