

International Student Safety Guide



Student
Wellbeing
Centre



UNIVERSITY OF
LINCOLN

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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.

Over a million international students come to the UK every year, it is very important that you are aware of the factors which contribute to a student's feeling of security and safety in a host country.

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 police station and hospital are. 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.



The Police

The police in the UK are friendly and helpful. They have a duty to protect everyone and can always be safely approached.

The University of Lincoln has a Campus Police Officer, PC Wrigley.

You can speak informally with PC Wrigley or report directly by emailing: campuspolice@lincoln.ac.uk

If you ever need to speak to the police, you can call 101 or in an emergency 999.

You can also report online via the Lincolnshire Police website: <https://www.lincs.police.uk/contact/af/contact-us/>



@UOLCampusPolice

The Law

The laws in the UK may be different from those in your home country.

There are many rules that apply across the UK that you should be aware of:

- You must not carry illegal drugs or substances with you (unless prescribed by a doctor)
- You must not use or supply illegal drugs, including cannabis, ecstasy, LSD and amphetamines
- It is illegal to carry any sort of weapon including knives, self-defence CS gas sprays, guns and stun guns.
- You must be 18 and over to buy tobacco and smoking is prohibited in workplaces and substantially enclosed public places.
- It is an illegal offence for anyone under the age of 18 to purchase alcohol or to have alcohol purchased for them.
- Only people over 18 can drink in public, except in areas of towns where Designated Public Place Orders (DPPOs) are in place.



British Culture and Etiquette

As with every culture, in the UK there are a number of unspoken rules that are often expected to be adhered to. Don't worry about it too much – you'll soon pick them up. There are several unique and often unusual British customs, language and cultural differences we will notify you of below:

Punctuality:

If you're due to meet someone but are running more than five minutes late then you should let them know if possible.

Queuing:

Never jump lines, known as "queues" in UK. Standing patiently in the queue is a normal part of British culture. If in doubt ask "is this the back of the queue?" to avoid offending anyone.

Apologising:

In the UK, people have a tendency to over-apologise and say "sorry" a lot even when it does not need to be said!

Being polite:

British people use manners including lots of please and thank yous.

Personal space:

In the UK, it's acceptable to keep one arm's length between yourself and those you are speaking with. Any closer is assumed to be aggressive or uncomfortable for those native to UK.

Common abbreviations used in the UK are:

GP = General Practitioner. This is how doctors are referred to.

GP Surgery = Health Centre or Doctor's Surgery.

PIN = Personal Identification Number (used for bank cards).

LOL = Laugh out loud.

I.D = Identification.

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.



Transport Safety

You can use different modes of transport, such as the railroad system, buses, or taxis.

Here are some tips on using it safely:

If waiting for a bus, always put your hand out for the bus to stop for you. When you are on the bus, sit downstairs if you are on a double-decker, where the driver and other passengers can see you.

If you travel by train, try not to sit in an empty carriage. Try to sit near groups of people in a well-lit area.

Check the time of the last train, bus, home to avoid being stranded at night. Think about texting a message about your travel arrangements to a friend.

If you are lost or in need when travelling by train, find a member of staff or telephone the British Transport Police +44 (0)800 40 50 40 or you can text on 61016.

Never attempt to walk across railway lines when the safety barriers are down. The level crossings in Lincoln will have a loud siren and flashing amber/red lights to warn you when the barriers will go down. The barriers will automatically lift up when it is safe to cross after the train has passed. Sometimes there may be more than one train. Never walk directly along or touch railway lines – it is very dangerous and you could be badly injured or even killed.



Transport Safety

Taxi:

If you are using a taxi, always make sure that you use a licensed one. Before you get in, you can check whether the taxi is licensed by looking at the back of it to ensure an official licence plate is attached. You should never agree to travel in an unlicensed taxi with an unlicensed driver. You can pay by cash or card now in most taxis, you can ask the cost beforehand too.

