

Student Safety Guide



UNIVERSITY OF
LINCOLN

Student
Wellbeing
Centre



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Introduction

Lincoln is a safe place to live, study and work. Take some time to read through this guide to find information about how to make sure you enjoy your time studying here safely.

Your First Few Weeks

- Get to know your surroundings.
- Get to know your flat mates and swap mobile phone numbers.
- Find out where your local hospital is and sign up with a local GP.
- Put the numbers of reputable taxi firms in your phone
- Put emergency contact numbers in your phone - this could be friends or family, as well as the emergency services.



Your Property

Whether you are living in student halls, or a city centre flat, there are simple measures you can take to keep yourself and your property safe:

Keep your doors and windows locked whenever you are out. Get into the habit of locking your door behind you even when you are at home.

Be mindful of tailgaters to your building. Don't be afraid to challenge someone who tries to enter the building without a key or pass.

Keep your high value items such as laptops and tablets out of sight (away from doors and windows, close curtains/blinds when out) and secure when you are not using them.

If you have a bike, keep it locked in a safe place and out of sight where you can, on your property.

We advise you to buy insurance for your belongings when you arrive in case of theft or accidental damage.

Consider marking your property before going to university (see below)

Please do not leave your bags unattended around the campus. If you find unattended bags on campus, please contact the Security Team who will deal with them. You can contact them on 01522 886062

Property Marking and Registration

We recommend that you mark and register your property and advertise the fact using window stickers. You can register your property for free using [Immobilise](#), a national, police approved database.

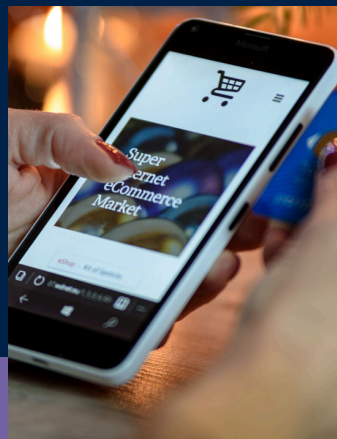


Online Safety

Your identity and personal information are valuable. Very rarely, criminals find out your personal details, they can use them to open bank accounts and obtain credit cards, loans and documents, such as passports, in your name.

The website <https://www.actionfraud.police.uk> can help you to protect yourself against this happening. It advises you what to do if this does happen and suggests where to get further help.

Action Fraud is the UK's national fraud and cyber-crime reporting centre. Call +44 (0)300 123 2040 or use the online reporting tool: https://www.actionfraud.police.uk/report_fraud



Top Tips

Be careful when using social media sites, never share your address and be careful if you're posting a lot of content that could give away your exact location.

If you use your smartphone for mobile banking, make sure your device is password-protected. You may also be able to set up touch or face identification for making payments, ensuring only you can access this function on your smartphone.

Be wary of using public WiFi and think twice before joining an unsecure network.

Learn to spot scams

Alcohol & Nights Out

University sometimes has a reputation as one big party, with drinking and nights out at the centre of it. Whilst drinking can be a large part of university culture, it is a myth that all students drink a lot, many people don't drink at all.

Many of you will be new to the area, so it's important that you look after yourself when on a night out while you get familiar with your surroundings; whether you choose to drink alcohol or not.

Although we appreciate that sometimes drinking too much is easily done, ultimately you are responsible for yourself on a night out and therefore it may be helpful to understand a little more about safe drinking limits, what happens to your body after alcohol consumption, and ways to keep yourself safe.



Alcohol & Nights Out

If you choose to drink alcohol here is some basic information

It's safest not to drink more than 14 units of alcohol a week, and to have at least three drink free days each week. Find more information at [drinkaware.com](https://www.drinkaware.com)

A single measure of spirit is 25ml, which is 1 unit of alcohol. A double measure of spirit is 50ml, which is 2 units of alcohol. A large glass of wine is 250ml and can be 3 units of alcohol. A 330ml ABV 5% bottle (beer/larger/cider) is 1.7 units of alcohol.

