

The following safety leaflets are available to download for free from the Suzy Lamplugh Trust website at [www.suzylamplugh.org/tips](http://www.suzylamplugh.org/tips)

- Keeping Safe on the Streets
- Keeping Safe Over the Festive Season
- Keeping Safe On Holiday
- Keeping Safe On Transport
- Keeping Safe When Dating
- Keeping Safe When Driving
- Keeping Safe as a Student
- Keeping Safe When Keeping Fit
- Keeping Safe on the Internet
- Keeping Safe When Selling Your Property
- Keeping Safe Travelling To and From School
- Keeping Safe - Children & Young People at Halloween
- Personal Alarms: How do I choose?



## Suzy Lamplugh Trust

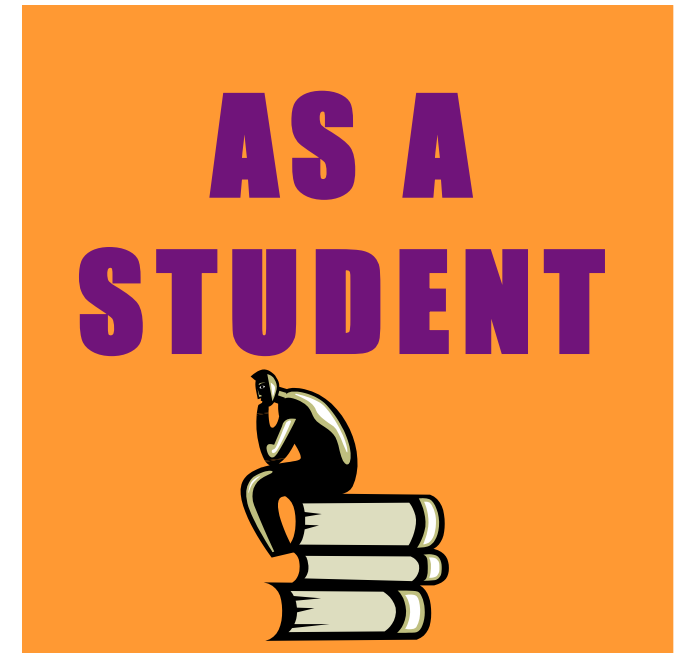
Suzy Lamplugh Trust was founded in 1986 following the disappearance of the young estate agent. The aim of the Trust is to raise awareness of the importance of personal safety and to help people to avoid violence and aggression and live safer, more confident lives.

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# Keeping Safe



[www.suzylamplugh.org](http://www.suzylamplugh.org)

# Keeping Safe as a Student

The risks of suffering from violence or aggression are thankfully very low but you do need to be careful, especially when you are in a new environment with new people. By taking some simple, basic precautions you can easily reduce the risks and take control of your own safety.



## Staying Safe in Halls

When you leave your room, always lock the door and shut the window, even if you are only popping next door for a minute.

Don't invite someone you barely know back to your room when it is just the two of you. Get to know them better before finding yourself alone with them.

Never let anyone into your block by holding a door open unless you know them or have checked their ID.

If you see anything suspicious, report it to your campus security. It may be nothing to worry about but it is better to be safe than sorry.

## Finding A Flatshare

If you are going to view a flat, try and take someone with you. Otherwise leave full details of where you are going and who you are meeting with someone and arrange to contact them once you have finished.



Make sure that the property is secure and that the area feels safe. It is a good idea to visit it at night as well as during the day.

Make sure you meet all your prospective flat mates and trust your instincts when deciding whether or not to move in.

## Safety When Out and About

Stay Alert! Avoid chatting on your mobile phone or listening to music on your headphones, as this will distract you from your surroundings and prevent you from hearing any potential danger signs.

You may often be laden with books and bags but always try to keep one hand free and walk confidently and purposefully.

If you are out at night, try to stick to busy streets and near other people. Avoid danger spots such as poorly-lit areas, deserted parks, or quite alleyways and walk facing oncoming traffic to avoid kerb crawlers.

Ask if there are any areas near your halls that should be avoided. Some short-cuts may be great during the day but have a reputation among other students for being unsafe at night.

Think about getting a personal safety alarm. Keep it in an easily accessible place and carry it in your hand if you feel at risk.

If you see someone else in trouble, think twice before piling in to help. This may just aggravate the problem and you could end up hurt as well. It may be a lot more helpful to shout for help, call the police or generally make a lot of noise to attract attention.



If you are planning to use public transport, always check the times of the last train, tube or buses.

If a bus is empty or it is after dark, it may be safer to stay on the lower deck and sit near the driver or conductor. On trains or on the underground, try to sit with other people and avoid empty carriages.

If you feel uneasy, don't be afraid to move to another seat or carriage.

Always carry the telephone number of a trusted, licensed taxi or minicab company with you.

Never take an unlicensed mini-cab, as these are unchecked, uninsured and can potentially be very dangerous.

## Going Out at Night

Try to plan ahead. Make sure someone knows where you are going, who you are meeting and when you expect to return. Always plan how you are going to get home again.

Know your limit. Alcohol will dulls your instincts and can lead to you making unsafe decisions.

If you are socializing with a group of people, then watch out for each other and make sure everyone stays safe.

Remember, the most common date rape drug is alcohol, so keep an eye on your drinks so that neither drugs nor extra alcohol are added.

