

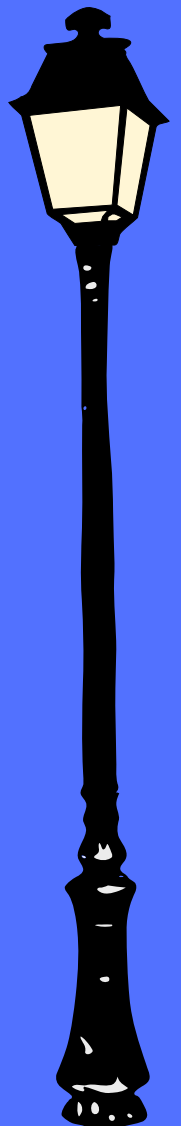
University of Exeter



**MADE BY
STUDENTS FOR
STUDENTS**



**AN
EXETER
STUDENT'S
GUIDE
TO
SAFETY
ON
THE
STREETS**



WHAT DOES THIS GUIDE INCLUDE?

1 THE PURPOSE OF THIS BOOKLET

2 SAFETY IN CLUBS

3 GETTING HOME SAFELY AT NIGHT

4 HOW TO DEAL WITH HARRASSMENT

5 SELF-DEFENCE AND THE LAW

6 BYSTANDER TRAINING

7 CAMPUS SAFETY

8 UNIVERSITY SAFETY RESOURCES



WHAT IS THE PURPOSE OF THIS BOOKLET?

This booklet, written by a group of Exeter University students, brings together an array of resources, advice, tricks, and tips to help you feel safe when navigating the streets, particularly at night.

We understand that starting university can be daunting, especially going out during 'Welcome Week' when you don't know the ins and outs of the city yet. Just remember, Exeter is actually very safe! It has even been ranked as one of the top 10 safest cities in the UK by Crime Rate UK. That being said, it is always good to be equipped with the resources to help if you find yourself in an uncomfortable and challenging situation.

As a student community, we have to look out for each other and remain vigilant, especially at night and when drinking. We therefore encourage you to read this booklet and share tips with your friends. Join us in helping make streets safer!



SAFETY IN CLUBS

TOP TIPS FROM STUDENTS

"If you think something is wrong tell security, especially if you think you've been spiked"

"Go to Exeter Safe Space at St. Steven's Church if you're ever alone at night and uncomfortable"

"Never leave a drink unattended, and don't accept drinks from strangers"

"Plan your journey home before a night out and don't overdo it unless you're with people you trust"

"Make sure your phone is fully charged before a night out!"

"Stay together, be cautious about strangers, and watch your drink"

"If driving home, always make sure you have a designated driver who stays sober"

HELPING OTHERS

If you think something is wrong:

- Stay calm and tell the staff/security
- Ring the police/ambulance with emergencies
- Speak to friends and reassure them
- Do not drink more alcohol if you feel something is wrong or you feel sick

IF YOU THINK YOU OR A FRIEND HAS BEEN ASSAULTED AND CANNOT CONFIDE IN A FRIEND OR FAMILY MEMBER, THERE ARE RAPE CRISIS CHARITY HELPLINES TO CALL FOR SUPPORT -FOR EXAMPLE RAPE CRISIS DEVON ANONYMOUS HELPLINE:

01392 204174



NEEDLE SPIKING

As well as drink spiking, needle spiking through injections happen too. This is harder to prevent, but being cautious in crowded spaces, checking to see who is around you, and wearing thicker clothing can help. A red puncture mark can be a sign that you have been needle spiked. People have reported feeling a sharp pain/scratch as it happens. Immediately wash the area under running water and go to a healthcare professional.



SYMPTOMS INCLUDE:

CONFUSION, NAUSEA, VOMITING, HALLUCINATIONS, PARANOIA, DISORIENTATION, INABILITY TO COMMUNICATE PROPERLY, AGGRESSION, AND UNCONSCIOUSNESS (VARY DEPENDING ON FACTORS SUCH AS SUBSTANCE, DOSE, SIZE AND WEIGHT OF THE PERSON ETC).

