

Personal safety

Same day appointments

Monday to Friday

Access through **iPoint**

Workshops and support groups

See website for details

hud.ac.uk/wellbeing-disability-services

It is important to recognise that being out alone at night can be dangerous and it's sensible to take precautions. Remember though, that you have the right to be out on your own and shouldn't let fears about your safety take over your life.

This leaflet will give you some guidance on keeping yourself safe at home, whilst out and on campus.



Wellbeing and Disability Services
Level 4
Student Central
Email. studentwellbeing@hud.ac.uk
Tel. 01484 471001



UoHWellbeing



@WellandDis_HudU

University of
HUDDERSFIELD
Inspiring tomorrow's professionals

17158

University of
HUDDERSFIELD
Inspiring tomorrow's professionals

Staying safe

- Before going out, tell someone where you are going and when you expect to be back.
- Even if you don't feel it, try to look confident.
- Keep to busy, well-lit roads. Shortcuts aren't worth the risk.
- Keep to the middle of the pavement.
- If you think you are being followed cross the road and keep walking. If the person follows you, go to the nearest shop or pub and phone for a taxi.
- Cover up jewellery and tuck in the ends of scarves so they can't be grabbed from behind.
- Carry a personal attack alarm in your hand—not at the bottom of your bag (available from the Students' Union shop).
- If you carry a bag, carry it close with the fastening next to your body.
- Keep your house keys in your pocket—not your bag.

Transport

- On buses and trains sit near to other people or the driver.
- If you are pestered by someone tell the driver or the guard.
- If you are out late, get a taxi or someone you trust to take you home and ask the driver to wait until you are inside your house before driving off.
- If you feel uncomfortable in a taxi, ask the driver to use main roads. If you want to get out, ask to stop at a public place. Always sit in the back seat of a taxi.
- Never be tempted to hitch or accept a lift from someone you don't know and trust completely.

In your car

- Keep the doors and windows locked while you're driving.
- Don't leave your bag on the passenger seat.
- If you think you're being followed drive to the nearest police station.

At home

- Lock the doors and windows before you go out or go to bed.
- Draw your curtains after dark to discourage 'peeping toms'.
- If you think there is a prowler dial 999. DO NOT go outside to check.
- Identify callers before opening the door.
- When answering the phone don't give your name or number.
- Always ask for ID cards from official callers and if you are in any doubt call the organisation they are from.

At University

- University security can be contacted 24 hours a day.
- If you are the victim of a crime while on University property, report it to security (2222) and to the Police.
- Keep your student ID card with you at all times.
- Always report anything suspicious to security.

Other useful contacts

Wellbeing Services

Tel. 01484 471001

Email. studentwellbeing@hud.ac.uk

Crimestoppers. 0800 555111

On campus security emergencies. 01484 472222

University security control office. 01484 472221

Police (emergency). 999

Police (non emergency). 101

