

student housing



going out



usafe



Cyngor ar atal troseddu i fyfyrwyr
Crime prevention advice for students

personal safety



freshers



protect your property



technology and crime



hate crime



don't drink and drown



De Cymru
Comisynydd yr Heddlu a Throseddu
Police and Crime Commissioner
South Wales

usafe

Cyngor ar atal troseddu i fyfyrwyr
Crime prevention advice for students

Keep this booklet
and use it to
keep yourself
safe.

usafe crime prevention advice

South Wales is one of the safest places to study in the UK, and we want to keep it that way. So whether you're in Cardiff, Swansea or Treforest, you can stay safe, play safe and study safe by taking our advice.

Working together to keep our students safe...



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd

ROYAL WELSH COLLEGE
OF MUSIC & DRAMA
COLEG BRENHINOL
CERDD A DRAMA CYMRU



student accommodation is often a tempting target for thieves.

Think about it: 5 students, 5 bedrooms of gadgets and goodies. On top of this, most students are out throughout the day (and night), making it easy for opportunistic criminals to strike.

you can beat the burglars, by following these simple steps:

Don't attach your name or address to your house keys.

If you have a back gate or entrance, make sure it's kept shut and secure at all times.

Make sure all doors and windows are locked when you head out.

Avoid keeping spare keys hidden under the front door mat or in other locations outside the property.

Keep valuables safely away and out of sight from windows.

If you're going home for the holidays, take all your valuables with you and make sure everything is locked.

student housing



remember: #lockithideitkeepit

Be fire safe



Most house fires attended by fire services in our area start in the kitchen

It helps to know what to do if a fire does happen and here are some of our quick tips to keep you safe.

Avoid using unofficial chargers for your technology. These can be faulty - and result in a fire.

Keep your communal areas clutter free, because it means you will have a clear escape route if necessary.

Avoid wedging your fire doors open - they're there to protect you if a fire happens.

Cooking after a night out can be a massive risk. It's easy to fall asleep and forget about it, so best not to do it at all.

Test your smoke alarm once a week; even hard-wired ones have a battery as a back up

Follow [#thinksafefreshers](#) for more tips

GWASANAETH TÂN AC ACHUB
Canolbarth a Gorllewin Cymru



Mid and West Wales
FIRE AND RESCUE SERVICE

Gwasanaeth Tân ac Achub
De Cymru



South Wales
Fire and Rescue Service

Electrical
Safety First



Immobilise – Property Register

Immobilise is the world's largest FREE register of possession ownership details and together with its sister sites the Police's NMPR and CheckMEND, forms a very effective tool in helping to reduce crime and return recovered personal property to its rightful owners.

Immobilise can be used by members of the public and businesses to register their valued possessions or company assets.

All account holders registered items and ownership details are viewable on the Police national property database, the NMPR.

This online checking service is used thousands of times each day by UK Police forces to trace owners of lost and stolen property.

Protect
your
property



Don't let
thieves get
away with it!
Register
today.

For more information
and to register visit:
immobilise.com

IMMOBILISE 
THE UK NATIONAL PROPERTY REGISTER

Personal Safety & going out



South Wales is a great place to be and for fun nights out with friends.

Make sure your night is memorable for the right reasons and be aware of your personal safety at all times, not just on nights out.

Avoid drinks you didn't see being poured. Never leave drinks unattended.

Ask your SU for details of trusted local taxi firms, and travel with friends. Walking home? Do so in a group not on your own. Stick to busy, well-lit areas.

Never accept a lift from or go home with a stranger, no matter how tired, wet or late you are. Stay with friends and all go home together.

Know where you're going, how you're getting there and who you're meeting. Plan your return journey, and tell friends your whereabouts.



Wales Drug & Alcohol Helpline

Freephone: 0808 808 2234

or text DAN to: 81066

See more at: dan247.org.uk



Check out the Panic Guard Personal Safety App at: panicguard.com

The Police and Crime Commissioner and the Chief Constable launched the **Drink Less, Enjoy More** campaign in early 2015 to help reduce violent crime by tackling the results of excessive levels of drinking in our town and city centres.

Remember...

Getting drunk could ruin the night out for you and your mates. You won't be allowed into bars or clubs and will have to go home early

Bars won't serve alcohol to anyone who's excessively drunk. They risk losing their licences if they do!

Stick with your friends: if you go out as a group, go home as a group

Keep hydrated!

Mixing soft drinks into your night will help stop you becoming drunk (and minimise your chances of having a hangover)

**Drink Less,
Enjoy More**



Too many pre-drinks before going out is a risk – especially if you're not in control of your measures

#

**DrinkLess
EnjoyMore**

bike crime



Don't give thieves an easy ride!

Always...

Buy a
'Sold Secure'
D lock and
always use
it.

