

Key Safety Points For Students

Remember these tips are only suggestions. If you have any suggestions why not share them with other students? Email UBSU

Going Out At Night

Freshers' week has the reputation of being an alcohol fest. If you are going to drink then know what your limit is and remember alcohol dulls your instincts and can lead to you making dangerous decisions. Carry a personal attack alarm - even when you're close to home. Attacks can happen at any time.

- Put **ICE** (In Case of Emergency) in your mobile phone address book, emergency services know who to call if you're found in difficulty.
- When you go out, tell people what time you expect to arrive home.
- When out at night, get a taxi or someone you trust to take you home.
- Always sit in the back of a taxi.
- Never hitch a ride or accept a lift from someone you do not know.
- Safety in numbers, **never** allow one of your friends to go home alone, even after an argument.

Getting Cash

- Never go to the cash point at night.
Remember, many shops give 'cashback', it's safer than the cashpoint. Ensure you put your wallet away before you leave the shop.

Drink Spiking

- Never accept a drink from someone you don't know.
- Use a specially adapted cover for your glass or bottle.
- Never leave your drink unattended.
- Appoint a drink watcher if you go to the toilet or off for a dance.
- Remember alcohol affects your reactions; you'll be less alert.
- Don't feel that soft drinks aren't spiked...they are!
- If you think for one moment that your drink has been tampered with, don't take a chance. Get another one.
- And remember, males also fall victim to this type of offence.

Surprisingly, the most common date rape drug is alcohol. Victims are often unaware that extra shots of alcohol have been added to their drinks making them far stronger. For more information on staying safe visit the [The Suzy Lamplugh Trust](#)

Personal Safety

- Get a personal attack alarm and carry it in your hand.
- Avoid walking alone after dark.
- Students are often loaded down with books and folders. Try to keep one hand free, walk confidently and be aware of your surroundings. Keep to busy well lit roads.

- If you think you are being followed, cross the road and keep walking. Call at a lighted house and ask for help.
- Carry your bag close to you with the fastening next to your body, but if someone tries to get it, let it go.
- Keep your house keys in your pocket for easy access.
- When you go out, tell people what time you expect to arrive home.
- When out at night, get a taxi or someone you trust to take you home.
- Always sit in the back of the taxi.
- Don't be tempted to hitch a ride or accept a lift from someone you don't know.

Transport

- If you are using public transport, make sure you check departure times, especially of last trains, tubes and buses.
- Have your ticket, pass or change ready in your hand. This way your purse or wallet stays out of sight.
- Always wait for a bus, train or taxi in a well-lit place, near other people if possible.
- If a bus is empty or it is after dark, sit near the driver. On the underground or on trains try to sit with other people and avoid empty carriages.
- If you feel uneasy, don't be afraid to move to another seat or carriage or get off at the next stop if you know the area.
- Carry the telephone number of a trusted, registered taxi or minicab company with you. If possible, book a taxi or minicab in advance. Ask for the driver's name, as well as the make and colour of the car.
- Confirm the driver's details when they arrive - is it the taxi or minicab you ordered? Try to share a taxi or minicab with a friend and sit in the back of the car.
- If you chat to the driver, be careful not to give out any personal details.
- Always plan how you are going to get home.

What To Do If You Feel An Attack Is Imminent

Use your voice to make lots of noise. Shouting an instruction line "call the police" makes it very clear to anyone within earshot that you are in danger and need assistance. Try diversion techniques. Doing something unexpected can confuse an attacker and give you a chance to get away. Some of the suggestions we have heard that have worked are; pretending to vomit or pretending to see someone and calling out to them for help. Thinking about it in advance will help you to think more clearly in an emergency situation.