

# Safety and support

International orientation



# Disclaimer

All content in this presentation has been prepared for the 2025/26 academic year and is subject to future updates or modifications.

# Introduction

## Aims

- Reassure you about simple steps you can take to stay safe and avoid problems
- Highlight key UK laws and rules you need to know about
- Share useful information and resources
- Encourage you to use support if you have any worries or problems

## Topics

- Helpful contacts
- Transport and travel
- Protecting your belongings
- Fraud and scams
- Alcohol safety in the UK
- Support from the Harassment and Misconduct team
- Questions

# International orientation resources

After International orientation, visit the International orientation webpage to find:

- Sessions' recordings
- Sessions' slide downloads
- Links to useful web pages and resources

[students.leeds.ac.uk/orientation](https://students.leeds.ac.uk/orientation)



# Helpful contacts

Local safety and University team	Emergencies	Non-emergencies
Student Information Service		+44 (0)113 343 7000 (International) 0800 915 0402 (UK sim card) <a href="mailto:studentinfo@leeds.ac.uk">studentinfo@leeds.ac.uk</a>
Harassment and Misconduct Team		<a href="mailto:reportandsupport@leeds.ac.uk">reportandsupport@leeds.ac.uk</a>
University Security Office	+44 (0)113 343 2222 (or SafeZone app)	+44 (0)113 343 5494 +44 (0)7876 866747
Police	999	101

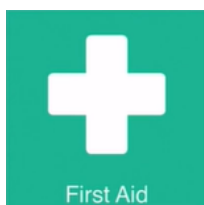
Campus Police officer:  
PC Dan Close

+44 (0)7716 701 674  
[daniel.close@westyorkshirepolice.co.uk](mailto:daniel.close@westyorkshirepolice.co.uk)

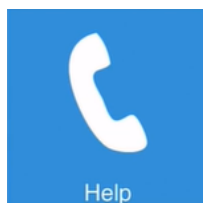
# Staying safe

Leeds is generally a safe place to live and study, but you can read our Medium blog with [everything you need to know about personal safety](#) for helpful information.

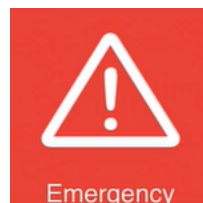
- Download the **SafeZone** app.



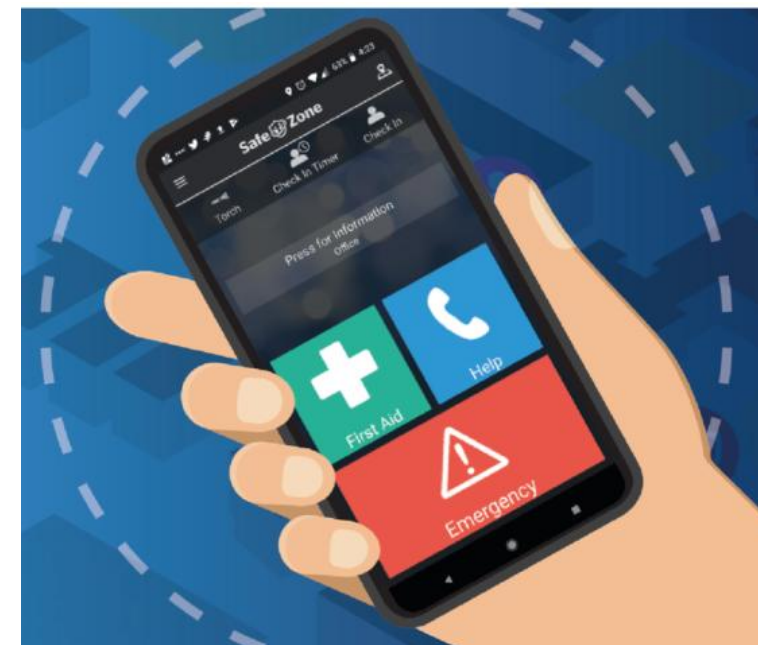
For help with a physical or mental health incident



Non-emergency situations (you're locked out of a building or you're lost)