Record
the serial number
and take a photograph
of your bicycle, this
means if the worst
should happen, the
chances of your bike
being recovered
is greatly
increased.

Where
possible, secure
your bicycle to
something fixed
such as
cycle rack.

Please report
any information
on bike crime by
calling 101 and if
a bike crime is in
progress call
999.

When
storing, keep
your bicycle
out of
sight.

Make sure that
your bicycle is
insured and
registered under
the immobilise
scheme.

Drinkaware Crew are specially trained student staff who work to:

“keep all students safe and reduce drunken anti-social behaviour within the club”

Drinkaware Crew work with other members of staff such as security and bar teams to ensure customers have a safe, happy, fun evening where the risk of harm is minimised.

During the course of the night they mingle with customers and check high risk areas where customers may have drunk too much and are alone, such as the toilets and stairwells.

At the end of the night, Drinkaware Crew check that everyone leaves the venue safely and help customers into registered forms of transport. They wear Drinkaware Crew t-shirts so they are easily recognisable around the venue.

Sexual harassment is never acceptable you wouldn't do it sober, so you shouldn't do it drunk
#GropeFreeNights
#WouldntShouldnt

The Crew
drinkaware



Social networking



Social networking is a part of everyday life.

You can post updates on an event you are at, tweet about your thoughts and feelings or share a picture of your food on Instagram. No matter what you are doing, social media is there. When posting on social media think carefully about what you say and which social media features you are using.

Use privacy settings.

Don't post offensive or intimidating comments.

Don't share private, personal or confidential information or material online which you wouldn't be happy for your family to see.

Think about the pictures you upload and who may share them.

Be careful how much you reveal about where you are and what you're doing.

Think before you post, tweet or share.

On 26 May 2016, a blanket ban on new psychoactive substances, came into force across the UK.

It is an offence to produce, supply, offer to supply, possess with intent to supply, possess on custodial premises, import or export psychoactive substances.

What are the risks?

There are many types of psychoactive substances. Stimulants can make you feel overconfident and disinhibited, induce feelings of anxiety, panic, confusion, paranoia, and even cause psychosis, which can lead you to put your own safety at risk. Downers or sedatives can reduce inhibitions and concentration, slow down your reactions and make you feel lethargic, forgetful or physically unsteady, placing you at risk of accidents. Psychedelic or hallucinogenic substances can cause a serious impairment and loss of control. Synthetic cannabinoids can lead to severe or even life-threatening intoxication.

What are Psychoactive Substances?

Psychoactive substances are psychoactive drugs that contain various chemical substances and produce similar effects to illegal drugs like cocaine, cannabis and ecstasy.

Psychoactive Substances Act



They are sold in different forms such as powders, pills, smoking mixtures, liquids, capsules, or on perforated tabs.

Sextortion



don't
become
a victim

Sending someone you know or an admirer some pictures, at the time seems like something fun, however, as soon as you hit “send” it is out of your control.

Sextortion is a serious crime that occurs when someone threatens to distribute private and sensitive material if you don't provide them images of a sexual nature, sexual favours, or money.

South Wales Police takes sextortion very seriously. If you are a victim or think you may be about to become a victim please contact us on 101 or <https://crimestoppers-uk.org>

What can
you do?

Many websites and social media platforms have ways of removing content that is offensive or published without consent. Look for the report function, there you can ask for contents to be removed.

Remember,
think before
you send or
share.

For more information and advice visit:
thinkuknow.co.uk

The student population of South Wales is a diverse community. It is important that every student no matter their race, disability, religion, sexual orientation or transgender identity feel safe.

A hate incident is any incident which is perceived by the victim or any other person to have been motivated by hostility or prejudice towards someone's race, disability, religion, sexual orientation or transgender identity (or their perceived identity).

**hate
crime**



Victim Support offer a 24/7 support service on 0300 303 0161 or Supportline on 0808 1689 111

Hate incidents and crimes should not be tolerated and should be reported.

There are several ways you can report a hate crime, as a victim, witness, or reporting on behalf of someone else.

In an emergency call 999.

To report non-urgent crime call 101 where you can speak to a member of South Wales Police, 24 hours a day, 7 days a week.

freshers



Freshers is a huge chapter of your life.

The memories and friends you make during this period will stay with you for the rest of your life.

Make sure you have the best student experience possible:

Watch the amount of alcohol you drink, you don't need to drink loads to have a great time
#DrinkLessEnjoyMore

Make sure you secure your property at all times.

If you are heading out, stay with a group of friends and don't go off on your own.

Make sure your phone is fully charged, in an emergency call 999. For non-emergencies call 101.

Many mobile phones have the option to include medical information, it is a fantastic function which could save your life.

There are loads of applications for smart phones which turns a phone into a panic alarm.

Have devices or other possessions? Register them with Immobilise.

Introduce yourself to your University Policing Team, they are there, along with the University, to keep you safe.

