



Student safety guide 2021-2022



Devon & Cornwall
POLICE

Devon and Cornwall are safe places to live, study and work. Take some time to read through this guide to find some useful information about how to make sure you enjoy your time studying here safely.

If you ever need to speak to us, you can contact us online or by calling 101. You can also find details of your nearest police enquiry office by visiting www.dc.police.uk/police-enquiry-office.

In an emergency, always call 999.





Devon & Cornwall
POLICE

Whichever way you choose to contact us

#ItsPersonal

Every contact we receive about a policing issue is answered by a member of our team, whether it's through one of our online options or on the phone.



Non Emergency - dc.police.uk/contact

If a crime has already happened or to give information about the crime



WebChat

dc.police.uk/webchat



**Report
crime online**

dc.police.uk/reportcrime



Email

101@dc.police.uk



101

Non-emergency



999 Emergency

When life is threatened, people are injured, offenders are nearby or immediate action is required

Personal safety

Many of you will be new to the area, so it's important that you look after yourself while you get familiar with your surroundings.

- Be sensible when drinking alcohol and know your limits.
- Avoid leaving your drink unattended to stop opportunists.
- Plan how you're getting home and who you'll be going with. Look after your friends, particularly if they're a bit more vulnerable after having a few drinks.
- If you're walking home, make sure you're not alone and stick to well-lit areas.
- Only use licensed taxis.
- Keep your mobile on you, make sure it's charged, and it has data and call minutes that you can use if you need to.

Don't regret your night out

Alcohol can affect your judgment and make you do things you wouldn't normally do. While we know you want to enjoy all of the social aspects of being a student, don't end up doing something that you may regret.

Getting into a fight because you've drunk too much could lead to injury of yourself or others, or even worse, and may lead to a criminal record.

**You are more likely
to commit a crime when
you've had a few drinks.**

Know when to stop.

DON'T REGRET YOUR NIGHT OUT.



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Artwork courtesy of South Yorkshire Police

MATES
DRINKS
ROWDY
DRUNK
SHOVE
PUNCH
CRIMINAL
RECORD

Any cautions or prosecutions are kept on police records and could affect your future career plans, as some jobs may require a criminal record check. For example, roles in the army, police and navy, or jobs such as teacher, doctor, social worker, etc.

Know when you have had enough to drink, plan how you are going to get home and look after your friends and family. Don't end your night full of regret.

Living in Devon and Cornwall

Our counties are vibrant and exciting places to live, and we want you to enjoy your time here. It's important to remember that your behaviour as a student can have an impact on the area and the other people living here.

While you might live in a 'student area', there might be others living around you who are not students, such as families or older people. It's important to maintain a good relationship with your neighbours and respect their lifestyles and property.

Noise disturbance can have a negative impact on everyone. Playing loud music, having frequent parties and shouting in the street may seem harmless but it can cause distress, discomfort and bad relations with neighbours. Please do enjoy yourself but try your best to do it without disturbing those living around you.

Take the 'anti' away from anti-social



Hate Crime

No one should face prejudice or hate because of who they are. Everyone has the right to feel safe in their community.

A hate crime is any hate incident which constitutes a criminal offence and the victim or any other person believes it to be motivated by prejudice or hate because of a particular factor, including:

- Disability
- Race, ethnicity or nationality
- Religion or belief
- Sexual orientation
- Transgender identity
- Sex or gender



Devon & Cornwall Police take a zero tolerance approach to hate crime and will take all reports seriously. If you are a victim or witness to a hate crime, please report it.

Call: 101

Email: 101@dc.police.uk

Report online: dc.police.uk/reportcrime

Webchat: dc.police.uk/webchat

In an emergency - when life is threatened, people are injured, offenders are nearby or immediate action is required - **always call 999**

If you would rather report something anonymously, you can contact **Crimestoppers** on 0800 555 111 or online by visiting crimestoppers-uk.org

Drug use

Addiction can happen at any age and it is important to talk to a medical professional about it. Visiting a GP would be a good first step. They will be able to recommend recovery units and organisations who can offer further help and support. It is not only illegal drugs that people can become addicted to - some medication such as painkillers and antidepressants can be addictive too.