Immediate danger



Iphone



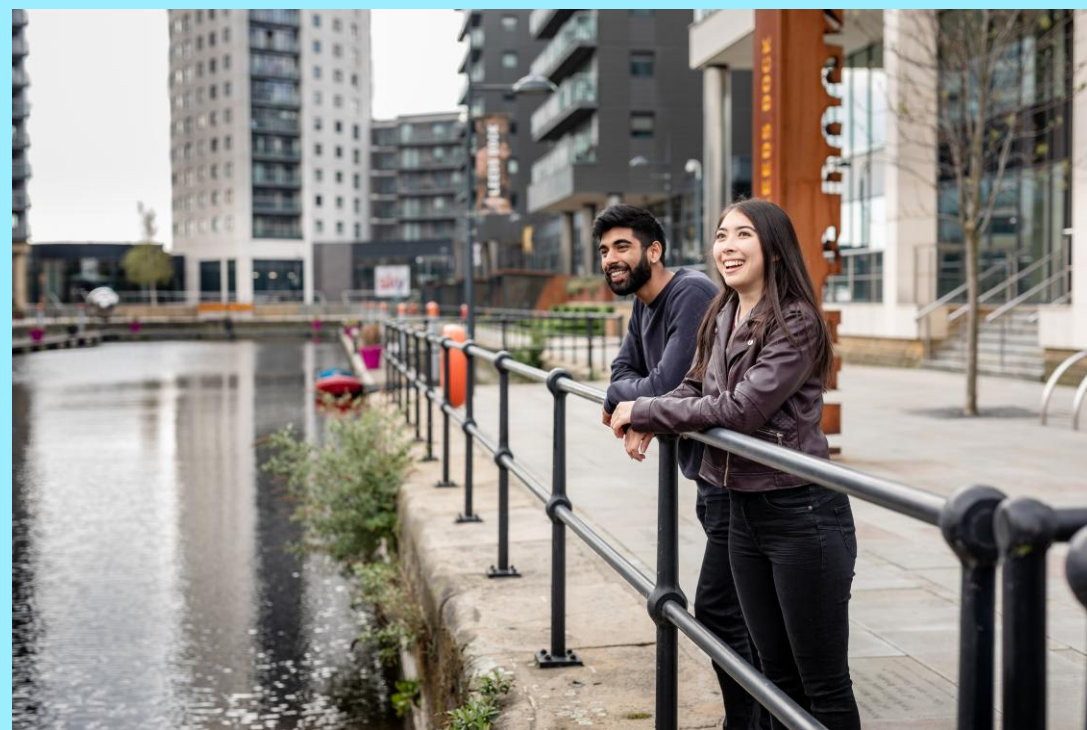
Android

[estates.leeds.ac.uk/our-services/security-services/#property](https://estates.leeds.ac.uk/our-services/security-services/#property)



# Transport, travel and protecting your belongings

- Walking
- Buses
- Taxis
- Bikes
- Driving
- Your belongings



# Transport and travel

## Walking

- **We drive on the left** – be careful when you cross the road. Some areas of campus are not just for pedestrians.
- **Avoid taking shortcuts** through badly lit areas like alleys or parks, and don't walk home with strangers.
- **Stick to well lit, busy areas** and stay with other people you know, or use transport – buses or taxis.





# Transport and travel

## Buses

- Download the First Bus app for [journey planning](#) and cheaper tickets.
- It's usual to queue at bus stops and to put your arm out to signal for the bus to stop.



# Transport and travel

## LUU Nightbus Service

### Operates term-time only

- Free to use for all LUU members
- First come, first served

### Priority given to

- Lone or vulnerable passengers
- Medical or welfare emergencies

**Pick-up** - Leeds University Union Foyer

**Drop-off** - Any house/accommodation address within the Leeds outer ring road



# LUU Nightbus times

Pick-up point      Leeds University Union Foyer.

Drop-off      Any house/accommodation address within the Leeds outer ring road.

Day	Operating hours
Monday	8pm – midnight
Tuesday	8pm – midnight
Wednesday	8pm – midnight
Thursday	8pm – 1am
Friday	8pm – 4am
Saturday	8pm - 1am
Sunday	7pm - 11pm



# Transport and travel

## Taxis

- Use a licensed taxi company or a pre-booked car service like **Uber** or local taxi firm, **Veezu**.
- **Veezu** can take you home in exchange for your Student ID card.
- Don't accept lifts or share taxis with people you don't know





# Transport and travel

## Bikes

**Visit the Bike Hub. Find out more about:**

- Free trainings and events
- How to hire a bike
- Cycling, safety and security.

[The Bike Hub](#) is located on the lower level between the EC Stoner and Roger Stevens buildings.

If you buy a bike, get it registered and marked with the [Bike Register scheme](#).