Bus:

The bus station is located in the centre of Lincoln and has indoor seating, a modern cafe and toilets. The bus station sits between Lincoln Central Train Station and a multi-storey car park. Sincil Street is immediately near the entrance giving access directly to the city centre by foot.

Once the driver is ready to receive passengers the sliding doors by each bus stand open allowing passengers to exit the bus station building and step onto the bus. Follow [LincsBus on Facebook](#) for daily travel updates

Train:

The railway system in the UK is comprehensive and allows you to reach almost every town by train. It is actually the oldest railway system in the world, with different companies maintaining the national and regional networks.

Lincoln Central Railway Station serves the city of Lincoln with regular East Midlands and LNER trains for many destinations, including London, Leicester and Peterborough.

Lincoln train station is open every day that services are running to and from the station. The station usually opens just before the first train of the day leaves and then closes after the last train departs.

Lincoln Bus & Train stations: St Marys Street, Lincoln, LN5 7EW

Accommodation

It's important that you have safe and suitable accommodation while you are studying in the UK. Start making these arrangements as soon as possible.

If you have moved to study here with a family/dependants, you cannot live in one room together, living conditions and laws are likely different to your home country and it is important to know what you can do.

If you choose to look for private accommodation, here are some tips to help you find the safest option:

You can ask the Accommodation Team or Student Union Advice for help and advice. They may have lists of local accommodation to rent and might also have inspected it to check it is suitable.

Check whether the accommodation you are going to see is in a safe area before you go.

If possible, take someone with you when viewing accommodation. If you are alone, leave the address you are going to and your expected time of return with a friend or colleague.

Find out exactly who might have access to the accommodation apart from yourself, and check if the windows and doors have good locks and bolts and an alarm system.



Money

Money Muling

A money mule is someone who allows fraudsters to launder money through their bank account in return for cash.

To prevent this happening to you, there are a few things you can do:

Never give your sort code and bank details to anyone.

If you ever notice money being deposited and then removed from your account, you need to contact your bank and notify them immediately.

The consequences of being a 'money mule' can be extremely serious – in some cases, leaving young people with a criminal record that has an impact into their adult life. If you suspect any criminal activity using your details, report it to the police immediately.

Taking Care of Your Money - Gamble Aware

As international students you are often responsible for large sums of money – money that is supposed to cover tuition fees and living expenses during your stay in the UK.

Some students have got into gambling and been carried away with the excitement and adrenaline rush of an early win and then lost large sums – or even all their money. Gambling can lead to debts and other associated problems, including not being able to complete your course or your stay in the UK.

If you do decide to gamble, always remember to set a spending limit before you begin, and never gamble more money than you can afford to lose. If you think your gambling is out of control, speak to Student Services for support.

Further support is available at www.gambleaware.co.uk and GamCare.

Money Tips

Check your bank statements on a regular basis.

Cover the keypad when entering your PIN at a cash machine.

Phone your bank to cancel your card immediately if you think they have been lost or stolen.

Report any unusual activity to Action Fraud.

Depending on where you are from, the cost of living in Lincoln may be higher than in your home country. This doesn't mean it is unaffordable, but it is important to plan ahead and ensure that you will have enough money to pay for your tuition fees and 'real' living costs throughout your course, before you start.

How much you spend is a very personal matter and will vary depending on your individual lifestyle. You should work out a budget that will cover your basic essential living costs such as food, rent, electricity, gas, water, as well as other non essential costs such as socialising.

It is important to think about this as managing your money and having appropriate accommodation helps to keep you safe.

If you need help with finding accommodation or advice for managing money and living costs, please speak to the Student Support & Advice Team and Advice Centre for help.