With many of our student population living in close proximity to large bodies of water, it is important that every student thinks about their surroundings.

If you see someone in trouble in the water, call 999 and ask for the Fire and Rescue Service if it's inland water like a river, or the coastguard if it's the sea

Alcohol lowers inhibitions, leading to impaired judgment which means you are more likely to take risks and get into trouble.

Alcohol limits muscle ability making simple movements much harder. It can also slow down your reactions making it more difficult to get yourself out of trouble.

It only takes a split second for happy hour to end in a nightmare. Figures state that about a quarter of all adult drowning victims have alcohol in their bloodstream. If you've had a drink, stay away from the water.

don't
drink and
drown



remember: #DontDrinkandDrown

technology and crime



Laptops, tablets, phones and other devices are items which criminals value highly. Just think, if someone took any one of your devices you could lose your work, personal information or worse.

Make sure you secure your property, don't leave any technology in plain sight.

Beware of websites that are not secured, they could include viruses, malware or spyware.

On your mobile phone, dial *#06#, this will show you your unique mobile registration (IMEI) number. If your phone is ever lost or stolen, the police will require this recovering stolen property.

Before you move into a new property make sure you have the right level of contents insurance.

Don't leave yourself vulnerable to identity theft or be casual with your personal details. Be very suspicious of emails, texts or phone calls requesting personal information, passwords, PIN numbers or account details. Do not give out such information unless you are 100% sure of the validity of the request.

Make sure you register all your devices with the Immobilise.

For more information and advice visit:
getsafeonline.org or
thinkuknow.co.uk/14_plus/

Heading home for the weekend, holidays or end of term?

Make sure you follow this advice, don't give burglars a break.

Take any valuables home with you.

Never leave expensive items on display.

Consider using timer light switches when your property is unattended for any length of time.

Remove black bags from outside the property.

Ensure all doors and windows are locked.

Shut and lock all garden and rear exits.

Remove obvious signs from windows that it's a student house e.g. posters.

Register your valuables with [immobilise.com](https://www.immobilise.com)

Ask your landlord or letting agent to keep an eye on your house.

going home



the TALK project



The Police and Crime Commissioner for South Wales provided funding to establish the Talk Project, which aims to tackle domestic abuse and sexual violence.

It recognises our student population is a unique community, with many of you living away from home for the first time, and without your support network of family and friends.

What is sexual violence & Domestic abuse?

Sexual violence and abuse is any unwanted behaviour perceived to be of a sexual nature which takes place without consent or understanding

This can include rape, unwanted sexual comments or advances, or acts to traffic or person or acts directed against a person's sexuality – regardless of the relationship to the victim

Domestic abuse is any violence, abuse or controlling behaviour within an intimate, ex-intimate or family relationship

Anyone, no matter their gender, sexuality, age, or ethnicity, can be a victim

Speak to your university Student Welfare Team. If you wish to report an incident to the police call 101, or 999 in an emergency.

For many people, moving into your own student home is an exciting part of university life. We are lucky to have such fantastic cities in South Wales – but remember that other people, including non-students, families and shift workers, might live in the same street as you.

Be a
good
neighbour



Be friendly – introduce yourselves to neighbours! You might just need a favour from them at some point

Don't be too loud. It's not just at night – don't forget that some neighbours may work nightshifts, and others may have young children

Park considerately and legally. Many streets will also have permit parking schemes

Be especially considerate before organising a house party, and try to check with neighbours before arranging one. Your party guests also might not realise if they are disturbing neighbours

Clean up after yourselves! Put bins out on the right day and don't forget to bring them in again afterwards

South Wales Police works with the universities and councils together to deal with complaints about anti-social behaviour and noise

here
to
help

We want you to have a fun and safe student experience in South Wales, and hope you find this advice helpful along the way. #usafe

You'll bump into your university policing team on campus, who are friendly and always happy to help.

Just ask your officer for more details.

They also hold regular student meetings to discuss any issues you may have.

Always report incidents to the police. Phone 999 in an emergency and 101 when it's less urgent.

Mae fersiwn Cymraeg printiedig a digidol o'r llyfryn hon ar gael hefyd. Ewch i south-wales.police.uk a chwiliwch am "USafe"

A printed and digital Welsh language version of this booklet is also available. Go to south-wales.police.uk and search "USafe"

CYMRAG

You can follow us and message us on:

   /swpolice

Get in touch:

Cardiff Metropolitan University, Cardiff University, University of South Wales & Royal Welsh College of Music & Drama

PC Michael Neate

☎ 02920 633420 or 07584 770987

✉ SwpStudentLiaisonCardiff@south-wales.pnn.police.uk

PCSO Will Evans

☎ 07584 883607

✉ William.Evans2@south-wales.pnn.police.uk

 @swp_Students  South Wales Police Cardiff Student Liaison
For lengthy enquiries please email us.

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