# Transport and travel

## Bikes

- Use cycle paths - Don't ride through red traffic lights or on pavements.
- Wear a helmet, hi-visibility clothing and use lights.
- Check the [UK Highway code](#) on the GOV.UK website for rules and advice for cyclists.
- Always lock up your bike using a good quality D-lock. Lock it to a cycle rack.



# Transport and travel

## Driving

- If you have your own car or motorbike you must have a driving licence, road tax and vehicle insurance.
- You must also have your car or motorbike checked every year by a mechanic to make sure it is safe to drive – this compulsory check is called an M.O.T.
- Find out about the legal requirements for [using a car or motorbike on the road on the GOV.UK website](#).



# Your belongings

- Don't leave laptops/mobile phones or wallets/purses out of your sight.
- Keep doors locked all the time and lock windows when you go out.
- When entering your accommodation, don't hold the door for other people so that they can get in the building.
- Keep valuable items hidden when you are walking around, especially at night.
- Security Services operate a lost property system on campus.
- [Register your possessions for free with Immobilise](#) so that the Police can return any stolen items, if found.
- Check if your accommodation includes contents insurance.



# Fraud and scams

- Types of scams
- Ways to protect yourself
- Support for victims of fraud and scams



# Fraud and scams

A scam is when someone tries to **take your money** by:

- pretending to help you
- offering you something which they are not going to give you
- getting information that will help them to take your money

Over a third of students in the UK have been targeted by fraud, scams and phishing.

**Stop, think and check** before you share information or pay money.

**Remember - a genuine organisation will never pressure you to act immediately.**



[Fraud, scams and phishing](#)



# Protect yourself

**Stop and check – an easy way to protect yourself from fraud and scams:**

## Stop

- Don't rush into decisions – only criminals will try to rush you or stop you from seeking advice.
- It's ok to take time before you pay money or share information.
- It's ok to reject, refuse or ignore requests, even if you're told it's urgent.

## Check

- Email the Harassment and Misconduct team at [reportandsupport@leeds.ac.uk](mailto:reportandsupport@leeds.ac.uk) to check if you're being targeted by scammers.
- [Complete the Fraud Awareness online course.](#)



[Fraud, scams and phishing](#)

# Support for victims of fraud or scams

If you think you've been scammed:

Contact your bank – they may be able to put a stop on any payments leaving your account and can give advice if your data has been stolen.

[Report online or call Action Fraud](#) on 0300 123 2040.

[Contact the University IT Service Desk team](#) – if you have opened a link or attachment on your device.

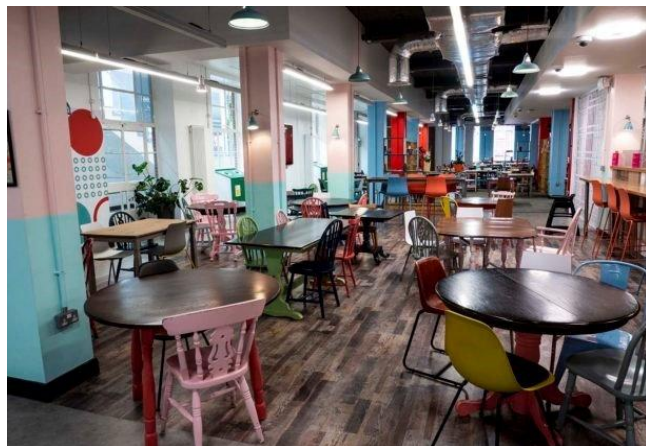
[Contact the Harassment and Misconduct team](#) – if you feel you need further support.



# Alcohol safety in the UK

- Alcohol free spaces and University support
- Alcohol rules in the UK
- Safety on social nights out
- Units of alcohol in drinks
- Advice, guidance and support

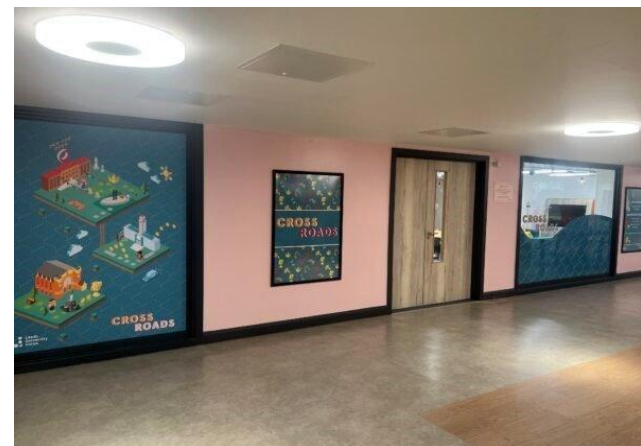
# Alcohol free spaces and University support