T: 01522 837080

E: studentsupport@lincoln.ac.uk

E: internationaladvice@lincoln.ac.uk

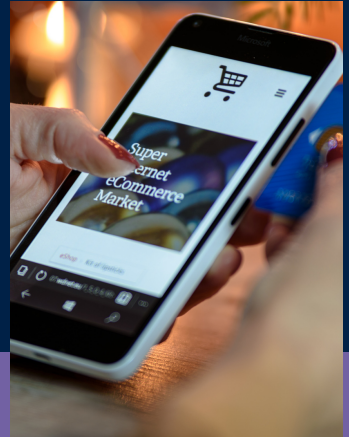
Find more information [here](#)

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

Scam Awareness

**It is important to be aware of scams to help keep you safe.
Scams targeting International Students can include:**

Phone caller pretending to be from the Home Office or from the Police. The caller tells the student that there is a problem with their visa and that they have to pay if they want to stay in the UK. The caller asks for the student's bank details so that they can help to sort the problem. They then use the bank details to take all the money out of the student's account.

Phone caller pretending to be their Embassy or Consulate in the UK. The caller tells the student there may be a problem with bank account or their bank card and that there is a suspicious of fraud on the account. The caller asks for the student's bank details so that they can help to sort the problem. They then use the bank details to take all the money out of the student's account.

Be aware:

The caller may know your name, address or passport number.

The number they call you from may match a genuine number, (like the Home Office number) and they may ask you to check this on the Home Office website.

The caller may ask you not to use the internet, or not to speak to anyone else and stay on the line.

The caller may ask you to pay using Western Union or MoneyGram, or to get cash or gift cards.

The caller will say that if you cannot pay you will be deported and that they will come to your home immediately to fetch you.

Scam Awareness

Please remember that the Home Office, the Embassy and the UK Police will never call you to ask for payments or for your personal details. Do not make payments or give information to anyone who calls you about your visa like this.

If you get a call from someone you are not sure about, end the call and don't use the phone again for at least 15 minutes, because the caller may still be on the line.

If the caller is genuine this will not be a problem. If you want to contact a friend, use a different phone or send a text.

Reporting Scams and Fraud

You can report to Campus Police: **campuspolice@lincoln.ac.uk**

If this has happened to you, please tell Student Support and Advice about it: **studentsupport@lincoln.ac.uk**

For more information about scams and fraud, please see the UKCISA website [here](#).



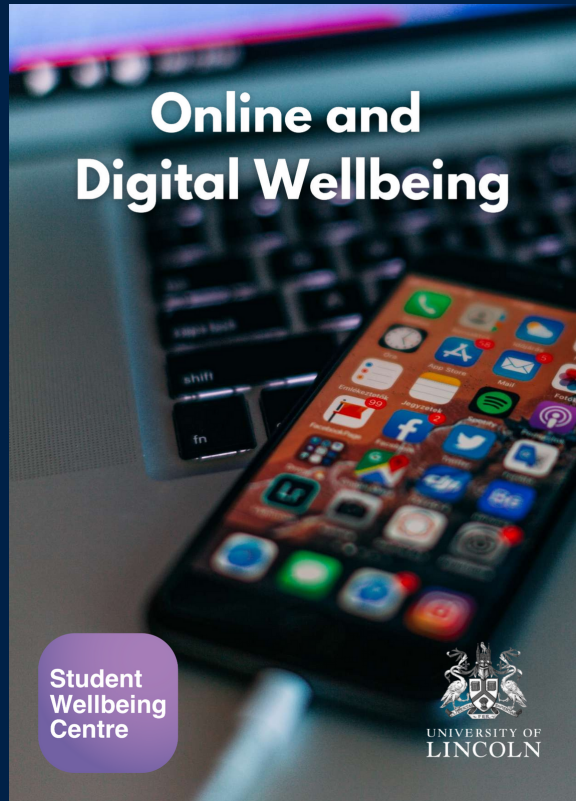
Online & Digital Wellbeing

We have a guide to help you keep safe and manage your emotions whilst engaging in the online world via digital platforms.

It has information about:

- Online harassment and the law
- Types of online harassment
- Cyberstalking
- Revenge porn
- Sextortion
- Online hate
- Reporting methods/procedures
- University resources
- Online dating

SCAN ME



Scan the QR Code to read the guide!

