

NELSON MANDELA
UNIVERSITY

YOUR CAMPUS SAFETY TIPS



MEMEZA!

yellow whistle campaign



**BLOW THE WHISTLE AGAINST
GENDER-BASED VIOLENCE**

GENERAL SPACES ON CAMPUS:

- Get to know the 'green routes' on your campus. Green routes are specific routes on campus which are frequently patrolled by security personnel. Ask your house committee member or residence manager about the green routes.
- Get to know which lecture venues and/or computer labs are open until late (or early), and find well lit routes to these venues. Also find out where you can summons help when needed (panic buttons, cctv cameras, security personnel).
- There is safety in numbers, so use a buddy system to move around on campus as well as off-campus. Watch out for each other and make sure that the person gets safely back to their room when you go out. Never walk alone at night.



Do not approach any vehicles that drive up next to you. Ignore them and walk to the nearest area with other people around.

Robberies are happening during both daytime as well as at night. Often, young female students with earphones carrying luggage and or laptop bags are being targeted in the Summerstrand, Central as well as within the CBD.



At all times, be aware of your surroundings and stay vigilant. Many of our students stay in off-campus accommodation. When your friend comes over for a visit, under NO CIRCUMSTANCES sit in the vehicle outside of the residence. You are making yourselves a target of a possible hijacking situation. Park the vehicle, go inside and when you are ready to leave, make sure no other vehicles are lingering around in the area.

When making use of Uber, Taxify or any of the public transport services, please confirm that it is indeed a genuine public transport service. Criminals masquerade as public transport service operators with intentions of committing crimes, with students being their "soft targets". Also share your live location and/or the details of the private taxi with a family member or trusted friend, providing information of where you are and where you are going.

There are emergency panic stations at numerous locations along the University Way, Strandfontein Road and Gomery Avenue. Should you be in a situation where you are under threat, you may press the button to speak to Protection Services. Students tampering with the emergency buttons or placing hoax calls will be subjected to disciplinary process.

- Walk along well lit routes that are busy and avoid poorly lit areas with little activity. Avoid shortcuts
- Walk furthest from doorways, alleys and shrubs where people may be able to hide.
- Find out where the security kiosks are on your campus. The campus emergency number is x2009 and it can be called from any of the landline telephones across all campuses.
- Don't allow technology devices (mobile phone, tablet, headphones, an MP3 player, etc.) to distract you from your surroundings. Always be aware of your surroundings.
- If you withdrawing money at an ATM, use one that is located inside a well-lit building. Do not count your money at the machine or in the open, wait until you are in a secure place. Do not accept any assistance from strangers offering to 'help' you.

• Be alert and aware of your surroundings – do not be distracted by technology.

- Use alcohol responsibly - In South Africa, 58% of deaths on South African roads can be attributed to alcohol consumption
- Do not accept rides/lifts from persons you do not know.
- Never stay at a party / social event when your friends leave.
- Trust your gut – rather be cautious than making hasty decisions.
- Share your class/activities schedule with parents and a network of close friends. Make sure they have all the numbers they need to get in contact with you
- Download a security app on your cellphone (eg. MySOS; Cell 411)
- MEMEZA (SHOUT OUT) – carry your yellow whistle with you at all times. Use your whistle to draw attention when in need of help.
- In case of emergencies, call security at extension 2009 (PE campuses) and extension 5114 (George Campus).
- Become familiar with some basic self-defence techniques found on the Nelson Mandela University Moodle site under GBV 01.