Common Ground

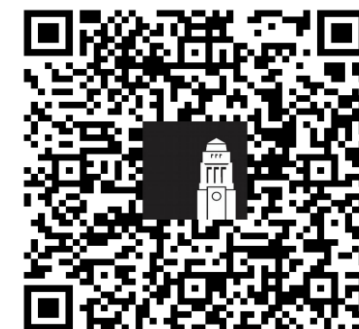


Global Cafe



Crossroads

- We're a harm reduction University.
- Find out more about [alcohol-free events in the Leeds University Union](#).



# Alcohol rules in the UK

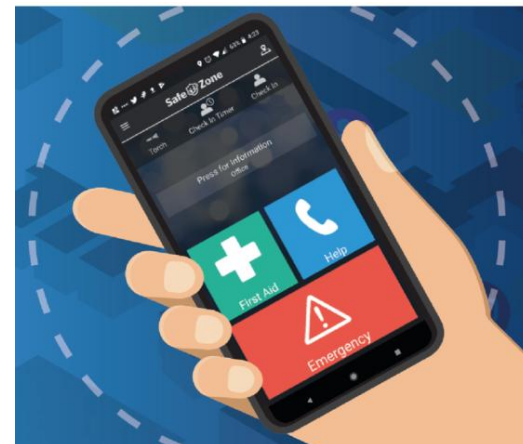
- The legal age for buying and drinking alcohol in the UK is 18
- You must not buy alcohol for anybody who is under 18
- Valid photo identification is needed to buy alcohol/enter evening venues which serve alcohol: [Citizen Card](#), Passport, Driver's License
- For [ID to be valid](#) it must have a good quality photo, your date of birth and a hologram
- You must not drink alcohol in a designated public place.





# Safety on social nights out

- Be aware of health advice and how much alcohol you're drinking.
- Drink water or soft drinks between alcoholic drinks.
- Avoid binge drinking.
- Always keep your drink where you can see it.
- If you feel unsafe or are worried about someone else, ask for help:
  - On campus - Use the SafeZone App.
  - Off campus - speak to a member of staff at the venue, or call 999 in an emergency.
- Harassment and Misconduct team can provide support if something has happened on a night out that you're not comfortable with.



# Units of alcohol in drinks

Drink	Units
Single small shot of spirits* (25ml, ABV 40%)	1 unit
Small glass of red/white/rosé wine (125ml, ABV 12%)	1.5 units
Bottle of lager/beer/cider (330ml, ABV 5%)	1.7 units
Can of lager/beer/cider (440ml, ABV 5.5%)	2.4 units
Pint of lower-strength lager/beer/cider (ABV 3.6%)	2 units
Standard glass of red/white/rosé wine (175ml, ABV 12%)	2.1 units
Pint of higher-strength lager/beer/cider (ABV 5.2%)	3 units
Large glass of red/white/rosé wine (250ml, ABV 12%)	3 units



Recommended alcohol intake per week: 14 units.

[Alcohol unit calculator](#)

# Advice, guidance and support

Access support, address concerns, and receive proactive harm reduction advice and information.

- 📅 When: Every Friday
- 🕒 Time: 1:00 PM - 4:00 PM
- 📍 Location: Room 3 - Orange, Leeds University Union

[Check Drinkaware](#) for more information on alcohol units, tips on staying in control and more.



# Harassment and Misconduct team

- Who is the Harassment and Misconduct team
- Example situations of harassment and misconduct
- Misconceptions about reporting and getting support
- How to contact the service and ask for support

# Harassment and Misconduct team

Violence, abuse, bullying, harassment, sexual misconduct, and discrimination are never okay.

If it happens to you or someone you know, the Harassment and Misconduct team can help however you feel most comfortable.

**We're here for you every step of the way.**



**You are  
not alone.**





# Example situations 1

## Sexual Harassment

A student has received multiple messages on WeChat from another student at the university. She has asked him to stop, and he continues to message and ask her out for a coffee. She has blocked his number but now he has started messaging via her university email address.