It takes up to an hour for your body to process each unit of alcohol, so take breaks in between. It is a good idea to stop drinking if you start to feel unwell or drunk.

Helping a friend who is drunk

Acting quickly can help avoid more serious consequences

Spot the signs:

Slurred speech

Being unsteady on their feet

Being irrational/being inappropriate

Drinking more quickly

It's important to call 999 for an ambulance if someone seems very unwell, even if you have doubts

Signs can be:

Confusion

Vomiting

Irregular/slow breathing

Pale/blue skin

Unresponsive (conscious or unconscious)

Alcohol & Nights Out

TIPS...

It's important to have fun at university, but don't forget to look after yourself and others:

Never accept drinks from strangers.

Eating before you go out and drinking plenty of water will also help you not to get too drunk. Food helps slow the absorption of alcohol, stopping it going to your head too quickly

Try to avoid drinking too much before you go out. Alternate with water/soft drinks to pace yourself or replace altogether

Know your drinking limits. Alcohol lowers your inhibitions and affects your judgement. Don't be pressured into drinking.

Stay with your group of friends. Look out for each other and try to stay clear of trouble.

Plan your journey home – it's not always easy to find a taxi at 3am and public transport rarely operates 24 hours a day

Have a large glass of water before bed to re-hydrate

Avoid confrontation and don't be afraid to approach venue staff for help if you feel other customers are hassling you or giving you unwanted attention

If you take medication be aware of how this may interact with alcohol

Stay safe in all weather conditions – Alcohol can impair your judgement and it's important to keep your body temperature regulated (wear a coat in winter).

Alcohol & Nights Out

SPIKING

'Spiking' is when someone puts alcohol or drugs into another person's drink or their body without their knowledge and/or consent.

There are several reasons why someone might decide to 'spike' another person with alcohol or drugs. It might be as a 'prank' or a 'joke', or to make it easier for them to commit a crime or form of violence or sexual violence against them, including:

- Rape, sexual assault or sexual abuse
- Non-sexual physical assault
- Robbery

Whatever the motive, spiking is never funny. It can make a person extremely vulnerable and ill, and have a lasting impact on their life and wellbeing. If you or your friend start to feel unwell, please seek help immediately.

Lincolnshire Police:

"Drink spiking is a serious crime and one that won't be tolerated by Lincolnshire Police."

If you think you have been a victim of spiking and haven't yet come forward to report it to the police, please do so by calling 101.

RAPID DRUG SPIKING TEST

Have you, or someone you know, been impacted by drink spiking? It is important that you get the correct support in place as soon as possible.

If you think you may have been spiked, get in touch with the Student Wellbeing Centre as soon as possible. We can provide all the necessary wellbeing support and can complete a rapid drug spiking test with you, during opening hours. (This is a urine test).

Monday - Friday, 8:30am - 5pm *

(*9:30am open on Wednesdays & 4:30pm close on Fridays)

Alcohol & Nights Out

Rapid Drug Spiking Tests are also available your Student Union venues, at any point that they are open:

- Towers
- The Swan
- The Engine Shed

We are working closely with Lincolnshire Police. Our rapid drug tests are very accurate and meet the necessary sensitivity levels as recommended by the National Institute of Drug Abuse.



**LINCOLN
STUDENTS'
UNION**

Grab a Spikey

You can pick up some Spikeys for yourself and your friends at the Student Wellbeing Centre.

Spikey Bottle Stoppers fit inside the top of your bottle, and when used with a straw they greatly reduce the risk of your drink being spiked.



Drug Awareness and Safety

Drug Use

The University of Lincoln have a **zero-tolerance policy** when it comes to **illegal drug** use.

The University has a duty of care for its students and aims to provide a safe and healthy environment for all. We also have a duty to operate within the law. As part of this, the possession, use or distribution of illegal drugs or unlawful supply of alcohol on University property or as part of any University activities, is prohibited.

When you enrol, you agree to abide by the various policies that the university has in place, including the Alcohol and Substance Misuse Policy. You can read this policy [here](#).

