

STUDENT

HELPZONE



**POLICE
SCOTLAND**
Keeping people safe

For advice on staying safe:
www.studenthelpzone.co.uk





What are Student HelpZones?

- Student HelpZones are business or premises that have agreed to provide basic assistance to students when needed i.e. any student that feels vulnerable, unwell or has been a victim of a crime and/or in need of assistance.
- Student HelpZones map the common routes taken by students to and from their residence and university and/or the city centre.
- The HelpZones will allow the student to stay within the premises within the normal business hours until the cause of the vulnerability goes away, or the HelpZone can call a taxi or the emergency services for the student if they are unable to do so themselves.

Student HelpZones are not:

- A replacement for an emergency service.
- To provide any other assistance than already described above.
- A place to shelter out of bad weather.
- A taxi rank.

Local businesses have very kindly provided their services to help the student community. It is asked by all students that this generosity is respected and not abused. Look out of this sign;



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Welcome to Student Life

Starting university or college can mean some significant life changes – making new friends, studying in a new town, going out to new places and living independently for the first time. However some of these changes could also increase your risk of becoming a victim of crime.

First few weeks

- Get to know your surrounding
- Get to know your flatmates and swap numbers
- Identify local GP surgeries, hospitals, police offices and student help zones.
- Save the number for safe reputable taxis to your phone
- Identify senior residents in student accomodation.
- Register with a local GP surgery.



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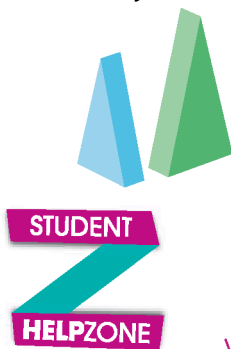




Safety and Security at Home and on Campus

Halls of residence can be an attractive target for criminals. Be aware and take some common sense precautions.

- Don't let anyone into the building unless you know them or have seen their identification.
- Don't let anyone you don't know follow you through a controlled doorway.
- If you are ordering a takeaway, don't give the delivery driver the keypad number for the door.
- When leaving accommodation, lock all doors and windows.
- Don't put your name or room number on your keyring. It could direct a thief to your property.
- Report any suspicious activity to campus security or the police.
- Don't leave keys in places an intruder could easily find them.
- Don't keep flat keys and car keys on the same keyring.
- Make sure your door entry system is working and doors are kept locked.
- Don't give keys to a tradesperson - they could make copies.
- Go to your local police office for more advice.



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Renting Property/Flat Sharing

It's essential that you properly research a potential property:

- When viewing accommodation, take someone along or tell them where you are going and when you'll be back.
- Think about the level of security. Do the locks on the windows & doors work?
- Meet all potential flatmates in advance.
- Get to know your neighbours. If you are on good terms with them they may look out for your property whilst you're out.

Make sure potential landlords have the appropriate local authority license. Landlords of student flat may need a license for a House in Multiple Occupation, which aims to ensure that the accommodation is safe, well managed and of good quality. Visit www.scotland.gov.uk for more information

Ask for ID from the landlord - Check the landlord's driving license and/or passport to establish if they are who they say they are. Prospective tenants should also check that the landlord is a member of the National Landlords Association (NLA) via the NLA's landlord accreditation website www.landlords.org.uk Never pay a deposit with viewing the property and ensuring the rental agreement and the property are genuine.

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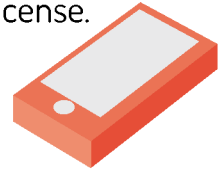


Protect Your Valuables

You can take steps to secure your valuables at home, on campus and while out:

- Place details of your mobile phone, laptop, tablet, camera and other property on the National Mobile Property Register.
www.immobilise.com
- Don't leave possessions unattended, even in the library.
- Take out contents insurance for your property license.

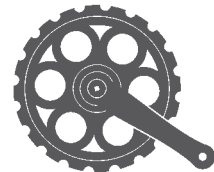
Protect your mobile phone:



- Keep it out of sight, don't attract attention to it.
- Use the security lock.
- Keep a record of the 15 digit IMEI number which is unique to the device and record it on www.immobilise.com
To find the IMEI number, dial *#06#.
- If your phone is lost or stolen, contact the police and service provider immediately.

More than 500,000 bikes are stolen in the UK each year, often having been poorly secured or not secured at all.
Help protect your bike:

- Photograph your bike and record its details at www.bikeregister.com
- Keep a note of your bikes serial number (found on crankshaft)
- Insure your bike, either on contents insurance or separately.



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More than half of all bikes stolen are taken from the owner's property. Always keep your bike out of sight.

If your bike is stored in a common stairwell, shed or garage:

- Lock it with two locks to a secure bannister or ground anchor.
- Ensure it is overlooked by residents or other accommodation.

When out and about on your bike:

- Lock your bike up every time you leave it using secure locks (i.e. D-locks or thick cable locks).
- Ideally, use two different types of lock - this makes it harder to steal.
- Fasten your bike through the frame and wheel (detach both wheels and put through lock if valuable) to a fixed object.
- Make the lock and bike hard to move when parked.
- Remove bike accessories.
- Vary your routine - lock up your bike in different ways & places.

