

STUDENT SUPPORT BULLETIN

13

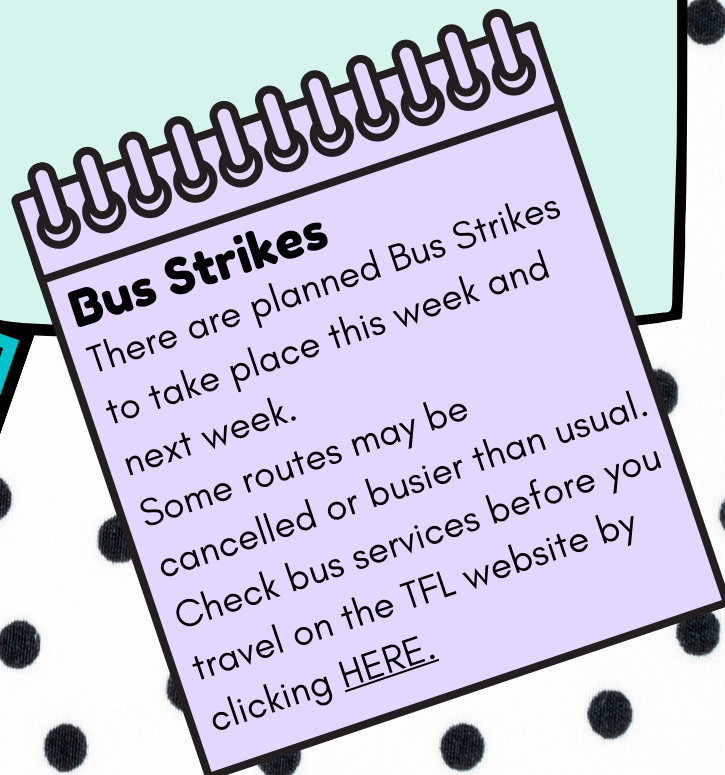
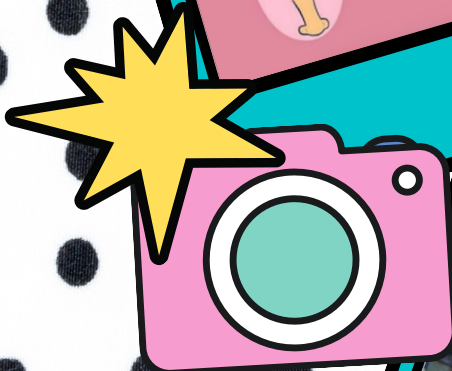
ISSUE 13 - FRIDAY 25TH MARCH 2022
ACADEMIC YEAR 2021-2022

Work Experience

Have you thought about work experience and how this could help your future career? Check out Spring Pod for more information.

Reminder - Vaping

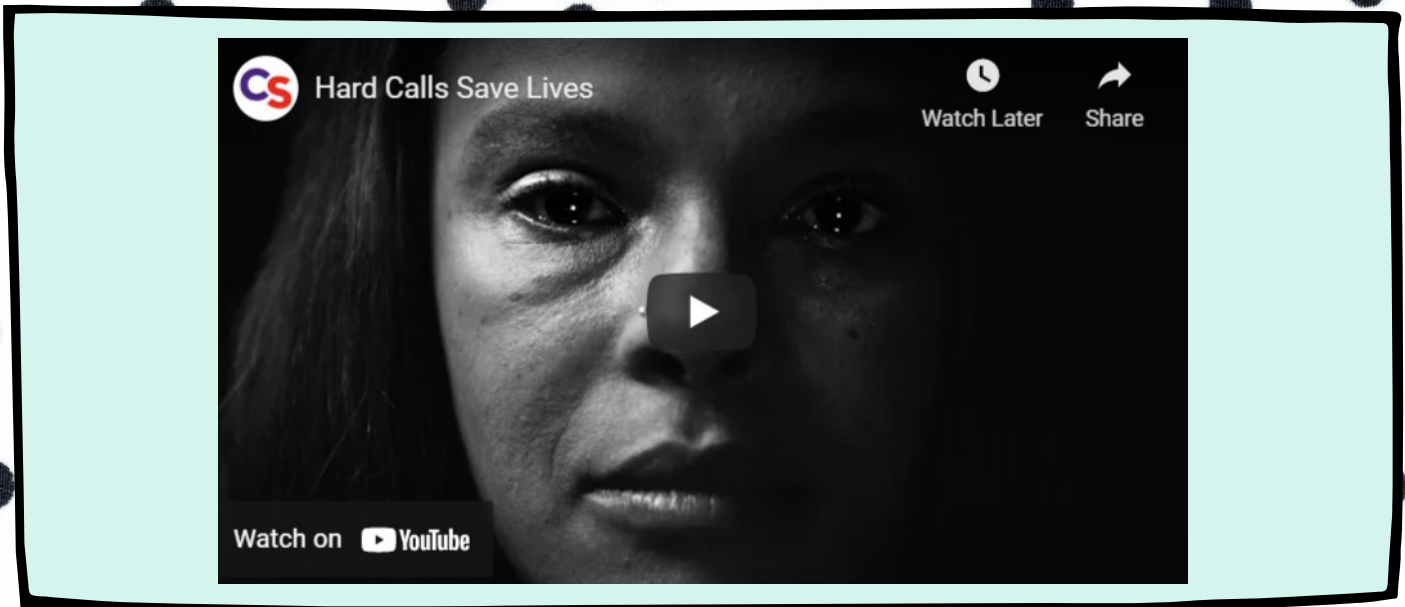
Just a reminder that vaping is not allowed anywhere inside the College buildings. This includes corridors, canteen, common room, toilets and classrooms or workshops. Unfortunately, there are still some students who are. If you are found vaping inside College, this may result in disciplinary action.



FOCUS OF THE WEEK

KNIFE CRIME - PERSONAL SAFETY

13



Tips on how to stay safe

- 1) Remember your voice is one form of defence - use it! If you cannot avoid walking home alone - particularly in the dark, invest in a 'Personal Alarm'.
- 2) Safety awareness is key to making people feel more secure. Consider Self-Defence classes. Any age or gender can benefit.
- 3) Conceal expensive jewellery when in public places.
- 4) If you suspect you are being followed, call a family member, a friend and/or the police. Cross the street, head for an area where there are people, an open business premises or any public place.
- 5) Be alert! Walk with purpose and confidence.
- 6) Report any incident as soon as possible. You may save someone else.
- 7) Always plan your journey/route, avoiding short-cuts through unlit or secluded areas.
- 8) Yell or shout "Phone the Police" or other specific instructions to which people respond quickly.
- 9) Meeting aggression with aggression leads to confrontation. Talk your way out of problems: stay calm; lower your voice, speak slowly and clearly. Breathe out slowly to help you relax.
- 10) Physical self-defence should only be a last resort. It limits your options and commits you to a fight you could lose. It is not weak to walk away from violence.
- 11) If a vehicle pulls up suddenly alongside you, turn and walk in the other direction: you can turn much faster than a car.
- 12) Avoid empty carriages on trains. Always try to sit where there are lots of people. If you feel uneasy, move to another seat or carriage.
- 13) If a bus is empty or it is after dark, stay on the lower deck as near as possible to the driver.