

# usafe

Cyngor ar atal troseddu i fyfyrwyr  
Crime prevention advice for students

going out



student housing



protect your property



freshers



personal safety



technology cyber crime



don't drink and drown



hate crime



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



# usafe

Cyngor ar atal troseddau i fyfyrwyr  
Crime prevention advice for students

## 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.

**Keep this booklet and use it  
to keep yourself safe.**

Working together to keep our students safe...



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

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

Keep your communal areas clutter free, if there is a fire, would you know your escape route?

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.

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

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.

Protect  
your  
property



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

For more information and to register visit: [immobilise.com](https://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.

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.**

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

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, [www.dan247.org.uk](http://www.dan247.org.uk)

# Getting drunk could ruin the night out for you and your mates.

The Drink Less, Enjoy More campaign aims to reduce violent crime by tackling excessive levels of drinking in our town and city centres.

## Keep hydrated!

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

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

You may not 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!

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

#

DrinkLess  
EnjoyMore

## Drink Less, Enjoy More



# don't drink and drown

If you live in close proximity to large bodies of water it is important to think about your 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 near 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.

#DontDrinkandDrown

# Drinkaware Crew are specially trained student staff.

They 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 the crew are able to support you and will 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. If you see someone being harassed ask if they're ok, it's #oktoask

**the  
Crew**  
drinkaware



# 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:

Before you move in make sure you have the right level of contents insurance and secure your property at all times

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

Make sure your phone is fully charged, for non-emergencies call **101**. In an emergency call **999**.

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

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

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

## On a night out and need help?

Pay a visit to the 'Help Point' in Swansea or look out for the 'Safety Bus' or the 'Street Scheme' if out in Cardiff.

The **Help Point Swansea** is situated at the rear of a car park on The Strand, it is a safe space staffed by a nurse, paramedic, St Johns Ambulance, police and police volunteers.

The **Cardiff Safety Bus** patrols the city centres night life proactively looking for anyone, student or otherwise who may have become vulnerable.

The **Street Scheme** is a team of three Police Volunteers who patrol the city independently but also link in with the Safety Bus, carrying out the same duties but on foot.

The Help Point is equipped to deal with intoxication and minor injuries but also has an ambulance attached so can provide initial first aid for serious injuries and then transfer quickly to A&E.

The Help Point also provides somewhere to stay until friends have been located or a lift home is arranged or if somebody receives unwanted attention.

They all carry water, first aid equipment, Battery packs to charge mobile phones.

The Safety Bus runs every Wednesday and Saturday night during term time as well as special events such as Varsity or some international matches.

Helping you stay safe on nights out





# County lines

## Don't fall prey to organised crime!

You may have heard the phrase county lines – this refers to an organised crime group (or urban gang) from some of the larger cities around the country who extend their drug dealing enterprise across county boundaries.

### See the signs...

When drug dealing gangs befriend vulnerable people – which could include those from the student population - and take over their homes this is called 'Cuckooing'.

To report suspicious activity call Crimestoppers anonymously or report it to the police

Gangs bring drugs into South Wales by using young people or vulnerable adults to deliver their drugs, coercing them with payment or gifts or by forcing them through intimidation and violence.

Windows covered or curtains closed all the time

An increase in anti-social behaviour around the property

Lots of different people coming and going from an address at odd times of the day and night

Cymru/Wales

**Crimestoppers.**

**0800 555 111**

100% diennu. Bob tro.  
100% anonymous. Always.

RHF DŌ-ARGYFYNG  
24 AWR YR HEDDLU  
FFONWCH 999 MEWY  
ARGYFYNG BOB AMSER

**101**

POLICE 24 HOUR NON-  
EMERGENCY NUMBER  
IN AN EMERGENCY  
ALWAYS CALL 999

# Say no to drugs!

Police are working to break the chain between drug use and crime but we need your help. If you're concerned about drug use or dealing, no matter how small, we want to know.

The impact of drugs and psychoactive substances (which contain various chemical substances and produce similar effects to cocaine, cannabis and ecstasy) can be devastating.

To report drug activity call Crimestoppers anonymously on 0800 555 111 or report it by call 101

To get support regarding drugs visit the Dan 24/7 website which has a facility for finding organisations in your local area which can help

Taking drugs can make you more likely to be a victim of crime and it could also jeopardise your academic career and your future career prospects

## Be Drug Aware



In the worst case drug use can result in death

**Wales Drug & Alcohol Helpline:**  
Freephone: **0808 808 2234** or text  
DAN to: **81066**, [www.dan247.org.uk](http://www.dan247.org.uk)



# Bike crime



## Don't give thieves an easy ride!

Bicycles are attractive targets for theft. They are easy to sell and, critically, often left poorly secured despite their high value.

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.

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

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

When storing, keep your bicycle out of sight.

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

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

# 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



Don't forget that some neighbours may work nightshifts, and others may have young children

Be considerate before organising a house party, and try to check with neighbours before arranging one.

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

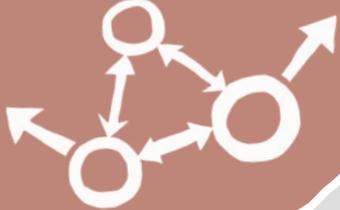
**Clean up after yourselves!**

Put bins out on the right day and don't forget to bring them in again afterwards

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

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

# Social networking



## Be social but stay safe online.

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 think carefully about what you say and which social media features you are using.

