Personal Safety

Union Advice Centre

Union House
University of East Anglia
Norwich
NR4 7TJ

Open:
Monday - Friday 9am - 5pm except Wednesday
11am - 5pm

Tel: 01603 593463
Fax: 01603 593281
Email: advicecentre@uea.ac.uk

ueastudent.com/advice

GENERAL ADVICE

Safety when out at night
There are a number of steps any student can take which help to reduce the risk of experiencing an attack:
If you are out late arrange to get a lift or a taxi back. Always carry the number of a reputable taxi firm with you. If you feel more secure with a female driver then ABC Taxis (Tel: 01603 666333) are prepared to provide a female driver on request. When booking a taxi always give your name and get the driver to give you the details you left when you made the booking just to be sure you have the driver you booked for your destination. If possible ask to be let out in a well-lit area where there are plenty of other people.

What if you find yourself stranded on your own after dark without enough money to get home?

It is possible to leave your registration card with the driver of an ABC taxi in lieu of payment for your fare home. You can recover your registration card a few days later from the Finance Office in Union House by paying the fare there.

Walking alone at night
• Personal attack alarms are a valuable tool to both scare off an attacker and to make you feel more secure when walking alone. They can be obtained for £1.00 from Reception in Union House upon production of your registration card. You should carry the alarm in your hand when walking alone so that you can activate it quickly in the event of an attack.
• If you cannot avoid walking alone at night then remember to always walk confidently, know your route and stick to well lit areas. If possible tell someone where you are going and arrange to call them when you have arrived at your destination.
• Avoid short cuts. Although it may save you time walking through parks or across waste ground this could leave you vulnerable.
• Walk facing the traffic so a car cannot creep up behind you.
• Keep your house keys in your pocket so that if someone should snatch your bag you are still able to get home.
• If you feel you are being followed make your way to a well lit public building or house and knock on the door.

• Many students walk home at night after lectures or visits to the library. Try to walk home with a friend and make sure that you vary your route from time to time.
• Remember that you can help to make your friends feel secure by giving them a lift or walking them home and making sure they are safely indoors before you leave.

Self Defence
• Legally you have every right to defend yourself using your personal possessions (keys, umbrella, hairspray), but you are not permitted to carry anything which can be described as an offensive weapon.

Safety when travelling on public transport
• If you are on an empty bus at night try to sit near the driver.
• When travelling on trains at night if you do not feel safe sit close to an exit or in a compartment with other people.

When driving alone at night
• Plan your destination before you leave and let people know when you are going to arrive.
• Make sure you have enough petrol before leaving, and a phone card / charged mobile phone should you need to contact someone in an emergency.
• Do not pick up hitchhikers and always ensure your doors are locked to prevent someone getting in if you should slow down in traffic.
• Keep doors locked and valuables out of sight.
• After dark park in a well lit, busy place.
• Always have your key ready when you go back to your car at night.

At home alone?
It is inevitable that there will be some occasions when you find yourself at home on your own. If someone comes to the door remember to put the chain across before opening it and make sure the caller has some identification before letting them into your home.

Do not give your number or any personal information when

answering the telephone and never admit to being alone in the house if a stranger calls.

If you wake at night and hear an intruder it is advisable to switch on the lights and make a lot of noise rather than pretending to be asleep. If you are on your own pretend there is someone with you by calling out to them and ring the police as soon as you safely can.

Security of the house
There are a number of simple measures that you can take to make yourself feel more secure in your home. Some are very obvious, yet they are all important for your own security.

Always make sure your front door is locked when you are alone in the house and before going to bed at night. Remember to secure any windows, even the smaller ones, as someone can break in through any space larger than the human head. Burglars do not like to break glass when trying to enter your home. They are far more likely to target a house with poor security than risk a disturbance, so make sure you are vigilant about keeping your house safe.

• Check that previous tenants do not still have a set of keys to your property. Be sure to ask the landlord if all keys have been returned to him.
• If you live in University Residences it is still important to follow security measures. Avoid leaving your keys in your door and do not put your name and room number on your key-ring in case it is stolen.
• Be careful when letting strangers into shared accommodation - they may not be who they say they are. If you feel insecure then contact SECURITY on extension 2352.
• Draw your curtains after dark and never leave a spare key in a hiding place outside as an intruder will look there first. However, inside the house it is a good idea to keep a key where you can find it easily in the dark, as if there is a fire at night you will need to leave the building
quickly.
• Never leave cash or valuables on open view in your room and

try not to have too much jewellery and electrical equipment on show.

Useful Contacts
If you have experienced an attack or you want further advice on personal safety our advisors in the Union Advice Centre offer a confidential and impartial service of information and support to students. For an appointment call: 01603 593463

BT Malicious Caller Advice 0800 661 441
Police (Earlham) 01603 276824
Rape Crisis 01603 667687
UEA Nightline 01603 503504
UEA Security 01603 592352
Women's Aid 24 Hour Helpline 0808 2000 247