The University of Lincoln Student Wellbeing Centre has a Substance Amnesty Box located on the ground floor, just past the stairs. It is for you to dispose of any illegal substances or legal highs should you wish to.

Addiction can happen at any age and it is important to talk to someone if you are experiencing this. You can visit a GP or speak with the Student Wellbeing Centre as a first step. It is not only illegal drugs that people can become addicted to, it could also be painkillers, antidepressants or alcohol.

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, cocaine or ecstasy, you may be cautioned or arrested.

Convictions or cautions for drug-related offences have serious implications for your future, including job prospects and your ability to travel to other countries.

Drug Awareness and Safety

Using illegal substances can be very damaging and unsafe for your health. 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 know the effects until they are in your system.

No drugs are 100% safe and anything you put into your body could have lasting effects. You are also putting yourself at risk each time you take illegal drugs.

County Lines and Cuckooing

Vulnerable people of all ages are being used by drug dealers across country to courier drugs and money. They will often force a vulnerable person to allow them to take up residence in their home (this is known as cuckooing) to sell drugs in the local area.

Everyone has the right to feel safe, wherever they live. Help us keep your campus safe and protect those who need help.



Drug Awareness and Safety

SIGNS TO LOOK OUT FOR

Has a friend or student on your course gone missing for days at a time?

Are they frequently meeting with unfamiliar people from outside the university?

Is there a change in their behaviour?

Have they acquired money or expensive gifts they can't account for?

Have you noticed any suspicious vehicles or people at a friend's house?

If you have seen something that looks like it could be a sign of county lines or cuckooing, please inform the police:

To report to the university's Campus Police Officer:

Call: 101

Email: campuspolice@lincoln.ac.uk

Report online:

<https://www.lincs.police.uk/ro/report/ocr/af/how-to-report-a-crime/>

In a life threatening emergency, call 999

You can report anonymously to Crimestoppers on 0800 555 111

For further information, please visit:

<https://www.lincs.police.uk/advice/advice-andinformation/cl/county-lines/>

You can also speak to both the Student Wellbeing Centre or the Student Support and Advice team for more information.

Mental Health Crisis

A mental health crisis is when your normal methods of coping are not working, which result in a quick deterioration in your mental health. Having a mental health crisis can mean different things, but may include:

- Actively thinking about suicide or wanting to act on suicidal thoughts.
- Having an episode of psychosis where you might experience or believe things that other people don't.
- Doing something that could put yourself or others at risk.

If you are experiencing any of these please contact Student Wellbeing during opening hours. If Student Wellbeing are closed, it is good to get help from professional services to try and prevent the crisis from getting worse.

Here are services that you can contact if you are experiencing a mental health crisis:

- Samaritans - 116 123
- Shout 24/7 - text 85258
- Mental Health Helpline - 0800 001 4331
- NHS Single Point of Access - 0303 123 4000 or e-mail spa@nhs.net and say "I need to speak with somebody about my mental wellbeing"
- A&E- You can attend the county hospital if you are feeling unsafe or at risk of harming yourself.
- Security services – If you live in University accommodation, you can call the Security team on 01522 886062

Need to talk?

The Student Wellbeing Centre are here for you.

If you feel like you need wellbeing, mental health or disability support, we offer First Contact Appointments during the following times:

Monday-Friday 10am - 4pm

Thursday 5pm - 7pm (term time)

These appointments offer an opportunity to discuss how you are feeling and explore possible support options

You can also contact us by scanning the QR code or

Call: +44 (0)1522 886400

Email: globalwellbeing@lincoln.ac.uk

[Fill in our online First Contact Appointment Form](#)



Hate Crime

No one should face prejudice or hate because of who they are. Everyone has the right to feel safe in their community.

In most crimes it is something the victim has in their possession or control that motivates the offender to commit the crime. With hate crime it is 'who' the victim is, or 'what' the victim appears to be that motivates the offender to commit the crime.