DO YOU KNOW WHAT TO DO IF YOUR FRIEND HAS BEEN SPIKED?

SPIKING

SYMPTOMS = RECOGNISE THE SYMPTOMS (SEE ABOVE).

PLACE = TAKE THE PERSON TO A SAFER PLACE, AWAY FROM THE BAR AND AWAY FROM NOISE.

INTOXICATION = MAKE SURE THEY DON'T DRINK MORE ALCOHOL, INSTEAD TRY TO DRINK WATER.

KEEP = KEEP TALKING TO THE PERSON AND HELP THEM TO STAY CALM.

EMERGENCY SERVICES = CALL AN AMBULANCE IF THE PERSON IS HAVING A BAD REACTION.

REPORT = REPORT THE INCIDENT TO THE POLICE, LOCAL HEALTH SERVICES, AND THE UNI.



GETTING HOME SAFELY AT NIGHT

This page contains key tips for ensuring student safety in the evenings, whether that be returning home after lectures or walking back from the club.

WALKING HOME ALONE?

- ★ Try to walk home with your friends and stay in areas with street lights.
- ★ If this isn't possible, speak to a friend/family or Nightline on the phone.
- ★ Head to busier areas within the city where possible.
- ★ Don't be afraid to make noise if you are in trouble - scream "FIRE" or "NO" as people will be more likely to come to your help.

NIGHTLINE - WHAT IS IT?

NIGHTLINE IS A STUDENT-RUN LISTENING SERVICE WHICH OFFERS A CONFIDENTIAL HELPLINE WHICH YOU CAN USE WHEN WALKING HOME ALONE AT NIGHT.

OPEN 8PM TO 8AM.
RING THEM ON 01392 724000



(NIGHTLINE,
UNIVERSITY OF EXETER)





PLANNING YOUR JOURNEY HOME

- ★ Try to plan your journey ahead of going out
- ★ Before you leave, ensure you have enough money to pay for transport
- ★ Check the bus and train schedule regularly, wait in public areas if possible

GETTING A TAXI?

- ★ If you are out of money but need to get a taxi back, don't worry the university has a service for this - order an Apple Taxi to 'Estate Patrol' and the university will pay for the fare and £2 extra to take you back to your halls. At a later date you then reimburse the university.
- ★ When in the taxi, try to enable GPS tracking on your phone, and sit in the back behind the driver.
- ★ Don't put your bags in the boot, highlight to the driver that you are meeting your friend or partner at the other end.
- ★ Try to avoid getting in a taxi alone when intoxicated.



HARASSMENT

ASK FOR ANGELA

'Ask for Angela' is a safety initiative in pubs, bars, and clubs where those feeling unsafe can discreetly ask at the bar for 'Angela'. Staff will know you are in danger and will order you a taxi or call security and/or the police.

SOCIAL MEDIA

Online group chats can be used to help yourself and others to stay safe in Exeter. Urban Angels, for example, is a Facebook group chat which provides a community that supports the safety of women, non-binary and gender fluid people in Exeter.

HOW TO DEAL WITH HARASSMENT

- Stay calm and confident
- Trust your gut and get somewhere safe e.g. public space/light area
- Do not engage where possible but if necessary tell them to stop firmly
- Look for others around you to help
- Call the police/report the incidence

EMERGENCY PHONE SETTING

Apple and Android phones allow you to set up Emergency SOS - you can then quickly access emergency contacts, medical details, and sound an alarm. Press the on/off button five times quickly.

SELF-DEFENCE



This section provides you with advice and physical actions to take if you or someone you see is under threat.

