



Stand together united

Equality Diversity Inclusivity

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It is impossible not to have seen the recent news event around the murder of a young woman – Sarah Everard.

The death of Sarah is shocking, but it is a rare occurrence, we must not fear going about our lives.

As a community we stand together against any form of attacks, both verbal and physical on anyone irrespective of who they are.

As a college we respect and value everyone.

Tips for staying safe when you are out

Be prepared:

Plan your route in advance. Carry a charged mobile phone and some cash, make sure you tell someone where you're going and when you get there.

Be assertive:

From the moment you step out onto the street in the morning, **look assertive, act and walk with confidence.** This will always make you appear in control and much less vulnerable.

Be aware:

Using a mobile phone, whether making a call or texting, wearing a hood or wearing headphones, can distract you and stop you from hearing any potential dangers around you.

Tips for staying safe when out and about

Be careful:

Alcohol will reduce reaction times and inhibitions, which makes it harder to assess risks and decide how to deal with them. Keep an eye on how much you drink and never let your glass or bottle out of your sight. NB: the legal drinking age is 18 and over.

Hide valuables:

Keep your valuables including your **mobile phone**, other devices and jewellery, hidden. Do not use your phone as a torch when out at night. Have a hand torch with you.

Plan:

Make a plan and stick to it. First off, discuss with friends what to do if something were to go wrong on your night out together, e.g., if one of you has too much to drink or you were to get separated. Agree on a backup plan and look out for one another.

Tips for staying safe when out and about

Go against the flow:

When walking on the pavement, always **face oncoming traffic**, as it will make it far more difficult for thieves to come up from behind and snatch your belongings. However, be aware of anyone approaching from ahead of you.

Trust your instincts:

Try to **avoid walking alone** at night in places such as parks and side streets or any unfamiliar environment. If you must walk, stick to busy places where there is a lot of activity CCTV and good lighting.

Safety in numbers:

Try to travel with people you know and, where possible, stick to routes and forms of transport that others are using and avoid shortcuts in lonely places.

Tips for staying safe when out and about

Plan your travel:

Get a lift from a friend/family if you can or take a taxi. Check it is a licensed taxi or a taxi company you regularly use, book it in advance to prevent waiting on the streets. If using public transport, avoid empty train carriages, empty bus stops and sit near the bus driver or another passenger, if possible. If you are walking, try to walk home in groups of friends or family members.

If necessary, seek safety:

If you are concerned for your safety, then **make your way to a public place of safety** and ask someone to call the police. Supermarkets can be a good place to go as they are normally open later at night and have a security guard at the front of most of stores.

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- If you witness, or are victim to, any discrimination or intimidation at college please **report it to your tutor or student advice immediately**. You can email safe@oaklands.ac.uk
- If you witness, or are victim to, any form of **hate crime** outside of college please report it at <https://www.report-it.org.uk>
- If you have been a victim of a crime, you can contact Beacon Support (Hertfordshire's Victim Care Centre) <https://hertfordshirebeacon.org>