

Student Survival Guide



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Introduction

You've dumped the last box of your worldly possessions on the bed in your new room, introduced yourself to your housemates and watched your parents drive away. It's the start of many exciting years as you embark on your university degree. However, before you let the excitement of your new surroundings get the better of you, there are some important points that you should take care of to ensure you have a healthy and happy student life.

Student Survival Kit

- Contents Insurance** - make sure you take out the relevant insurance before moving in.
- Map of campus** - get to know your way around safely.
- Personal alarm** - available from many retailers.
- List of **emergency contacts**.
- Timetables** for on and off campus bus and transport.
- Contact name and number** of Student Union rep or Halls of Residence Officer.
- Bank or building society account** - keep your cash secure rather than lying around.
- Contact numbers of recommended **taxi firms** from the Student Union or university.
- Consider marking your valuables with **SmartWater, SelectaDNA, Crimestoppers Property Protector** or other available products.
- If you are living off campus make sure your accommodation has **good quality window and door locks and a working alarm**.
- Never share **access codes** to your house/flat/halls with non-residents and don't let anyone in without checking their identity first.
- Frequently **back up your data** (university work, contact lists and photos) to an online back up service, memory stick or external hard drive.
- Find out the names and contact details of your **Neighbourhood Policing Team**, enter your postcode here www.nottinghamshire.police.uk



Immobilise

The national property database Immobilise enables police to reunite stolen items with their rightful owners.

When police recover suspected stolen items, they check them against those registered on the database to see if they can locate the owner. You can register almost any kind of item on the database for free.

To register your property on the Immobilise database visit www.immobilise.com

Going out

Before you go out

- Plan your journey. Decide how you and your friends will get there and back.
- Make sure you arrange to go out in a group to get to know the city and its surroundings.
- Tell your housemates where you are going and let them know if you decide to stay out for the night.
- Try not to put yourself at risk by taking shortcuts in the early hours or walking alone. Share a taxi or walk with a trusted friend.
- Half of burglaries happen because a door or window is left open – it's that simple. So make sure you lock up even if you are just popping to the kitchen or bathroom.
- Don't leave empty electrical goods boxes outside your home as these indicate that you may have something worth stealing.
- Only take the cash out that you need for the night. Use a cash machine on campus if possible or when out make sure you pick a cash machine that is in a busy well-lit area. If there are people hanging around the cash machine choose another one.
- Always take your cash from the machine and put your card and cash away before you walk away from the machine.



When you are out

- Keep handbags closed, zipped up and buckled. Be extra careful with rucksacks. If someone grabs it, let go. Bags and their contents can be replaced.
- Keep your purse or wallet out of sight and where possible in a zipped pocket or bag, particularly when at a gig.
- Don't walk down the street on your mobile phone – this advertises your phone to thieves and distracts you. If you need to make a call go to a busy area and stand in a position with good observation.
- If you suspect you're being followed, cross over the road to see if they follow. If you're still worried, don't hang around, go into a shop or crowded place and if necessary call the Police on **101** or **999**.
- When listening to music walking, keep the volume to a minimum so that you can still hear your surroundings. If you feel at risk or threatened – SHOUT!
- Walk confidently. Have your keys ready before you reach your car or house so you are ready to get in quickly if you need to.
- When you're away from home use timer switches to make it appear your property is occupied.

Socialising

Drinking

- Don't accept a drink from a stranger.
- Don't take drinks in large open containers like punch bowls.
- Don't share or swap drinks.
- Leave your drink with someone you know if you have to leave the room or go for a dance.
- If you suddenly feel odd or very drunk ask a friend to get you home – but make sure it's someone you really trust.
- If a friend starts acting unusually, it's possible they might have been drugged – ask for help and get them home safely.
- Avoid getting into drinking games and rounds; don't feel pressurised to drink more than you want to.
- Remember you are much more vulnerable when under the influence of alcohol and sadly some people are prepared to take advantage of this.
- Always look out for each other. If there's a group of you and one is driving, ask them to be a designated drinks watcher.