There are lots of other sources of information and help available.

- With You – www.wearewithyou.org.uk
- Addiction helper – www.addictionhelper.com
- Narcotics Anonymous – ukna.org
- Frank – www.talktofrank.com
- Re-Solv – www.re-solv.org
- Campaign Against Living Miserably (CALM) – www.thecalmzone.net

Drugs are not only dangerous, but possession and supply are also illegal. If you are caught in possession of illegal drugs, such as cannabis, speed or ecstasy, you may be cautioned or arrested.

Convictions or cautions for drug-related offences can have serious implications for your future, including job prospects and your ability to travel to other countries.

Using illegal substances can also be dangerous. All drugs affect people in different ways and there is no guarantee that what you take is really what you think it is – you won't necessarily know the effects it will have on your body.

No drug is 100% safe and anything you put into your body could have lasting effects. You would be putting yourself at risk each time you take illegal drugs.

County lines and cuckooing

Vulnerable people of all ages are being used by drug dealers across the country to courier drugs and money. They will often force a vulnerable person to allow them to take up residence in their home (this is known as cuckooing) to sell drugs in the local area.

Everyone has the right to feel safe, wherever they live. Help us keep your campus safe and protect those who need help.

Signs to look out for:

- Has a friend or student on your course gone missing for days at a time?
- Are they frequently meeting with unfamiliar people from outside the university?
- Is there a change in their behaviour?
- Have they acquired money or expensive gifts they can't account for?
- Have you noticed more people calling at a friend's home, often at unsociable hours?
- Have you noticed any suspicious vehicles or people at a friend's home?

If you have seen something that looks like it could be a sign of county lines or cuckooing, please tell us.

Email 101@dc.police.uk

Report online at www.dc.police.uk/contact

Call Crimestoppers anonymously on 0800 555 111

Visit www.dc.police.uk/countylines for more information

Safer relationships

Abuse in a relationship can happen to anyone. If someone tries to control, hurt or force you to do things you don't want to do, it's abuse.

If you are unhappy or frightened about the way your partner treats you, you don't have to put up with it and there is help available.

Does your partner...

- Act in ways that scare you?
- Put you down or criticise you?
- Act in a jealous or possessive way?
- Try to control where you go, what you do and who you see?
- Blame you for the hurtful things they say or do?
- Try to force you to have sex?
- Hit, slap, push or kick you?

If you've answered yes to even one of these, you may be in an abusive relationship.

Help and support

- National domestic abuse helpline (24 hours) – 0808 2000 247
- Cornwall domestic abuse helpline (24 hours) – 01872 225 629
- Devon domestic abuse helpline (9.30am to 4.30pm) – 0345 155 1074
- Plymouth domestic abuse services (8am to 5pm Monday to Friday, and until 8pm on Wednesdays) – 0800 458 2558

Domestic abuse can happen to anyone, in any sort of relationship, and takes many forms

Just a slap. Don't make me actually hit you

Here's a tenner, you don't need bank cards

That was **your** fault, you're stupid and clumsy

No, you can't have a mobile, I'm always here

If this is what you hear, get help and support
www.DomesticAbuseHelp.co.uk

If this is what you say, you can change
www.respect.uk.net

If you're in danger always call 999.

More support:
National Domestic Abuse Helpline (24 hrs) 0808 2000 247
Victim Care - Devon and Cornwall 01892 479500
Devon Helpline on 0345 155 1074
Cornwall Helpline 0300 777 4777
Plymouth 0800 458 2558
Torbay 0800 916 1474

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SEX WITHOUT WILLING CONSENT IS RAPE



NONE of these things = consent to sex later:
Drinking with you now, flirting and kissing, sex in the past.



In an emergency always call 999
Non-emergency: www.dc.police.uk/contact

National Rape Crisis Helpline 0808 802 9999

Devon and Cornwall Sexual Assault Referral Centres (SARC) 0300 3034626
Devon, Cornwall and Isles of Scilly Independent Sexual Advisor Service 03458 121212
Victim Care Unit 01392 475900

Safer Futures - Domestic Abuse Support, Cornwall 0300 777 4777
The Women's Centre Cornwall 01208 77099

Devon Rape Crisis and Sexual Abuse Services 01392 204 174



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Keep your property safe

Most burglars and thieves are opportunists and will take chances when they see an opportunity. Do what you can to keep your belongings safe.