A hate crime constitutes as any criminal offence which is perceived by the victim or any other person, to be motivated by hostility or prejudice based on a person's protected characteristic, including:

- Disability
- Race, ethnicity or nationality
- Religion or belief
- Sexual orientation
- Gender identity

Hate crime can fall into one of three main types: physical assault, verbal abuse and incitement to hatred (when someone acts in a way that is threatening and intended to stir up hatred. That could be in words, pictures, videos, music, and includes information posted on websites).

Lincolnshire Police take a zero tolerance approach to hate crimes and will take all reports seriously. If you are a victim or witness to hate crime, please report it.

Call: 101

Report online: <https://www.lincs.police.uk/ro/report/hate-crime/hc-av1/report-hate-crime/>

Or

Email: campuspolice@lincoln.ac.uk

In a life threatening emergency, call 999

You can report anonymously to Crimestoppers on 0800 555 111

Hate Crime

If you have experienced a hate crime, you can visit or call the Student Support and Advice Team for advice and guidance. They will talk to you about your options, which may include making a complaint against a person or group of people, anonymously.

Alternatively, by completing the [online reporting form](#), you are able to report anonymously to the University of Lincoln of any Hate Crime activities that you have experienced or been made aware of. If you provide your contact details, we will get in touch with you to offer support.

You can contact the Student Support and Advice Team in the following ways:

- Call 01522 837080
- Email studentsupport@lincoln.ac.uk
- Visit the Student Support and Advice Team (ground floor Minerva Building at the University)

If you have experienced a hate crime which involved a physical assault you may require medical attention. If you need immediate medical attention you should call 999 or visit your local Accident and Emergency Department. In other instances you should visit your local doctor.

Local Hospital
Lincoln County Hospital
Greetwell Road, Lincoln, LN2 5QY
01522 512512

Doctor (Only if you are registered with the GP on campus)
University Health Centre
The University of Lincoln, Campus Way, Lincoln, LN6 7GA
01522 870010

If you are on campus you can contact the University Security Team: 01522 886062

Find more information on the website click [here](#)

Sexual Violence & Domestic Abuse

If you have experienced or are experiencing sexual violence or domestic abuse, there is support available for you at the Student Wellbeing Centre. This is a confidential service. Find out more, click [here](#).

A good first step is to speak with the Student Wellbeing Centre who will be able to talk through your choices with you. You can also have the opportunity to speak with Police Officer Wrigley for informal advice but we can help you to make informed choices if you are unsure and need guidance.

Sexual Misconduct is any unwelcome behaviour of a sexual nature that happens without consent or by force, intimidation, coercion or manipulation. It can include, but is not limited to:

- Abusive or offensive comments
- Harassment
- Taking or sharing of private images without consent
- Inappropriate touching
- Sexual assault
- Forced marriage
- Female Genital Mutilation (FGM)
- Rape/Attempted rape

Experiencing any kind of sexual misconduct can be distressing and confusing. It does not matter when it happened.

EMERGENCY?

Does it feel like the situation could get heated or violent very soon? Are you or someone else in immediate danger? Do you need support right away?

If so, please call 999 now.

In a non emergency you can contact the police on **101**.

You can report online, [here](#).

Sexual Violence & Domestic Abuse

Domestic abuse is a pattern of behaviour committed in a relationship which is designed to control another person. This can happen between partners/husbands/wives and in family situations. It can include, but is not limited to:

- Psychological abuse (name-calling, threats and manipulation, commenting on your appearance)
- Economic abuse (controlling access to money, getting you into debt, preventing you from going to work)
- Coercive control (using behaviour over time to exert power and control, such as forcing you to stop seeing your friends/family)
- Physical abuse (hitting you, throwing things at you, restraining you)
- Tech abuse (demanding access to devices, using tracking Apps on your mobile, sharing images of you online)
- Forced marriage/Honour Based Violence

If you are experiencing domestic abuse, asking for help can be hard. You could be feeling very isolated, lonely and afraid. There are lots of support services included on this page for you to access. Most have 'quick exit' buttons where you can leave the site quickly if you need to.

