



Student safety guide 2022-2023



**DORSET
POLICE**

Contact us

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

If a crime has happened or to give information about the crime - dorset.police.uk/contact-us

- Report crime online – dorset.police.uk/reportcrime
- Request a call back - dorset.police.uk/request-a-call-back
- Phone 101 – non emergency

999 Emergency

- Life is threatened
- People are injured
- Offenders are nearby
- Immediate action is required



Dorset Police



@DorsetPolice



DorsetPoliceHQ



dorset_police



For more information on how to contact us scan the QR code or visit: dorset.police.uk/contact-us

Bournemouth is a safe place to live, study and work, however, we ask that you take the time to read this guide and check out the useful information and numbers provided.

The Bournemouth Campus Policing Team are responsible for community policing for Bournemouth University and Arts University Bournemouth. They can be seen patrolling the two universities' campuses on a regular basis so please feel free to stop them for a chat.

The campus policing team also work very closely with other Neighbourhood Policing Teams in Winton, Charminster and Lansdowne because they cover the areas where the majority of the town's students live and spend their time.

The campus policing team can be found in their designated office on the campus.

They also have a presence on social media to keep students up to date with what's going on within the student and the wider community.

Please note, the campus policing mailbox and social media site is not constantly monitored so if a crime is in progress or life is in danger, please dial 999.

Bournemouth Central Station is the local station for Bournemouth University. This is located on Madeira Road, BH1 1QQ. Please click here for opening times and directions.



BmthCampusPolice



BmthCampusPol



bmthcampuspolice

Living in Bournemouth

Bournemouth is an extremely vibrant and diverse city to live in and we want you to enjoy living 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.

If you're being affected by nuisance noise, report it to your accommodation provider if you live in student halls or to BCP Council if you rent privately.



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 the social aspects of being a student, don't end up doing something that you may regret.

You're more likely to commit a crime when you've had a few drinks. Know when to stop.

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. It's always safer to walk away from a confrontation.

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.

Always plan how you are going to get home and look after your friends. Don't end your night full of regret.

MATES
DRINKS
ROWDY
DRUNK
SHOVE
PUNCH
CRIMINAL
RECORD

Drugs

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 people can become dependent on certain medication, such as painkillers and antidepressants.

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.

Each time you take illegal drugs, you put yourself at risk. No drug is 100% safe and anything you put into your body could have lasting effects.

Safer relationships

Abuse in a relationship can happen to anyone however they are connected, and takes many forms.

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 someone connected to you treats you, you don't have to put up with it and there is help available.

Do they...

- 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? Do they control your finances?
- 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
- National Victim Support - 0845 30 30 900
- STARS Dorset - 01202 308855
- The Shores Sexual Assault Referral Centre (SARC) - 0800 970 9954
- www.respect.uk.net Help for perpetrators, male victims and young people using violence in close relationships

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.
- If you see anything suspicious when you're out, report it to venue staff or the police.
- Plan how you're getting home, who you'll be going with and look after your friends.
- 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.

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 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.

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.
- Check that your belongings are insured. Your parents' home insurance policy may cover you at university.



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.
- Property marking kits are available online. They usually use ultraviolet (UV) ink to discreetly mark your belongings.
- 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.

Useful numbers

Health and support

- Victim Support..... 0808 1689 111
- Alcoholics Anonymous helpline 0800 9177 650
- Meningitis 24 hour helpline..... 0808 8010 388
- Drink Line..... 0300 1231 110
- National Drugs Helpline..... 0800 044 8278
- NHS Direct..... 111
- Sexual Health helpline..... 0300 123 7123
- Samaritans.....116 123
- Bournemouth Hospital..... 01202 303626

Dentist

- Find a NHS Dentist
nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/

Police

- Non-emergency enquiries.....dorset.police.uk/do-it-online

Campus

- Bournemouth University Student Hub.....01202 961916
- enquiries@bournemouth.ac.uk
- Bournemouth University Students' Union (SUBU).....01202 965765
- Arts University Bournemouth.....01202 533011
hello@aub.ac.uk

Council

- Bournemouth, Christchurch and Poole Council.....bcpcouncil.gov.uk

Banks - Stolen card lines

■ Barclays.....	0345 945 4545
■ HSBC	0345 6007 010
■ Halifax.....	0800 0151 515
■ Lloyds Bank.....	0800 0969 779
■ Natwest	0370 6000 459
■ Royal Bank of Scotland	0800 0564 386

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.dorset.police.uk/contact

National Rape Crisis Helpline 0808 802 9999

STARS Dorset 01202 308855

The Shores Sexual Assault Referral Centre (SARC) 0800 970 9954



For more info scan the QR code or visit
dorset.police.uk/rape-sexual-assault

Hate crime

Hate crime is wrong, it is against the law and everyone has the right to live safely and without fear. No two individuals are ever the same; embrace individuality and help put an end to hate crime by reporting it.

A hate crime is any incident that constitutes a criminal offence and the victim, or anyone else, believes it to be motivated by prejudice or hate because of the following:

- Sex or gender
- Race
- Sexual orientation
- Gender reassignment
- Region or belief
- Disability
- Age
- Pregnancy and maternity



Non Emergency

- **Phone 101**
- **Report crime online** – dorset.police.uk/contact
- **Minicom/textphone** 18001 101
- **SMS/Text** 67101
- **Sign Live** (via BSL interpreters)



Emergency

- If a crime is in progress, **call 999**
- **SMS/Text 999** (pre-registered)
- **Minicom/textphone** 18000