Securing your house

- A third of burglars enter houses through open windows and doors.
- Keep all doors and windows shut and locked, especially when you leave the house. Don't rely on others to do it – you could stick a poster up in a communal area to remind everyone.
- Make sure all valuables are out of sight through windows and doors.
- If you have a burglar alarm, make sure you use it.
- Property mark your valuables using a UV pen and record serial numbers on www.immobilise.com.
- If you're not happy with the standard of security in your halls of residence or student house, speak to your landlord or letting agency – don't settle for second best.



Keep your property safe

Avoiding cycle theft

- Get a good bike lock – D locks are best, but you should also look for the Sold Secure mark.
- Lock your bike to something secure, such as a bike rack or lamp post. Always make sure it's secure, even if you're only leaving it for a few minutes.
- Make the lock and bike difficult to manoeuvre when parked. Keep the lock away from the ground and keep the gap between the bike and lock small.
- Lock all removable parts and don't leave any valuables in saddle bags or baskets.
- Security mark your bike's frame.
- Record and register the model, make and frame of your bike on www.bikeregister.com.

Mark your property

- Marking your valuables makes it more difficult for thieves to sell items on.
- Keep photos of your property in case you need to report them to the police and your insurance company.
- Make sure the mark is out of sight, such as behind or underneath the article, but somewhere that the police can find. For example, you could mark underneath the battery on your laptop.
- Make sure you register any valuables on www.immobilise.com. If your property is lost or stolen, having a record of your property will assist the police in returning property to you.

Staying safe online

The internet is a huge part of all of our lives, but you need to make sure you're staying safe and legal when online.

Opportunistic scammers can use very sophisticated techniques to trick people out of their money or personal details. Don't get caught out.

There are lots of misconceptions about what you can and can't do online, as well as who might be impacted by illegal activity.

Here are 13 things to keep in mind to stay safe and legal online...

1. Never give your bank card pin number out over the phone - your bank will never ask for this information.
2. Fraudsters can 'spoof' phone numbers, meaning the person calling may not be who you think they are. If something seems suspicious, end the call.
3. Never allow someone you know to transfer money into your account - you may be helping criminals to launder money or aid other crimes.
4. Avoid using public wi-fi to access online banking or other secure information, particularly if your device doesn't have a security system.
5. Most charity collections are genuine, but if you're unsure then check that the charity is registered before donating.
6. Don't download films and TV shows illegally. It can help to fund activities of serious organised crime groups and can have an adverse impact on the creative industries and the UK economy.
7. Adding incorrect details on your insurance policies or making false or inflated claims is fraud and is taken seriously by both insurers and the police, and you could be prosecuted.

Staying safe online

- 8.** Don't transfer money to someone you don't know, as often people are using your good will to scam you out of your money. Only make transfers to someone you know personally.
- 9.** Anti-virus software can protect against most viruses, but can still be bypassed by more sophisticated ones, so be careful of pop ups or suspicious requests for personal information.
- 10.** Be cautious of those you meet online, even through online dating sites that have vetting processes. Never send money or give credit card or account details to anyone you don't know and trust.
- 11.** Personal details can be used to guess passwords, habits and vulnerabilities, so make sure your privacy settings on social media don't give out more information that you realise.
- 12.** Make sure your passwords are secure, and use a different one for every online account you have. We recommend using three random words to make a strong password.
- 13.** Always research new businesses before parting with money - a website doesn't always indicate that it's legitimate.

Know your rights

We hope that you have a positive experience with our police officers and see us as a friendly and reassuring presence around the campus. You have the right to be treated fairly and with respect, and we expect you would treat our officers in the same way.

Devon & Cornwall Police use stop and search measures to keep people safe and stop potential criminal activity.

The following information will help you if an officer requests you to stop for a search.