EMERGENCY?

Does it feel like the situation could get heated or violent very soon? Are you or someone else in immediate danger? Do you need support right away?

If so, please call 999 now.

In a non emergency you can contact the police on 101.

You can get help from the Student Wellbeing Centre. Find out more, click [here](#).

You can report online anonymously or with contact details for support by clicking on our online reporting link [here](#).

Student Wellbeing is a confidential service.

Consent Explained

Consent is always required before engaging in any form of sexual activity, regardless of the parties' relationship or sexual history together.

Consent must be informed, freely given and mutual. Consent can be withdrawn at any time and by either party, and consent to one form of sexual activity (e.g. kissing) does not mean that consent has been given for any other form of sexual activity.

Consent cannot be given where a person is incapacitated by alcohol or drugs and is therefore unable to give meaningful consent.

Experiencing sexual misconduct can be distressing and confusing. Whether it happened recently or in the past, or is happening now, finding help and support to think through your options and next steps is important.

If you would like to talk to us about this, please consider coming to speak with an advisor at the Student Wellbeing Centre who will be able to offer you support and talk through your choices with you.

This section of the website contains further information on sexual misconduct and details of support available both inside and outside of the university.



Sex Without Consent is Rape

NONE OF THESE THINGS = CONSENT TO SEX LATER:

**ON A DATE WITH YOU
NOW**

KISSING & FLIRTING

**SEX IN THE
PAST**

In an emergency, always call 999

Non-emergency police contact: 101

Lincolnshire Rape Crisis: 0800 33 4 55 00

National Rape Crisis Helpline: 0808 802 9999

Spring Lodge Sexual Assault Referral Centre (SARC): 01522 524402

EDAN Lincs: 01522 510041

To report to the Student Wellbeing Centre:

Telephone: 01522 886400

Email: studentwellbeing@lincoln.ac.uk

Online: [click here](#)

You can also report to Lincolnshire Police:

Call: 101

Online: [click here](#)



Street Safety

Lincoln is generally a very safe place to be and many students won't experience any problems. However, be sure to walk down well-lit routes.

It's always better to be in a pair or group, particularly if you're travelling at night, and agree with friends to ensure that you all get home safely. Be aware and vigilant when using ATMs in public places. Don't carry large amounts of cash on you and keep your money/cards in separate safe places in case you lose some of your belongings.



Campus Safety

The University of Lincoln campus is a safe place to be but it is important for you to be safe around the train line which splits the campus, and to be safe around the Brayford Waterfront.

You must not jump over train barriers at the level crossings. There are two bridges on campus which take you over the trainline if the level crossing is down.

You can learn about level crossing safety [here](#).

Do not go swimming in the Brayford Marina or canal.

If for any reason you feel unsafe on campus you can contact Security or speak with a member of staff.

If you are bringing your children onto campus, please ensure they are supervised at all times.

If you see a child / children that look like they don't have a parent / guardian / carer, it is important that you report your concerns, however small you think they may be, as soon as you observe them so that University staff and the Safeguarding team can follow up. You should not worry that reporting a concern will impact a student negatively as all cases are dealt with sensitively and in the best interests of individuals.

During working hours - You should immediately report your concerns by phoning one of the numbers below and asking to speak with the person responsible for safeguarding:

Student Support & Advice Centre 01522 837080

Student Wellbeing Centre 01522 886400

Safety Apps



In danger? With a simple shake or tap it activates Hollie Guard, immediately notifying your chosen contacts, pinpointing your location and sending audio and video evidence directly to their mobile phones.



bSafe has developed the most advanced safety features to give you peace of mind wherever you or your loved ones are. Voice Activation, Live Streaming, and Automatic Recording will help you stay safe. If you feel unsafe, it's easy to activate the Fake Call, Timer Alarm, or the Follow Me function. If you're in trouble, you can instantly ask for help and your guardians will know where you are and what is happening.

StreetSafe



Lincoln Street Safe app is an online, public tool to identify places where they've felt unsafe.