**BLOW YOUR
WHISTLE**



**The campus
emergency
number is x2009**

GBV Counsellor:
***51742**
(internal speed dial)

GBV Case Coordinator:
***51842**
(internal speed dial)

CAR SAFETY TIPS

- Keep your vehicle in good running condition. Make sure there is enough fuel to get you to where you are going and back.
- Have your keys ready before getting to your vehicle. When carrying your keys, ensure that you can use the keys as a weapon, should you be attacked.
- Lock all the doors immediately after you have entered the vehicle. If you are locking your car via a remote, check the handles of your car doors after locking to ensure that the doors are locked because the remote can be blocked from locking the vehicle via other devices used by criminals who plan to steal the car or contents in the car. Roll up the windows and lock all the doors, even if you are planning on coming right back. Check inside before getting into the vehicle.
- Park your vehicle in a well lit area. Avoid parking in isolated and poorly lit areas.
- Be especially alert in parking lots and underground parking areas.
- If you think someone is following you home, drive to the nearest police station, petrol station or well lit area.
- If your vehicle breaks down, call for help on you mobile phone. Lock all doors and keep all windows closed. Do not open the vehicle for anyone until help arrives.
- Do not leave any valuable items in plain view of passersby. All valuables should be placed in the boot of the vehicle or somewhere out of sight.
- Do not place your name, address and vehicle registration number on your keyring. If you lose your keys, those details can lead a thief directly to your vehicle.
- Do not leave your house and vehicle keys together with an attendant at a public parking lot or at a carwash. Your house key can quickly be duplicated and your home address obtained from your vehicle's number plate.
- Never pick up hitch hikers.



**Park your vehicle
in a well lit area.**

**Do not leave any
valuable items in plain view
in your car.**

BIKE SAFETY TIPS

- When using a lock to secure your bicycle, use a U-bolt style lock.
- Attach the lock through a wheel, the frame and a stationary object such as a bike rack.
- Mark your bicycle with some sort of identification on two different sites on the immovable parts of your bicycle. This should deter thieves, and also help in identifying and returning a stolen bicycle.
- Keep a record of your bicycle's make, model, colour and frame number.



RESIDENCE SAFETY TIPS:

- Lock your room door when you are in your room and whenever you leave the room (even if you intend being away for just a few minutes). Most thefts happen when the student is away from their rooms for just a few minutes.
- If you stay on the ground floor of a residence, also close and lock the windows when you leave your room.
- Never give your keys and student card to anyone.
- Avoid leaving your bag, wallet, cash, jewelry, cellphone, laptop, any form of identification, or any other valuable items in open view. These will tempt thieves to enter your room to steal these items.
- Have emergency contacts available on your person (in a pocket or a wallet) or your mobile device (set up your phone's speed dial).
- Know the students staying in the neighbouring rooms. Report suspicious loitering to your house committee member, residence student assistant, residence manager, or security personnel.
- Tell a friend or roommate where you are going before venturing out.
- MEMEZA (SHOUT OUT) – carry your yellow whistle with you at all times. Use your whistle to draw attention when in need of help.
- Incidents of gender-based violence (including sexual harassment, rape) occur on campus as well as in and around residences. Make yourself aware of the reporting mechanisms available:

<https://onl.mandela.ac.za/PublicReportingPage/>

use Google Chrome not Internet Explore

- If you are in your room with a love interest, leave the door unlocked so someone can get in if you call for help or they suspect foul play. If the person is not a love interest, leave the door open altogether.
- During examination period Campus Protection Services provides an escort service from study venues to residences.
- Drink alcohol responsibly. If you're getting to the point that you don't have control of yourself (actions, thoughts), you need to alert a close and trusted friend to take you to your room where you can safely sleep.
- Make an agreement with your friends to never allow each other to leave with a guy while intoxicated (about 50% of sexual assaults, including rapes reported, happen when alcohol is involved).

Avoid leaving your bag, wallet, cash, jewelry, cellphone, laptop, any form of identification, or any other valuable items in open view.



**Lock doors.
Inform friends
housemates of
whereabouts**

WALK-INS AND STUDENTS ARRIVING FROM OUTSIDE THE METRO:

1. When you arrive at South Campus, report to the information kiosk at the entrance to south campus, where you will be guided by the security personnel to the relevant offices/people.
2. Should you arrive after hours, report to the information kiosk at the entrance to south campus, where you will be escorted by the security personnel to accommodation specifically allocated for this purpose.
3. Members of the student representative council (SRC) and other student formations will provide assistance to students during the registration period.
4. Should you find yourself not knowing where to go, ask to speak to an SRC member for assistance, or alternatively go to the information kiosk requesting assistance.
5. Report any person demanding money, material goods and/or sexual favours from you in exchange for securing accommodation, admission, marks, etc. directly to the Dean of Students - case coordinator number-078 548 9708.
6. Do not allow any staff or student who assisted you to call in 'favours' after you are a registered student of Nelson Mandela University.
7. Be aware of staff or student impersonators. Any person approaching you offering assistance during the registration period need to have a visible form of identification (staff card; student card) available at all times. Request to see their staff/student card if it is not visible.
8. All monies to be paid to the University should be done so via the cashiers. No monies should be exchanged with any staff and/or student.
9. Do not accept rides/lifts from persons you do not know, even if they are wearing university branded clothing and/or political regalia of a political party you support.

Ask help at
information kiosk



**Only pay
money at
cashiers**

**Report any person
demanding money
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Students.**

[https://onl.mandela.ac.za/
PublicReportingPage/](https://onl.mandela.ac.za/PublicReportingPage/)



DATING SAFETY TIPS:

- Keep your family, roommate & close friends informed when you intend going out on a date.
- Provide the proper information about where you are going, who you are going with (including your date's name and surname and phone number) and when you expect to be home. If anything changes regarding your whereabouts during the course of the evening, let them know right away. Be sure to call and check in once you get home. Also activate your live location on your mobile phone so that you can be tracked should anything happen to you.
- Create a code word with your family, roommate and/or close friend, which if used by yourself, will indicate that you are in danger.
- Arrange to meet in a safe and familiar environment. If however you go to an unfamiliar place, make sure you are aware of where the exits are.
- Provide your own transportation (your own car, Uber, Taxify) when you going on a date with someone you do not know very well.
- Always keep your cell phone fully charged and close by when you are out on a date.
- Always keep an eye on your drinks and food. Stay alert, and never leave your food or drinks unattended.
- Drink responsibly – know your limits
- Carry some pepper spray with you when going on a first date. Better safe than sorry.
- Clearly inform your date about your physical contact boundaries, should you not want to become physically intimate. NO MEANS NO.
- Become familiar with some basic self-defence techniques



USE ALCOHOL RESPONSIBLY:

• Know your limits

- Eat before you drink and continue to snack on bits of food while you are drinking, while also drinking water in between drinks (alcohol dehydrates).
- Take money with you and do not be dependent on other people's (stranger's or friend's) generosity
- Take a limited amount of money with you (so that you are not tempted to buy more drinks)
- Sip your drinks slowly – if you are thirsty, drink water first



**DON'T DRINK
AND DRIVE**

**Better safe
than sorry**

**Keep family/
friends informed**

UNITS

What is a unit?

1 Unit = 0.02g blood or 0.10mg breath

















Legal Limit = < 0.05g blood or < 0.24mg breath

Professional Drivers Legal Limit = 0.02g blood or 0.10mg
breath It takes about 1 hour to get rid of 1 unit.

How many units in a drink?

To work out the No. of Units in each drink, do this formula

$$\frac{\% \text{ alcohol}}{100} \times \frac{\text{Volume}}{10} \quad \text{EG: Beer } \frac{4.5}{100} \times \frac{340}{10} = 1.5\text{U}$$

	340ml Bottle/Can standard Beer	1.5 u+
	340ml Cider/Hunters, Savanna	2 u
	275ml Alcopop, Spirit Cooler (R.T.D's) - Brutal fruit, Hooch, Archers	1.2 - 1.5 u
	275/300ml Smirnoff Spin	1.5 - 1.9 u
	300ml Vawter	1.8 u
	75ml (Red) 90ml (White) Wine	1 u
	Bottle Wine	12% 9 u (white) 14% 10.5 u (red)
	750ml Bottle Vodka/Whiskey/Brandy	33 u
	Cocktails	2.5 u
	Quart Standard Beer (750ml)	3.4 u
	Quart Black Label (750ml)	4 u
	Nip Brandy (200ml)	8 u
	Single tot Brandy, Whiskey, Vodka, Cane	1 u
	Tequila (tot) (25ml)	1 u
	Shootera	0.5 u
	Stroh Rum (tot) (25ml)	2 u

Count your drinks – no more than 3 at any occasion



WHAT SHOULD I DO:

If I have been sexually assaulted or raped?