- Stay calm, maintain eye contact and be polite.
- Ask questions to help you understand the process and why you have been stopped.
- Read the information you are given and ensure details are taken down correctly. You will be given a reference number and can request a copy of the stop and search form up to 12 months after the search.
- You have the right to record the search if you wish to. Let the officer know, and ask for permission before you reach for your mobile phone to avoid this being misinterpreted as a threat. You can ask a friend to record it for you, but please ensure they are keeping a safe distance and do not push the camera into the officer's face. Some officers may also record the search using body worn video cameras.
- Be confident in your rights relating to stop and search and be co-operative rather than obstructive.

Know your rights

There are certain things that an officer can and cannot do during a search.

- If stopped and searched in public, you can be asked to remove outer clothing, such as coats, jackets, gloves or hats. Officers may put their hand inside your shoes, socks or headgear if they believe something is being concealed, and you may be asked to turn out your pockets.
- A more thorough search may take place in the back of a police van or somewhere out of public view. This would be where you are requested to remove other items of clothing, such as a t shirt or a religious item of clothing.
- Strip searches can only take place in a police station or designated area such as a police tent. This must be out of public view and by an officer of the same sex, without any officer of the opposite sex able to see.
- If you are uncomfortable about being searched, it is OK to ask for more privacy. If this isn't possible, you should ask that the request is added to your records.

If you are unhappy about the treatment you receive from the police, you can make a formal complaint. Visit [dc.police.uk/contact](https://www.dc.police.uk/contact) and select 'I would like to provide some feedback'.

Mental health

It's OK not to be OK. If you're feeling down, anxious, or have had thoughts about hurting yourself or taking your own life, there are people around you who care and can help. Your university will have people who can help you or signpost you to where you can find support.

Alternatively, there are charities and other organisations that can help you.

- Samaritans – call 116 123, text 85258, or contact them online at www.samaritans.org
- Young Minds – text 85258, or contact them online at www.youngminds.org.uk
- Papyrus – call 0800 068 41 41, text 07860 039 967, email pat@papyrus-uk.org, or visit www.papyrus-uk.org

You are not alone, and there are a lot of people who care about you. Don't ever be afraid to speak up and get support if you need it.

If you are concerned that a friend or family member is experiencing suicidal thoughts, it can be upsetting and confusing. Talking about suicide or self-harm can be difficult and it's OK to acknowledge this.

Be open and tell them your concerns in a calm and sensitive way. Try to plan a safe place and time to talk, which should be somewhere private that you both feel comfortable in. Let them know in advance that you want to talk to them about how they're doing so that it doesn't come as so much of a shock.

Papyrus offers support for friends and family who are concerned about someone who may be having thoughts about taking their own lives. Call 0800 068 41 41, text 07860 039 967, email pat@papyrus-uk.org, or visit www.papyrus-uk.org for support.

Action Counters Terrorism

It can be hard to know what to do if you're worried someone close is expressing extreme views or hatred, which could lead to them harming themselves or others. Act early and tell us your concerns in confidence. You won't be wasting our time and you won't ruin lives, but you might save them.

ACT

**ACTION
COUNTERS
TERRORISM**

There is no single route to radicalisation, but there are some signs to look out for:

- Being influenced or controlled by a group
- An obsessive or angry desire for change or 'something to be done'
- Spending an increasing amount of time online and sharing extreme views on social media
- Personal crisis
- Need for identity, meaning and belonging
- Mental health issues
- Looking to blame others
- Desire for status, need to dominate

Action counters Terrorism

Share a concern by calling the national police Prevent advice line 0800 011 3764, in confidence, to share your concerns with specially trained officers. The advice line is open 9am to 5pm every day. Calls outside of these hours will be transferred to specialist Counter Terrorism officers.

In an emergency, always call 999.

You can find out more by visiting actearly.uk or act.campaign.gov.uk.

If you ever find yourself caught up in an incident, remember to Run, Hide, Tell.

Run to a place of safety, as this a better option than to surrender or negotiate.

Hide rather than confront. Turn your phone to silent and turn off vibrate and barricade yourself in if you can.

Tell the police by calling 999 when it is safe to do so.