- **HIT IN VULNERABLE AREAS - EYES, NOSE, MOUTH, THROAT, KNEES**
- **BE CAUTIOUS AROUND STRANGERS**
- **ONLY KICK OR KNEE THEM IF YOU HAVE STABLE FOOTING**
- **ACT CONFIDENTLY TO DETER THE ATTACKER**
- **IF ATTACKED FROM BEHIND, STOMP ON THEIR FOOT AND/OR PUNCH THEM HARD IN THE GROIN (MALE)**
- **MOVE TOWARDS A BUSY AREA**
- **ALTERNATIVELY, YOU CAN GRAB THEIR ARM AND PUT YOUR WEIGHT ON THEM BY SITTING DOWN**
- **ALERT OTHERS - SHOUT "FIRE" OR "NO"**

THE LAW ON SELF-DEFENCE

In the UK when you are defending yourself ...

Using A Rape Alarm is **LEGAL**



Using Knives Is **ILLEGAL**



Using Brass Knuckles is **ILLEGAL**



Using Pepper Spray is **ILLEGAL**

Using A Defence Keychain Is **ILLEGAL**

Using A Tazor Is **ILLEGAL**



**ALWAYS MAKE SURE YOU USE A
REASONABLE AMOUNT OF FORCE
WHEN DEFENDING YOURSELF**



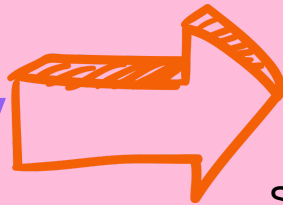
**IF YOU POSSESS A WEAPON YOU CAN RISK 6 YEARS
IMPRISONMENT. IF YOU HAVE A FIREARM YOU RISK 10
YEARS IMPRISONMENT.**

BE AN ACTIVE BYSTANDER

Here are some of the key points to remember if you come across someone in an uncomfortable or dangerous situation and feel the need to intervene:

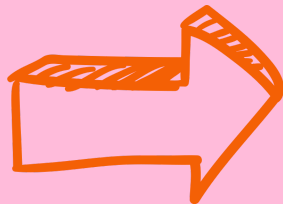
REMEMBER THE ABCS:

Assess for safety



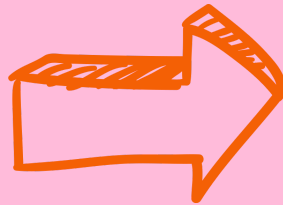
Put yourself first, and make sure you feel it is safe for you to intervene

Be in a group



It is easier to call somebody out in a group

Care for the victim



Make sure they are okay and call for help if they need it

'Exe-Change the Norm' is a programme available for students who want to learn about bystander intervention. There are 3 training sessions that can be booked on Handshake. Search for 'Bystander Training'.



6 SIMPLE STEPS ON HOW TO INTERVENE

1 BE POLITE

Don't aggravate the person and explain how they are offending you

2 PRETEND

Pretend you know the person being harassed or start a conversation with the perpetrator to distract them and let the victim escape

3 DISTRACT

Ask for directions or the time

4 WALK AWAY

If the situation is too dangerous do not intervene - walk away and call the police if necessary and check on the victim when it is safe

5 ASK

Ask someone else for assistance if you don't feel safe intervening

6 OBSERVE

Note down who the attacker is and any necessary details as a witness, like time, place, and the occurrence



CAMPUS SAFETY



ESTATE PATROL

Your 24/7 Campus Security. You can ring them in an emergency +44 (0) 1392 722222, or routine calls on +44 (0) 1392 723999

EXETER SPEAKS OUT

Here you can formally, informally, or anonymously report any sort of discriminatory behaviour experienced towards you or someone else. This can be found on the University website by searching for 'Exeter Speaks Out'.

SAFE ZONE APP

A free app for students that connects you to Estate Patrol, First Aid, Emergency Services, and Wellbeing within seconds. You can also share your location for tracking when you feel unsafe.



GREEN DOTS

Look out for the the Green Dots around campus! These mark the safer walking routes that are CCTV monitored by Estate Patrol 24/7. You can see them on the campus map marked by green lines.





