

Safety First for Festive Fun at BMet Colleges



BMet

Inspiring futures, realising dreams.

Remember

You are responsible for your own safety and well being, stay in control of all that you do and this could be a festive season for you to remember for the right reasons.

On the way home

- Don't be an easy target - walk in groups at night, travel by taxi or stay over with friends. Your safety is worth more than the cab fare home!
- Plan ahead. Find out before going out the times of buses and trains to avoid waiting around. Pre book a minicab or take the number of a licensed cab company with you.
- Be vigilant when using your mobile phone - if your phone is stolen, call your network to immobilise it
- When walking, stick to busy well-lit streets whenever possible. Avoid danger spots like badly lit alleyways, subways or isolated car parks
- If you think you are being followed, cross the road and look to see who is behind you. If you are still being followed, head towards a busy area and tell people what is happening.
- Try to keep both hands free and don't walk with your hands in your pockets
- Stay alert. If you are wearing headphones or chatting on a mobile phone you will not hear trouble approaching

Dating and Sex

If you are going on a date with someone for the first time remember these safety points:

- Let others know who you are meeting and where
- Have an exit strategy at hand, e.g. a friend phoning you in the first hour
- Beware the most common date rape drug is alcohol
- Alcohol affects your behaviour and sends wrong messages to people
- Don't let your alcohol level impact any decision you make
- Think, are you safe going to someone's house you don't know. If you are taking them to your house they will remember where you live in the future
- Limit your alcohol so you have a clear head to say NO to anything you are not sure about.
- ALWAYS use a condom

NPCC
National Police Chiefs' Council

RUN
HIDE
TELL

In the rare event of a firearms or weapons attack

RUN - to a place of safety. This is a better option than to surrender or negotiate. If there is nowhere to go then ...

HIDE - Remember to turn your phone to silent and turn off vibrate. Barricade yourself in if you can.

TELL - the Police by calling 999 when it is safe to do so.

www.npcc.police.uk/staysafe

Do not put yourself in a position of danger

If you feel at risk:

In a public place

- Speak to the aggressor calmly but assertively and make your feelings clear
- Use your voice to make lots of noise and shout out instructions such as 'Get Away'
- Carry a personal attack alarm to disorientate an attacker long enough to get away
- It is important to appear in control. Too much alcohol will reduce your ability to do this

On public transport

- Move to a seat nearer the driver or other people
- If challenged or threatened, respond with assertiveness but not aggression
- Pull the emergency alarm to get help

In a car

- Do not enter a car with someone you suspect of taking drugs and/or drinking
- Ask the driver to stop at a cash point or wait till the car stops at traffic lights and get out
- If they refuse to stop, make a noise, bang on the window and try and draw attention to yourself

Do not carry any weapons on you and avoid associating yourself with anyone carrying a weapon.

Report any weapons you see.



Safeguarding out of hours

If you have any Safeguarding concerns when the college is closed, you should contact either your Local Authority Out of Hours Social Care number for any concerns relating to a child (under 18).

Alternatively, if you feel that a child or any other student is at immediate risk and in need of protection you should contact the Police immediately (999 emergency, 101 non-emergency).

If you need support out of college hours you can also contact:

Samaritans call free 116 123 (24 hours)

Papyrus suicide prevention support
0800 068 4141

Shout 24/7 free text service for anyone in crisis text CIN to 85258

E-Scooters – handle with care

Take care when riding an E-Scooter:

- Only use in your local trail hosting area.
- Ride one person per scooter.
- Do not use a mobile phone.
- Ensure all bags are handled safely – not from the handle bars.
- Never ride a scooter under the influence of alcohol or drugs.
- Follow all traffic rules, careless driving applies to scooters, slow down and ride carefully.
- Always ride in designated areas and refer carefully to terms and conditions before rental.

For more information read
<http://www.gov.uk/guidance/escooter-trials-guidance-for-users>

Make your money go further!

Do you know about impact pathways?

Through our membership of the Police and School Panels you can access **Impact Pathways West Midlands (ipwm.org.uk)** this provides information in relation to the cost-of-living crisis, foodbanks, places to find support, top tips to make your money go further, and advice on benefits & paying utility bills. This covers a range of areas across the West Midlands and Black Country regions.

COMMUNITIES
DEFEAT
TERRORISM



COUNTER
TERRORISM
POLICING

ACT

ACTION
COUNTERS
TERRORISM

Look out for vulnerable individuals. You may be in a position to identify and support someone who may be vulnerable to becoming involved in extremism or terrorism.



Night-time



*Cinemas and
Theatres*



Retail



Health



*Places of
Worship*



*Hotels and
Restaurants*



*Visitor
Attractions*



*Commercial
Centres*



*Stadia and
Arenas*



Education



Major Events



Transport

**Be vigilant when in crowded places,
if you are suspicious of something ACT on it**

NaCTSO
National Counter Terrorism Security Office