Drinkaware - visit the website for facts about alcohol
www.drinkaware.co.uk

Drugs

Illegal drugs are just that – illegal!

It is illegal to take, be in possession of and deal drugs which include cannabis, ecstasy and cocaine. A full A-Z list of drugs can be found on the FRANK website www.talktofrank.com

The universities have a zero tolerance to drugs and Nottinghamshire Police works closely with our universities and we will take the appropriate action, which could result in you being arrested and convicted.

Be wary of **legal highs** - just because it isn't illegal doesn't mean it's safe.

For further advice on drugs, their risks and effects, talk to FRANK.

The logo for FRANK is written in a bold, black, blocky font. Each letter is filled with a grid of small white dots, giving it a textured, perforated appearance.

0800 77 66 00 talktofrank.com

Friendly, confidential drugs advice

Securing your property

Bicycles

- Be mindful where you leave your bike. Always lock it by securing both wheels and the frame to an immovable object, like a lamp post.
- Remove any lights and other detachable objects when leaving your bike.
- Choose a busy location with purpose built cycle posts to lock your bike.
- Get a bike passport from your local Beat Team or see our 'Securing your bike' booklet. For copies of this and other useful crime prevention booklets visit www.nottinghamshire.police.uk/library/advice_and_support

Motorbikes/Scooters

- Use a good quality secure D-LOCK, Disk lock or anti cut chains etc.
- Secure it to a solid anchor point or immovable object if possible.
- If you're parking your motorbike or scooter leave your seat open so that thieves don't break the seat lock if they are searching for items to steal.
- Activate the alarm or immobiliser if you have one. If not, consider buying one.

Mobile phones

- Register your phone with your network operator. This makes barring easier if your phone is lost or stolen.
- Record your **IMEI number** (a unique ID code) this can be obtained by dialling ***#06#** from your handset. Record this number and register your phone on the Immobilise database.

Prey - is an anti-theft application that helps track and find stolen computers and phones.

The free software can be downloaded directly onto a device and allows owners to trace the whereabouts of the item if it's stolen.

The Prey software requires an internet connection to work and will attempt to log on to the nearest WiFi access point available. It can be downloaded free from www.preyproject.com

Prey doesn't carry police accreditation but we encourage you to research products and work out what is best for you.

Cars

- Believe it or not, many cars were unlocked when they were taken.
- Never leave your keys in the ignition when parked up.
- Remove any items of value from your car, including sat navs. Even an old jacket could tempt a thief to break into your car.
- Activate your alarm and immobiliser. Use a steering lock if you have one. The more your car looks secure the less chance of an opportunist targeting it.
- Park your car on campus or in a well-lit area.
- Look out for police approved car parks that have the **Park Mark Award sign**.



Useful information

Nottinghamshire Alert

Nottinghamshire Alert is a system which allows Nottinghamshire Police, Neighbourhood Watch in Nottinghamshire and other organisations that work for the public to send community safety messages to you quickly and efficiently. If you are interested in getting updates on major incidents, advice on crime prevention and community safety and alerts about criminals operating in your area, make sure you are registered with the system.

It's a totally free service — you can control your message settings and choose to receive alerts via email, text message to your mobile phone or recorded voicemail. You can unsubscribe at any time.

To register for Nottinghamshire Alert visit www.nottinghamshirealert.co.uk

For more advice on crime prevention contact Nottinghamshire Police's Pre Crime Unit

Email:
pre.crime@nottinghamshire.pnn.police.uk

If someone's life is in danger or a crime is in progress dial **999**.

Otherwise, call our main switchboard number on **101**.

www.twitter.com/nottspolice
www.facebook.com/nottspolice

Student crime prevention advice

Easily Done website

www.easily-done.co.uk



@Easily_Done

Helplines

Nightline

www.nightline.ac.uk

www.facebook.com/NightlineAssociation



@NightlineAssoc

Drugs

Talk to Frank

www.talktofrank.com

0800 77 66 00