**Be secure!**  
Use two-factor authentication to protect your accounts

**Don't click on links if you can't trust the source**

**Don't post anything you wouldn't want a future employer or family member to see.**

**Don't post offensive or intimidating comments!**

**Keep your profile closed and restrict who can see your information**

**Use strong passwords:**  
three random words works a treat

**Be careful how much you reveal about yourself, it could be used by cyber criminals**

**Think about the pictures you upload & who may share them.**

 @SWPCyber

For more info visit  
[www.getsafeonline.org](http://www.getsafeonline.org)

# Keep your gadgets safe and be secure online!

Laptops, tablets, phones and other devices are items which both thieves and cyber criminals value highly.

## technology and cyber crime



Never give out personal information by text, email or over the phone unless 100% sure the request is valid

Insure your possessions and register all your devices with immbolise

Back up your data to USB or Cloud

Don't leave your gadgets in plain sight

Install Antivirus to protect your devices from malware, spyware or viruses

Dial \*#06# on your mobile to get your (IMEI) number. You'll need this if your phone is ever lost or stolen

Enable automatic updates to fix vulnerabilities on your devices

**Remember!**  
Protect all your devices with a password, PIN or biometric security

# Sextortion



don't  
become  
a victim

## Sextortion is a form of online blackmail.

It occurs when someone threatens to share private sexual content unless you agree to their demands (financial or otherwise).

Be careful  
who you  
befriend  
online. Do you  
know who you  
are really  
talking to?

THINK  
before you  
send or  
share.

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.

Think  
before you  
bare all.  
What goes  
online - stays  
online

## Remember you are not alone!

If you think you may be  
a victim of sextortion  
report it online via  
[crimestoppers-uk.org](http://crimestoppers-uk.org)  
or to the police  
on 📞 101

Never pay  
up, these  
are criminals  
and you cannot  
trust them

For more info and advice visit:  
[revengepornhelpline.org.uk](http://revengepornhelpline.org.uk)

# Sex without consent is rape.

Make sure the other person is participating freely and readily, you can confirm if you have consent both verbally and by checking the other person's body language.

Your partner has the right to withdraw their consent at any time, once consent is withdrawn you must stop engaging in sexual activity

Other things can also affect a person's capacity to consent, such as mental health problems, learning disabilities or a head injury

Somebody who is asleep or unconscious cannot give consent

Someone on drugs or too drunk to make decisions doesn't have the mental capacity to give consent

Having capacity means the person can make and communicate a decision, understanding the consequences and knowing they have a choice

# Sex and Consent

For more info and advice visit:  
[www.consentiseverything.com](http://www.consentiseverything.com)

help us to

help

you

## South Wales Victim Focus is here for you

The 'Help Us to Help You' initiative encourages the reporting of crime to help stop it happening again to you or to someone else.

They can also put you in touch with other services that may be able to help you.

If you've been hurt or witnessed someone else being harmed call **101** anytime to report it.

In an emergency always dial **999**.

South Wales Victim Focus is a local service run by the national and independent charity, Victim Support.

Specialist staff offer help and support to anyone who has been affected by crime.

You can access help and support by calling South Wales Victim Focus on **0300 303 0161**.

A National support line is available 24 hours a day:  
**0808 168 9111**

For advice, help and support visit [southwalesvictimfocus.org.uk](https://southwalesvictimfocus.org.uk)

# Stand up to hate!

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 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.

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

**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.

In an emergency call **999**

**#BeHeard**

# Student volunteering

## Are you are interested in helping out in your student community?

Why not become a Police Support Volunteer!  
Benefits include building new skills, making new  
friends and giving your community a voice.

You'll  
be given  
appropriate  
training relevent  
to the roles you  
will carry  
out

Support  
night time  
economy  
safety  
initiatives

Engage with  
households and  
businesses on  
key safety and  
crime prevention  
initiatives

An induction  
training programme  
has been designed for  
new Police Support  
Volunteers - which is  
dependent upon the  
role you undertake

Participate  
in high  
visibility patrols  
within our  
communities

You can apply  
to be a Police Support  
Volunteer if you at least  
18 years old (or 16 with the  
consent of a parent/guardian)  
and are willing and able to  
provide a regular and  
sustained commitment of  
at least eight hours  
per month.

To find out more email us at  
[policesupportvolunteers@south-wales.pnn.police.uk](mailto:policesupportvolunteers@south-wales.pnn.police.uk)

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

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



Never leave expensive items on display.

**Ensure that all doors and windows are locked.**

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

Remove black bags from outside the property.

Shut and lock all garden and rear exits.

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

**Take any valuables home with you.**

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

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.

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.

#usafe

Mae fersiwn Cymraeg printiedig a digidol o'r llyfryn hon ar gael hefyd. Ewch i [south-wales.police.uk](http://south-wales.police.uk) a chwiliwch am "USafe"

CYMRAG

## Get in touch:

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

### PC Michael Neate

☎ 02920 338432 or 07584 770987

✉ [SwpStudentLiaisonCardiff@south-wales.pnn.police.uk](mailto:SwpStudentLiaisonCardiff@south-wales.pnn.police.uk)

### PCSO Will Evans

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✉ [William.Evans2@south-wales.pnn.police.uk](mailto:William.Evans2@south-wales.pnn.police.uk)

🐦 @MikeUniCop 📘 South Wales Police Cardiff Student Liaison

For lengthy enquiries please email us.

### Swansea University/University of Wales Trinity Saint David

#### PC Nicky Billingham

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✉ [Nicky.Billingham@south-wales.pnn.police.uk](mailto:Nicky.Billingham@south-wales.pnn.police.uk)

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✉ [Mark.Thomas2@south-wales.pnn.police.uk](mailto:Mark.Thomas2@south-wales.pnn.police.uk)

You can follow us and message us on:

📘 /swpolice 🐦 @commissionersw