## Bullying

A student is feeling left out of the group with their flat mates. They arrange their own nights out and don't include him. When he goes to cook in the kitchen, the group go silent and ignore him. This doesn't feel okay to the student and it's making his living situation uncomfortable.

# Example situations 2

## Hate crime or incident

A student is on a bus in Leeds when a stranger on the bus makes a racial comment towards them. Nobody else on the bus intervenes and the student feels very upset and uncomfortable about this experience. They don't know who to report this to and if anyone will listen.

## Coercive control/domestic abuse

A student has just started a new relationship. At first things were going well but now their partner wants them to only spend time with them and not their friends. They also track their location frequently and get annoyed when they don't update them on where they are.

# Example situations 3

## Honour based abuse

A student started a new relationship but haven't told their family due to religious or cultural reasons. Their family have now found out and are angry and they are threatening the student. The student is now worried to come to campus incase something happens to them or their new partner. They are thinking of reporting this for their safety but are worried about the police and don't want their family to get into trouble.

## Spiking

A student is out in Leeds and notices another student has added alcohol to their drink without asking them first. They aren't sure who to tell and it has made them feel anxious about socialising again, so they are spending a lot of time on their own and feeling quite isolated.

# Example situations 4

## Blackmail / Fraud

A student has met someone online and has been messaging them. They have sent an intimate picture of themselves to this person. This person is now blackmailing them and demanding they transfer them a sum of money otherwise this person will share the image with their friends/family/online.

# Harassment and Misconduct team

**Experienced and specialist advisers with skills and knowledge to support people after sexual assault, harassment or abuse.**

- Providing a non-judgemental, empowering space to talk after experiencing or witnessing an incident.
- To understand options for formal reporting like submitting a complaint under appropriate policies, such as the new 'Preventing and Addressing Bullying, Harassment and Sexual Misconduct.'
- To get help with practical support such as any impacts on academic studies, finances, accommodation.
- Referrals to therapeutic and emotional support.



[Harassment and misconduct](#)



# Misconceptions about reporting or getting support (1)

“ I won't be believed or taken seriously. ”



- **It is serious enough** to book an appointment with us.
- **We take disclosures very seriously** and will support you however feels right to you.

# Misconceptions about reporting or getting support (2)

“ If I make a report, it could impact my studies or visa. ”



- Seeking support **won't impact your studies.**
- Accessing our service is **confidential.**
- Making a report to the police **does not affect your Visa.**

# Misconceptions about reporting or getting support (3)

“

"What if I want to speak to a specific person or request translator/have any additional requirements?"

”



- **We'll make the space and our support as inclusive as possible.**

# Misconceptions about reporting or getting support (4)

“

"If I talk to someone in the team, they will go against my wishes and force me into a reporting service."

”



- We'll always make sure you are in control over what you decide to do next.

# Student feedback



"Her support, kindness and going above and beyond gave me the strength and confidence to proceed with my report."

**3rd year undergraduate student**



"All your advice and concern have helped me as a student in a foreign country, you made me feel supported and not alone. Without your help, I probably would not have known how to work through this at all."

**1st year international student**



“You are  
not alone.”



Get support, report  
something anonymously,  
or chat to someone.  
**We're here for you.**