For more information on how to protect your property and valuables, visit

www.scotland.police.uk



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Party Safe

Socialising is a major part of student life. Keep these simple steps in mind when having fun:

- Plan your night out, including how to get home.
- Take your mobile phone with you and make sure it's charged.
- Stick with friends, avoid leaving parties or nights out with strangers. Ensure you all get home safely.
- Be sensible about how much alcohol you drink - a drunk person is much more vulnerable and easier target for criminals.
- In Scottish law, it is rape if you have sexual intercourse with anyone who is unable to give their consent because they are too drunk or under the influence of drugs.
- If you leave a drink unattended then don't go back to it.
- If you feel very drunk or unwell, ask a trusted friend or member of the club or pub management for help.
- Look after bags and valuables, don't attract attention to a phone, especially if you're under the influence of alcohol,
- Keep enough money to pay for your journey home.
- Always call and book a taxi from a licensed private hire/taxi firm and make sure the vehicle pulling up is definitely your hire before you get into it.
- Where possible, avoid travelling alone.

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- If walking home, keep to well-lit, busy areas and never take isolated shortcuts.
- Walk facing traffic so a car cannot pull up behind you.
- Personal attack alarms are good but don't carry weapons or pepper sprays as this is illegal in Scotland.
- Have keys ready when you're approaching the car or your accommodation.
- Don't drive under the influence.

Substance Abuse

Using illegal drugs has serious repercussions. Don't risk your health, or your life. Why jeopardise your future career opportunities with a drug conviction? It doesn't matter which drug or how little.

Don't take New Psychoactive Substance (NPS), sometimes misleadingly known as 'legal highs'. They can contain harmful and toxic chemicals and have been linked to deaths. You don't know what you are taking or what effect it will have on you. Some have been found to contain controlled drugs, meaning you could be charged with drug possession even when you thought it was legal.

Find out more at:

www.knowthescore.info or
www.young.scot/choices-for-life

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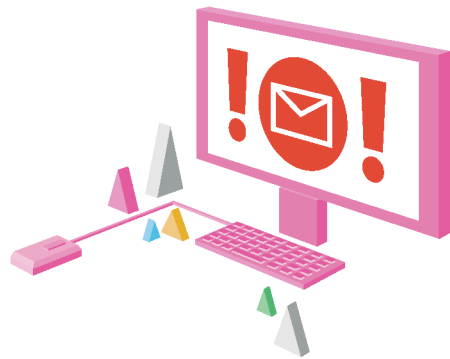




Social Networking

Social networking is a great way to keep in contact, especially if you're away from home. However, think carefully about what you say and the trouble you could find yourself in if you make offensive or intimidating comments. Online abuse such as 'cyber bullying', may be treated as a criminal matter. In addition, criminals seek out information on social networking sites to target individuals and properties. Please take some basic precautions;

- Use privacy settings
- Don't post offensive or intimidating comments.
- Think about the pictures you upload and who may share them
- Don't share private, personal or confidential information or material online which you wouldn't be happy for your family or friend's to see.
- Be careful how much you reveal about where you are and what you're doing.
- Prospective employers may view your social media profiles.
- Remember what goes online, stays online.



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ATM/Contactless Card Scams

- When possible, request cash back from supermarkets or use an ATM within a bank branch.
- Check the cash machine before use, has it been tampered with? Are there any devices attached to the machine? If you do see something suspicious contact the police and let your bank know. Stay safe.
- Cover the keypad when entering your pin. Thieves will try to watch you enter your PIN number or use distraction techniques to part with your cash.
- When finished at an ATM machine, put cash and card away out of the public eye.
- If you request a receipt take it away with you.
- Consider purchasing a RFID card holder or line your purse/wallet with tinfoil to prevent it being activated in a contactless card scam.



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Identity Theft

Identity theft occurs when your personal information is used without your knowledge or permission. Criminals use it to obtain credit cards, products and services, loans and mortgages and to commit other types of criminal acts in your name, leaving you responsible for the consequences.

Identity thieves don't just steal your money; they steal your name and reputation for their own financial gain. This can seriously jeopardise your financial future.

Online Scams

Phishing is when criminals use fake emails, weblinks and downloads to get personal information. This could be passwords, usernames, bank account details or even control of your computer.

- A compelling reason is often given to persuade you to go to a website or click on an email link, often supposedly from a well known company.
- The websites often appear genuine but are designed to trick people into entering personal details.
- The criminal can then access your identity, steal your bank account or infect your computer with a virus which allows them to use it for their own means.

