

# Plymouth student safety guide 2018- 2019



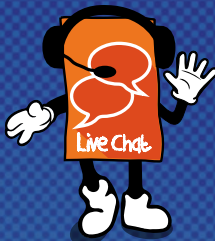
Devon & Cornwall Police

# How to contact the police

## Why call 101 when you don't have to?



Go online to report a non-emergency crime

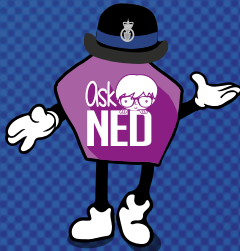


Use LiveChat to have an online conversation with our call centre

# dc.police uk



Email [101@dc.police.uk](mailto:101@dc.police.uk) with your questions and to report non-emergency crime



AskNED - our online non-emergency directory to answer your question

In an emergency always call 999



Devon & Cornwall Police

Plymouth is a safe place to live, study and work, however, we ask that you take the time to read this guide and check out the useful information and numbers provided.

Your local police station is Charles Cross; this is located on Charles Street opposite Drake Circus. The front office is open Monday to Saturday 8am - 6pm. It is closed on Sundays and Bank Holidays.



## Living in Plymouth

Plymouth is an extremely vibrant and diverse city to live in and we want you to enjoy living here. However, it is important to remember that your behaviour as a student impacts greatly on the city and the other people living here.

### Always consider how your behaviour will affect others

Whilst the area you live in might be seen as a 'student' area, there may be people living in your area who are not students, for example families and older people. It is important to maintain a good relationship with your neighbours and respect their lifestyles and property. Noise disturbance can impact on everyone.

Playing loud music, having parties and shouting in the street may seem harmless but it will impact on your neighbours whether students or local residents. Try to enjoy yourselves without disturbing other people in your area.

**Sshh!**  
Quieter students = Happier neighbours



**When walking through the city, please respect your neighbours**



Devon & Cornwall Police

## Your idea of fun might not be someone else's

Alcohol affects your judgement and can encourage you to do things you wouldn't normally do. Whilst you think these things are acceptable, other people may not. Always consider how your behaviour will affect others.



Your actions could lead to a criminal record. Damaging property, exposing yourself in public and even throwing things out of the window could be a criminal offence. You could be arrested for these actions and prosecuted.

Any cautions or prosecutions are kept on police records and could affect your career as some jobs may require a criminal record check.

For example jobs in the army, police and navy all require a criminal record check as well as jobs as a teacher, doctor, dentist, football coach, nursery worker etc.

Don't let your drunken behaviour lead to a criminal record.

## Drugs

If you are caught in possession of illegal drugs, such as cannabis, speed or ecstasy, you may be cautioned or arrested.

Conviction or cautions for drugs-related offences can have serious implications if you want to travel the world and apply for future jobs.

### The risks:

All drugs affect people in different ways. There is no guarantee the substance you take is what you think it is. Therefore you won't really know what you are taking and, more importantly, you won't know its effects on your body.

No drug is 100% safe and anything you put into your body can have lasting effects.

Illegal drugs can cause physical and mental health problems. You put yourself at risk each time you take them.

The thrill can kill!

Have the confidence to say 'no'.



## Safer relationships

Abuse in a relationship can happen to anyone. If someone tries to control you, hurt you or force you to do things you don't want to - it is abuse.

If you are unhappy or frightened about the way your boyfriend/girlfriend treats you, you don't have to put up with it.



### Does your boyfriend/girlfriend:

- Act in ways that scare you?
- Put you down or criticise you?
- Act in a jealous or possessive way?
- Try to control where you go, what you do and who you see?
- Blame you for the hurtful things they say and do?
- Try to force you to have sex?
- Hit, slap, push or kick you?

If you've answered yes to even one of these, you may be in an abusive relationship.

Find out more about domestic abuse at

[www.dc.police.uk/domesticabuse](http://www.dc.police.uk/domesticabuse)

[www.domesticabusehelp.co.uk](http://www.domesticabusehelp.co.uk)

## Help and support

24 hour Domestic Abuse Helpline (National) ....0808 2000 247

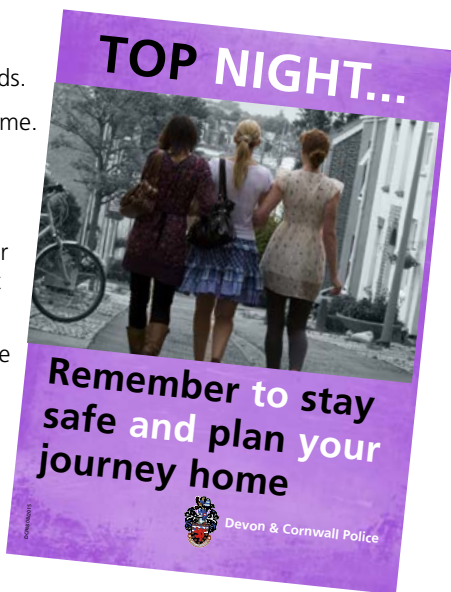
Cornwall Domestic Abuse Helpline (24 hour) ....01872 225629

Devon Domestic Abuse Helpline.....0345 155 1074

Plymouth Domestic Abuse Service (PADS).....01752 252033

## Personal safety

- Don't drink excessive amounts of alcohol - know your limits.
- Don't leave your drink unattended.
- Don't go home with someone you don't know or can't trust.
- Be responsible.
- Look after your friends.
- Plan your journey home.
- Walk home with another person or in a group, in a well lit area - do not use rear service lanes or short cuts.
- If you use a taxi make sure it's licensed.
- Always carry your mobile, make sure it's charged and you have credit.