UNIVERSITY OF LEEDS



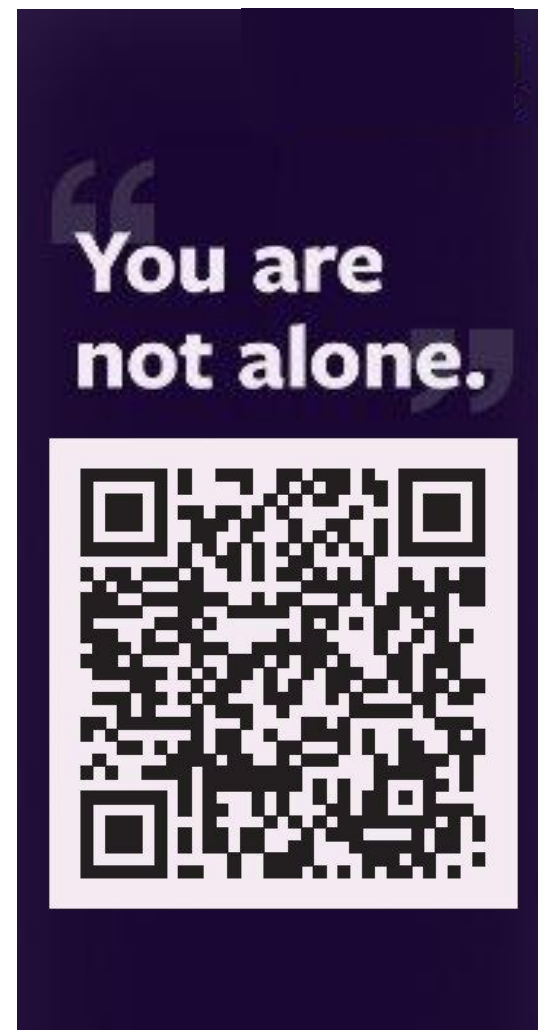
# How to contact our service

Visit our webpages [students.leeds.ac.uk/harassment-misconduct](https://students.leeds.ac.uk/harassment-misconduct)

- Tell us what's happened (anonymously, if you wish).
- Complete the 'Speak to An Advisor' form.

Anything you disclose won't be shared – disclosing information is not the same as doing a formal report. We are not a formal reporting place but can help you make a report if you want to.

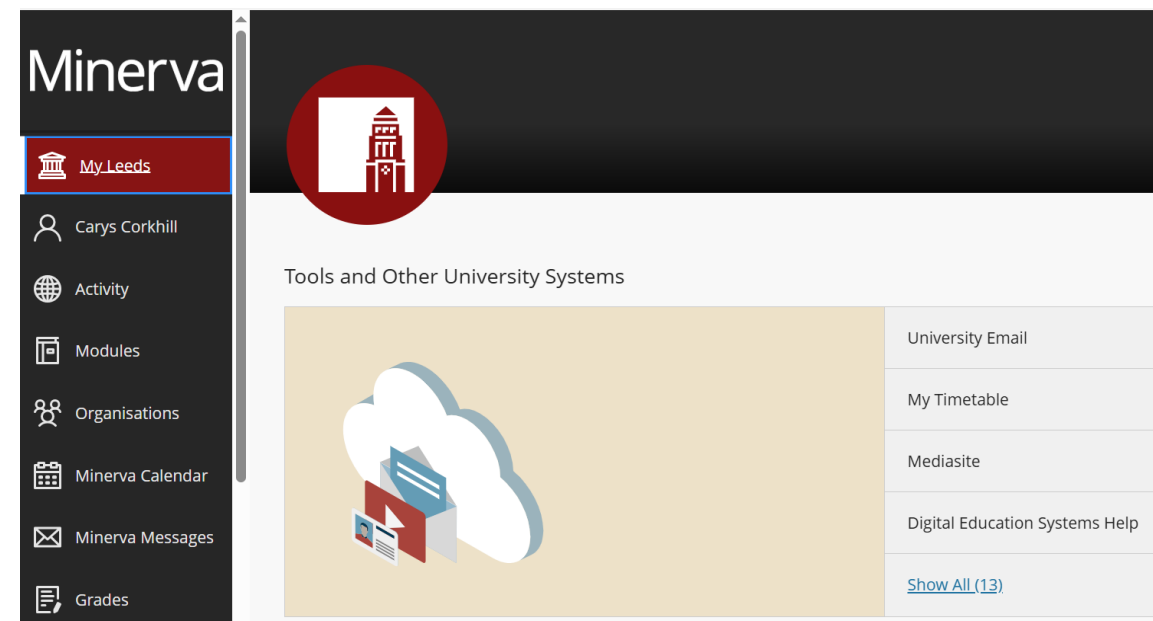
Contact the Harassment and Misconduct team by email on [reportandsupport@leeds.ac.uk](mailto:reportandsupport@leeds.ac.uk).



# Preventing and addressing sexual harassment and misconduct

## Online module

- All students need to complete this online module.
- Gives you the knowledge and skills to recognise, prevent, and respond to harassment, sexual misconduct, and related forms of harm within our university community.
- You will find this on Minerva and takes approximately 45 minutes to complete.



# Three takeaways

1. **Reassurance** – you can contact our team for confidential, judgement-free support.
2. **You take the lead** – we will not tell you what to do.
3. **Nothing too big or too small**

**You are not alone; let's take the next steps together.**



# Questions and feedback





# Give us feedback!

**Please tell us what you thought about today's talk.**

Prize draw!

Win one of four £30 "Love2Shop" vouchers.

**Scan the QR code or visit**

**[tinyurl.com/safetyandsupport](https://tinyurl.com/safetyandsupport)**