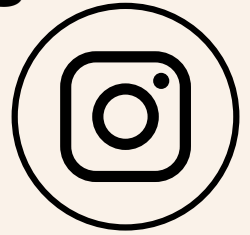
KEY LIST OF UNIVERSITY SAFETY RESOURCES

SOCIAL MEDIA AND EMERGENCY NUMBERS

INSTAGRAM - **@UNIOFEXETERSTUDENTS**

INSTAGRAM - **@EXETER_OVERHEARD &**

TELLONYM.ME/EXETEROVERHEARD



FACEBOOK - **@UNIVERSITY OF EXETER**

FACEBOOK - **@URBAN ANGELS EXETER**

EMERGENCY SERVICES - 999

(If you have a hearing or speech impairment you can use 18000
or TEXT 999 if you have pre-registered with the emergency SMS
service.)

POLICE AND NHS NON EMERGENCY - 101

ESTATE PATROL ROUTINE NUMBER - 01392723999

ESTATE PATROL EMERGENCY NUMBER - 01392722222

STUDENTS' GUILD - 01392723528

EXETER STUDENT NIGHTLINE - 01392724000

STUDENT HEALTH ENQUIRIES - 01392676606

EXETER NIGHTLINE - 01392 724000

**For International students, we recommend you to save the
emergency number of your embassy.**



IMPORTANT TRAVEL INFORMATION

RELIABLE TAXI SERVICES

Need-A-Cab - 01392 555555

Apple Central Taxis Exeter - 013922 53253

ADVICE ON EXETER BUSES

Plan the trip and track the live location of the bus on **STAGECOACH APP**.

Buy tickets on **APP** or pay by card or in cash on buses.

UniRider - flexible bus pass for students during the academic year. Prices vary but for the academic year 2022/23 it was £276.

Please visit [Stagecoach website](#) for more information.

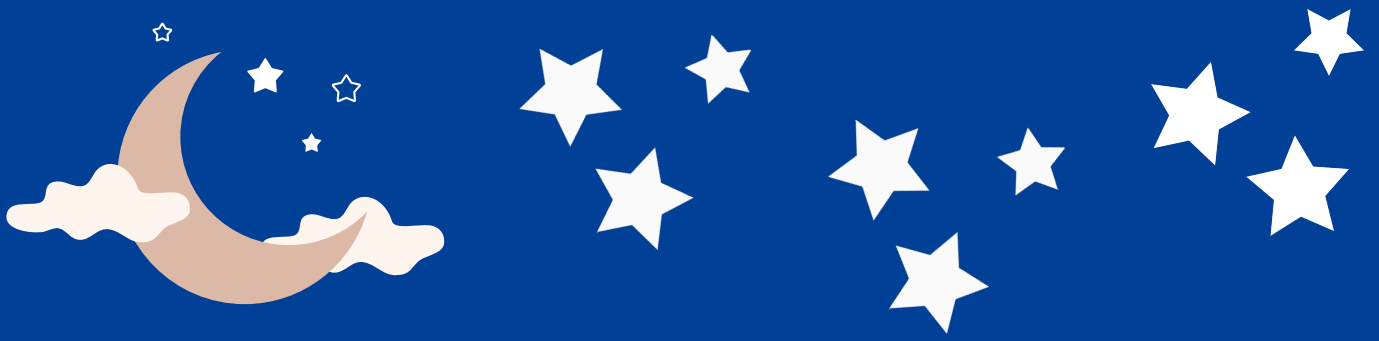
USEFUL BUS SERVICES

UNI (MON-SAT) - Every 20 mins (Term time) / 40 mins (Holiday) Streatham Campus - via City Centre/train station - St Luke's Campus

H1/H2 (MON-SAT) - Every 30-35 mins
St Luke's Campus - via City Centre/train station - Duryard area

NIGHT BUS (WED-SAT) - 9pm to 4am (Term time)
Streatham Campus - City centre
(Please note there are no services on public holidays. Term time dates are variable each year so please check on the Univeristy website.)





**WE HOPE YOU FOUND THIS
GUIDE HELPFUL. ENJOY
EXETER AND STAY SAFE!**

**XOXO GRAND
CHALLENGES GIRLIES**



2023 GRAND CHALLENGES

#SAFETYONTHESTREETS