STEP 1

DO NOT CLEAN YOURSELF

in any way. Put clothes and anything else used during the incident in a paper bag or clean pillow case

STEP 2

GET HELP

call 041 504 2009 / 10 111

STEP 3

GET SUPPORT

VISIT: Student Health Services (office hours) or
Rape Crisis Centre (office hours) or
Thuthuzela Care Centre (24/7)

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**BLOW THE WHISTLE AGAINST
GENDER-BASED VIOLENCE**

If you are confronted with a threatening situation, the following is very **IMPORTANT**:

1. Attempt to remain calm.
2. Use your judgement of the situation and do anything to stay alive.
3. No material possession is worth endangering one's life for.
4. If confronted by a criminal who is armed, or claims to be armed, give up your property immediately.
5. Try to remember what the criminal looks like (e.g. Age, height, hair colour, clothes, voice and any distinguishing features such as tatoos, birthmarks, scars, etc.)
6. At the first opportunity, contact the Protection Services Control Room (OMAR Room) immediately on the respective campus you are on. Alternatively, please make use of the following contact numbers:

USEFUL CONTACTS:

TRANSFORMATION OFFICE (OFFICE HOURS)

041 504 2612

<https://onl.mandela.ac.za/PublicReportingPage/>

- Report matters relating to sexual harassment, sexual offences and discrimination/harassment
- Provide advice on institutional procedures relating to sexual harassment, sexual offences and discrimination/harassment
- Facilitate supportive and protective measures relating to sexual harassment, sexual offences and discrimination/harassment

CAMPUS PROTECTION SERVICES (OPERATE 24/7)

041 504 2009

- Transport to nearest SAPS office 041 504 3483/ 3636/ 2342
 - Transport to hospital/Thuthuzela Care Centre (North Campus)
 - Investigation (on campus cases) 041 504 2482 (South Campus)
 - Collaboration with SAPS (where applicable) 041 504 3710 (Second Avenue)
 - Serving of No-Contact Orders 041 504 4785 (Bird Street)
- 041 504 1231 (Missionvale)
044 801 5183 (George)

STUDENT HEALTH SERVICES (COUNSELLORS) (OFFICE HOURS)

- Immediate medical care
- Provision of post-exposure prophylaxis (PEP)
- Trauma counselling and therapy

041 504 2174 (South Campus)
041 504 5062 (George)
041 504 1374 (MV)
041 504 3364 (North Campus)
041 504 3869 (2nd Ave)
After hours (16:00 - 18:00)
Medical Emergencies ONLY
Port Elizabeth - 041 504 2009

**EMTHONJENI STUDENT WELLNESS (PSYCHOLOGIST)
(OFFICE HOURS)**

- Psychological assistance
- Trauma counselling

041 504 2511 (South Campus)
041 504 5051 (George)
041 504 1106 (MV)
041 504 3222 (North Campus)
041 504 3854 (2nd Ave)

RAPE CRISIS CENTRE (RCC) (OFFICE HOURS)

- Counselling and psychological services
- Court support for rape survivors

041 484 3804

THUTHUZELA CARE CENTRE (TCC) (OPERATES 24/7)

- Provision of integrated rape care management, including immediate medical attention, counselling services, legal assistance, ongoing counselling and court preparation

041 406 4112

GENDER-BASED VIOLENCE COMMAND CENTRE (24/7)

- Provision of assistance and counselling for emergency situations including indecent assault, physical violence, rape, stalking, emotional abuse, sexual harassment and bullying.

0800 428428 (0800 GBV GBV)
*120*786# PLEASE CALL ME

REVIVE (OFFICE HOURS)

- Provision of counselling, rape and trauma support

041 373 8882

SOUTH AFRICAN POLICE SERVICES (OPERATE 24/7)

- SAPS 10111 emergency centre for emergency assistance
- Your nearest SAPS office to report a case and/or lay a charge

10111