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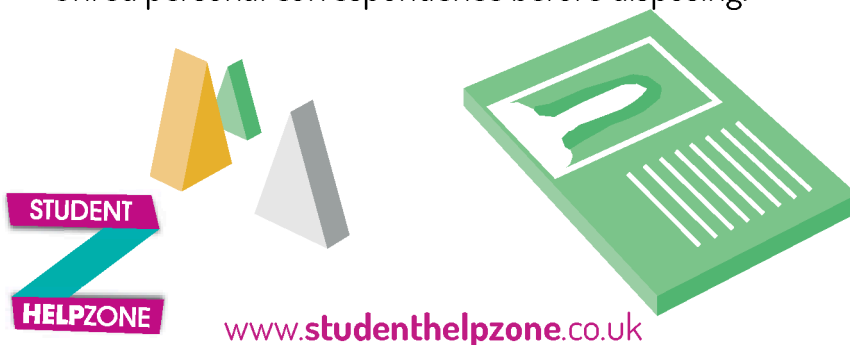


Things to look out for:

- Email uses generic terms like 'Dear account holder' or 'your email address'
- Email is threatening and states that urgent action is required. It may contain a previous password you have used as evidence.
- Email contains and unrecognisable link.
- Spelling errors contained within the email.
- Email address is from a trusted company website but may have a second random email address after it.
- Emails from a company you have no business with.
- No padlock sign on website and no https:// at the beginning of the web address.

Protect yourself:

- Keep your browser and anti virus software up to date and use spam filters.
- Allow virus scans to complete on your computer so they can be detected and removed.
- Never click on an email link from an unknown source.
- Never give out your personal details or passwords.
- Use different passwords for different websites and services.
- Don't leave personal documents lying around.
- Shred personal correspondence before disposing.





Did you know?

Money mules are exploited by criminals to use their bank account to transfer money from one country to another, usually from where the criminal lives. Normally the mule is offered a cash incentive. Recruitment is often through

- Unsolicited emails asking for assistance.
- Contact via social networking sites.
- False vacancies on websites posing as legitimate businesses.
- Classified adverts in the press and online which look legitimate.

Be aware:

- You're breaking the law and could be charged with a criminal offence.
- Your bank account could be suspended.
- All of the money involved could be seized from your account.
- If convicted it may be difficult to get credit, a bank account or a job.
- You may be targeted by other criminal groups.

Avoid becoming a victim:

Offers of large amounts of cash for very little work or no prior experience could indicate a fraudulent scheme.

Be cautious of overseas offers - they can be difficult to verify

Always research any company that offers you a job.

NEVER give your bank details to anyone unless you know and trust them to be cautious with it.

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Water Safety

- When swimming in streams, burns and in the sea, you should always be aware of your surroundings and ensure you are able to tread water safely. Do not venture into areas that could prove problematic.
- Stay in supervised and public areas so that help is at hand should you experience any difficulties.
- Reservoirs tend to be positioned away from built-up areas and are often very secluded. This means emergency services are further away from providing assistance during an urgent situation.
- The water temperature in reservoirs is also likely to remain very cold, even on warm days and in larger pools, it can be almost impossible to determine how deep the water is.
- Many reservoir locations have steep banks as well as hidden water intakes. These can cause a current within the water, which then makes swimming conditions far more difficult.
- Police Scotland and Scottish Water advise not to use reservoirs for activities. If you are part of a supervised group activity, ensure all relevant safety checks have been carried out by organiser/ leader.





Illicit Trade

- Keep yourself safe by only buying genuine products. Fake goods are not safely tested and can cause fires
- Don't buy fake alcohol, you don't know what it contains and it could result in serious health issues like kidney failure and blindness.
- Don't buy fake clothing, people and animals are exploited in it's production and the proceeds fund organised crime.
- Only watch genuine TV and streaming services. Downloading content illegally can leave you at risk of virus and malware.
- Don't purchase medicines online. Counterfeit medicines may not be what they say they are and potentially may have be mixed with harmful ingredients such as rat poison or boric acid. They can cause harm to patients and sometimes lead to death.
- Don't buy fake alcohol, you don't know what it contains and could result in serious health issues.
- If someone approaches you, offering the sale of electronic goods for a cut price refuse and contact Police immediately.





Useful Numbers

Police Scotland are dedicated to keeping people safe. If you require non-urgent police assistance call 101 or in an emergency dial 999.

For more information and student safety advice visit:
www.studenthelpzone.co.uk

If you have information about crime or criminals then report it anonymously on 0800 555 111 or online at:
www.crimestoppers-uk.org

- Scottish Water: www.scottishwater.co.uk/clearer-fresher-learning/modules/modules/third-and-fourth/water-safety
- Water Safety Scotland: www.watersafetyscotland.org.uk
- RLSS: www.rlss.org.uk
- RNLI: www.rnli.org.uk
- National Mobile Property Register: www.immobilise.com
- Live Life Safe, Suzy Lamplugh Trust: www.suzylamplugh.org
- Citizens Advice Scotland: www.cas.org.uk
- Get Safe Online: www.getsafeonline.org
- National Fraud & Cyber Crime Reporting Centre:
www.actionfraud.police.uk
- Scottish Fire & Rescue Service: www.firescotland.gov.uk
- Neighbourhood Watch Scotland:
www.neighbourhoodwatchscotland.co.uk
- Breathing Space: www.breathingspace.scot

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