It's all completely anonymous, but the information collected can be used by police and other agencies to help improve the safety of communities.

Please note: 'StreetSafe' is not for reporting crime or incidents. If something has happened to you or someone you know (including in public spaces online) you can call 101

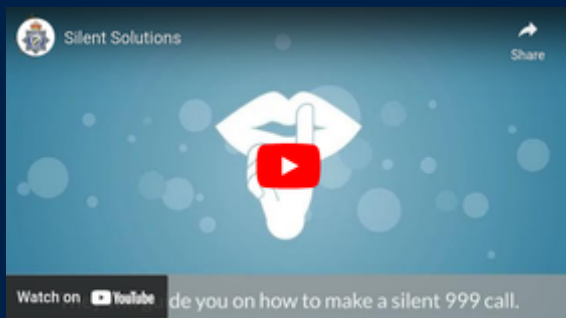
Search: Lincoln StreetSafe on the Apple App Store or Google Play Store



Support

SILENT SOLUTIONS

There may come a time when you need to call 999 but talking may put you or others in more danger. Silent Solutions is a system where you can make a silent 999 call.



ASK ANI

If you are experiencing domestic abuse you can "ask for Ani" at pharmacies around the UK. When you do this, a member of staff will help you to a private room of safety, where they can help you to call the police, domestic abuse helpline or a family member, friend or perhaps even a solicitor.

ASK FOR ANGELA

If you are out and feel in an uncomfortable or risky situation by another person, you can use the Ask for Angela scheme in some venues around the city.

All you need to do is go up to a member of staff and say

“Can I speak to Angela?”

All University of Lincoln Student Union venues use this:

Towers | The Swan | The Engine Shed | The Barge

Important Contacts

It is important to know who to contact when you feel unsafe.

During university service open times you may contact:

In the first instance contact: University Security:
01522 886062

Student Support & Advice: 01522 837080 (Minerva Building)

Student Wellbeing: 01522 886400 (Marina Building)

Campus Police: campuspolice@lincoln.ac.uk

If you are unsure, always speak to someone and they will help you to speak to the right people.

When the university services are closed you may contact:

University Security (if you are on campus/in UoL accommodation): 01522 886062

Your doctor/pharmacist - for physical health it is important to register with a doctor and contact them if you feel unwell/are injured

Online mental health support - [Togetherall.com](https://www.togetherall.com)

If you are experiencing a mental health crisis you can contact:

Samaritans - 116 123

Mental Health Matters - call 0800 001 4331

ResLife

The ResLife Team is here to ensure that you get all the support and guidance you need throughout your stay in our residences.

Moving to somewhere new and starting university can be a daunting experience for many, but ResLife are here to make your transition into university life as smooth as possible and are your first port of call, in halls, for any queries you may have. Whether you have a question which relates to your accommodation, your studies or personal life, our ResLife Student Assistants (RSA) are here to point you in the right direction of where you can receive support and offer a helping hand. The RSAs all live onsite in halls too, so are never too far away.

In addition to offering support and guidance, the ResLife Team also runs many free events and activities for you to take part in each month. Sign up to our Eventbrite to receive notifications of our events as soon as they're available.

Contact the ResLife Team:

Email: ResLife@lincoln.ac.uk

Telephone: 01522 835550

Event bookings: <https://unilincolnreslife.eventbrite.co.uk>



@UniLincolnResLife



@ResLifeLincoln



Get In Touch

Student Wellbeing Centre

01522 886400 | studentwellbeing@lincoln.ac.uk



@UOLStudentWellbeing



@unioflincolnSWC

Student
Wellbeing
Centre



First Contact
Appointment Form

First Contact Appointments

Monday to Thursday 10am-4pm

Friday 10am-4pm

Thursday (term time) 5pm - 7pm

Student Support & Advice

01522 837080 | studentsupport@lincoln.ac.uk



@UOLSupport



@UOLSupportTeam

Student
Support &
Advice

Campus Police

campuspolice@lincoln.ac.uk



@CampusPolice



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