Alcohol & Nights Out

As an international student you may find attitudes and rules around alcohol and night out culture very different to your home country. Drinking can be a large part of the British culture but it is a myth that all British people drink a lot, many people don't drink at all.

Some international students have said that learning about the practice of buying “rounds” of drinks and using “cheers” before drinking, has been enjoyable.

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 UK 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.

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, 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 goods 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.

Street Safety

The UK streets are generally very safe places to be and many students won't experience any problems. However, be sure to walk down well-lit routes and on the paths. If there is not a path available walk facing the traffic.

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.

Ensure you are safe when crossing the roads, use pedestrian crossings and look both ways before crossing the road. For more road safety advice, including cycling on roads, country roads, driving, laws etc. click [here](#).



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.

It is illegal to walk on the train tracks in the UK and 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



Mental Health

Moving to a new country, learning different methods of studying and making new friends can be a very exciting time when you study in the UK.

But it can also be very scary if you're adapting to a new climate, potentially speaking in a different language and feel far from your friends and family.

You may experience feeling isolated, distressed, anxious or lonely. International students can have many concerns, including:

- Language barriers
- Not understanding cultural references
- Culture shock
- Financial worries
- Exam stress
- Worrying about proving yourself to your parents

Tips to help you...

- Don't isolate yourself
- Spend time outside and explore your new city to make it feel like home
- Talk about how you're feeling with someone
- Have familiar things around you
- Eat healthy balanced food
- Get good sleep
- Link in with the Chaplaincy or a faith community if this is important to you
- Shop at a supermarket which sells foods from your home country
- Exercise daily

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-Thursday 10am - 4pm

Friday 10am-3:30pm

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](#)



Need to talk?

Barriers

Solutions

Cultural barriers:

'I just realise even apart from the language barrier, we still have the culture.'

Studying in the UK may evoke feelings of culture shock as you adjust to a different climate, cultural references of films and TV. This is completely normal, temporary and there are some things you can do to adjust. ukcisa.org.uk/cultureshock

Pressure:

'I feel a sense of expectation; [my parents] so want me to succeed and that can make me feel very stressed at times. I can't fail.'

Talk to someone about the pressure you're feeling and any impact that it is having on your work. You can talk to a tutor, someone in your institution's wellbeing department or a friend. Lots of universities also have Nightline services where you can talk anonymously to someone. ukcisa.org.uk/nightline

Perceptions about mental health in home country:

'[In China] we only get help if we get hurt physically, but not mentally.'

In the UK organisations are increasingly creating campaigns to encourage 'time to talk'. This may be different from perceptions of mental health in your home country.

All quotes are from international students who took part in the UKCISA members' pilot projects or research about wellbeing. View the full reports at

ukcisa.org.uk/wellbeing

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

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 an Advisor at 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’ means to say yes. The ‘age of consent’ is when the law says you’re able to make the decision to say ‘yes’ to sex. The age of consent in the UK is 16. This means that it’s against the law for someone to have sex with someone under the age of 16. 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

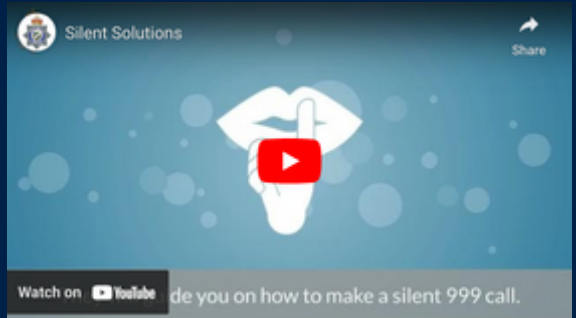
Online: [click here](#)



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 their Eventbrite to receive notifications of their 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-3:30pm

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



@UoLCampusPolice



International Student Safety Guide



Student
Wellbeing
Centre



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