## Burglary

- Keep all doors and windows shut and locked, don't just rely on your housemate to do it. Why not stick up a poster to remind everyone?
- Make sure all valuables are out of sight from opportunist thieves.
- If you have a burglar alarm, use it.
- Property mark your valuables using a UV pen and also record any serial numbers on [www.immobilise.com](http://www.immobilise.com)
- If you are not happy with the standard of your security then speak to your landlord or letting agency. Don't settle for second best.
- A third of burglars enter houses through open windows and doors. Remember once in your property they often have access to all of your bedrooms and valuables.

Most burglars are opportunists; they will take the chance when they see it. Shut it and lock it.



## Vehicle crime

- Close the windows and doors and keep the vehicle locked.
- Remove all valuables, such as laptops, sat navs, phones and bags.
- Remove marks on the windscreen left from sat nav suckers.
- Protect your identity. Do not leave any documents containing your personal details in your vehicle.
- Park your vehicle in a well lit residential area overlooked by houses and ideally covered by a CCTV camera.
- Don't leave your keys in the ignition with the engine running, even for a minute.
- Use a mechanical immobiliser, for example a steering lock if your car is not fitted with an electronic immobiliser. Visit [www.soldsecure.com](http://www.soldsecure.com) for details of security products.



## Cycle crime

- Get a good bike lock (D locks are the best, also look for the Sold Secure Ltd mark).
- Lock your bike to something secure e.g. a bike rack or a lamp post. Always lock your bike, even if you are leaving it for a couple of minutes.
- Make the lock and bike difficult to manoeuvre when parked - keep the lock away from the ground and keep the gap between the bike and the lock small.
- Lock all removable parts and do not leave any valuables in any saddle bags.
- Ensure your bike's frame is security marked.
- Record and register the model, make and frame number of your bike - you can do this by visiting [www.bikeregister.com](http://www.bikeregister.com)



## Mark your property

Marking your property is an extremely effective method of deterring thieves. It will make it more difficult for the thief to sell items on and also reduce the value of the property sold.

Remember to photograph your property as this will help when claiming on your insurance or reporting the theft to the police.

### NICE BIT OF KIT...



Mark your property  
then register on  
[www.immobilise.com](http://www.immobilise.com)

PROPERTY  
MARKING



Devon & Cornwall Police

## How do you mark your property?

There are numerous ways to mark your property from simple, low cost options to more permanent and visual techniques.

For more information about types of property marking visit [www.dc.police.uk](http://www.dc.police.uk) or contact your Student Community Warden [streetwise@ex.ac.uk](mailto:streetwise@ex.ac.uk)

Where you mark your property is important. Ideally you want the mark to be out of sight, perhaps behind or underneath the article but make sure the police can find it. For example, if you mark your laptop take out the battery and mark the inside.

You can also register any of your valuable property at [www.immobilise.com](http://www.immobilise.com). If your property is lost or stolen, having a record of your property will assist the police in returning property to you.

## Useful numbers

### Health and support

- Victim Support ..... 0808 1689 111
- Alcoholics Anonymous Helpline ..... 0800 9177 650
- Meningitis 24 hour helpline ..... 0808 8010 388
- Drink Line ..... 0300 1231 110
- National Drugs Helpline ..... 0800 044 8278
- NHS Direct ..... 111
- Sexual Health Helpline ..... 0300 123 7123
- Samaritans ..... 116 123
- Derriford Hospital ..... 01752 202082
- Cumberland Centre - Minor Injuries ..... 01752 434390

### Chemist/dentist

- Hyde Park Pharmacy ..... 01752 663216
- Boots Drake Circus ..... 01752 266271
- Find a NHS Dentist [www.plymouthpct.nhs.uk](http://www.plymouthpct.nhs.uk)

### Taxis

- Need A Cab (safer taxi scheme) ..... 01752 666222
- Armada Cars ..... 01752 666222
- Plymouth Taxis ..... 01752 606060
- Tower Cabs ..... 01752 252525
- Silverline Taxis ..... 01752 242424
- Crownhill Taxi Services ..... 01752 791122
- Taxifirst ..... 01752 222222

## Campus

- Plymouth University main switchboard ..... 01752 600600
- Out of hours number (24 hours) ..... 01752 588400
- Plymouth University Students' Union ..... 01752 588388
- Marjon main reception ..... 01752 636700
- Marjon Students' Union ..... 01752 636771
- City College Plymouth reception ..... 01752 305300

## Plymouth City Council

- 01752 668000

## Banks - Stolen card lines

- Barclays ..... 0345 945 4545
- HSBC ..... 0345 6007 010
- Halifax ..... 0800 0151 515
- Lloyds Bank ..... 0800 0969 779
- Natwest ..... 0370 6000 459
- Royal Bank of Scotland ..... 0800 0564 386



**SEX IS ONLY  
SEXY WHEN  
BOTH PEOPLE  
WANT IT**



**There are #noblurredlines - sex without consent is rape**

For advice about healthy  
relationships visit:

[www.goodconsentguide.co.uk](http://www.goodconsentguide.co.uk)



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