

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.
- 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)

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.



1 Request your ride inside

Minimize the time you're standing outside with your phone in your hand. Instead, wait inside until the app shows that your driver has arrived.

2 Check your ride

Every time you take a trip with Uber, please make sure you're getting into the right car with the right driver by matching the license plate, car make and model, and driver photo with what's provided in your app. Uber trips can only be requested through the app, so never get in a car where the vehicle or driver's identity doesn't match what's displayed in your app.

3 Have the driver confirm your name

Check Your Ride safety steps, you can also ask the driver to confirm your name before you get in the car. Your driver sees your first name in their app, and your driver's first name is displayed to you in your app. To safely exchange names, you can ask, "Who are you here to pick up?" The driver may also ask you to confirm their name for their own peace of mind.

4 Be a back-seat rider

Sit in the back seat whenever possible, especially if you're riding alone. This helps ensure that you can safely exit on either side of the vehicle to avoid moving traffic, and it gives you and your driver some personal space.

5 Share your trip details with loved ones

While en route, tap Share trip status in the app to share your driver's name, photo, license plate, and location with a friend or family member. They will receive a text or push notification that tracks your trip and ETA.

6 Follow your intuition

Trust your instincts and use your best judgment when requesting a ride with Uber. If you ever feel that you're in an urgent situation, if you feel unsafe you can end the ride at any time.

7 Give feedback about your trip

After each trip, you're asked in the app to rate your trip. Your feedback helps keep Uber safe and enjoyable for everyone. If you ever experience a safety issue on a trip, please report it to Uber.

SAFETY TIPS FOR TAXI USERS



- 1 Try not to use a taxi on your own, always have someone travelling with you when using a taxi, especially at night. Avoid taxis with no passengers inside and avoid travelling at night
- 2 Never carry expensive valuables in a taxi
- 3 Be aware of your surroundings
- 4 Be vigilant in case you need to identify offenders
- 5 Take note: in a crime, or accident memorises the taxi's registration number.
- 6 Alert people, always scream to attract attention in a dangerous
- 7 Go for trauma counselling after a traumatizing incident

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:

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

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

use Google Chrome not Internet Explorer

- If you are in your room with a love interest, leave the door unlocked so someone can get in if

- 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).



**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 and/or sexual favours from you in exchange for securing accommodation, admission, marks, etc. directly to the Dean of Students.

<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 are 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



Alcohol Use, Misuse and Abuse

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

**Better safe
than sorry**



**DON'T
DRINK AND
DRIVE**

**Keep family/
friends informed**

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:

$$\frac{\% \text{ alcohol}}{100} \times \frac{\text{Volume}}{10}$$



$$\text{E.g. Beer } 4.5 \times \frac{340}{100} = 1.5\text{U}$$

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

Count your drinks – no more than 3 at any occasion

What is Sexual Assault?

An unlawful and intentional act of sexual contact with another person without that person's consent.

What is rape?

An unlawful and intentional act of sexual penetration with another person without that person's consent, specifically acquaintance, spousal and date rape.

WHAT SHOULD I DO:

If I have been sexually assaulted or raped?



STEP 1

DO NOT CLEAN YOURSELF

Do not clean yourself in any way. Put clothes and anything else used during the incident in a paper bag or clean pillow case.

If sexual assault was not reported timeously (72 hours), make an appointment with the medical health care practitioner. Even if the victim has washed, do not discount the possibility that evidence could still be obtained.

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)

MEMEZA!

yellow whistle campaign



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

How do I protect myself?

Self-classes are available on the Mandela Transformation Office YouTube Channel:
<https://www.youtube.com/@mandelatransformationoffice8417>

De-escalation techniques: Purposeful action

Remain Calm:

A purposeful demonstration of calmness and composure can enable de-escalation.

Change the Setting:

If possible, remove people or yourself from the area. This could involve parties to the conflict and onlookers.

Respect Personal Space:

Maintain a safe distance and avoid touching the other person.

Listen:

Give your full attention, nod, ask questions, and avoid changing the subject or interrupting.

Empathize:

Present genuine concern and a willingness to understand without judging or disrespect.

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

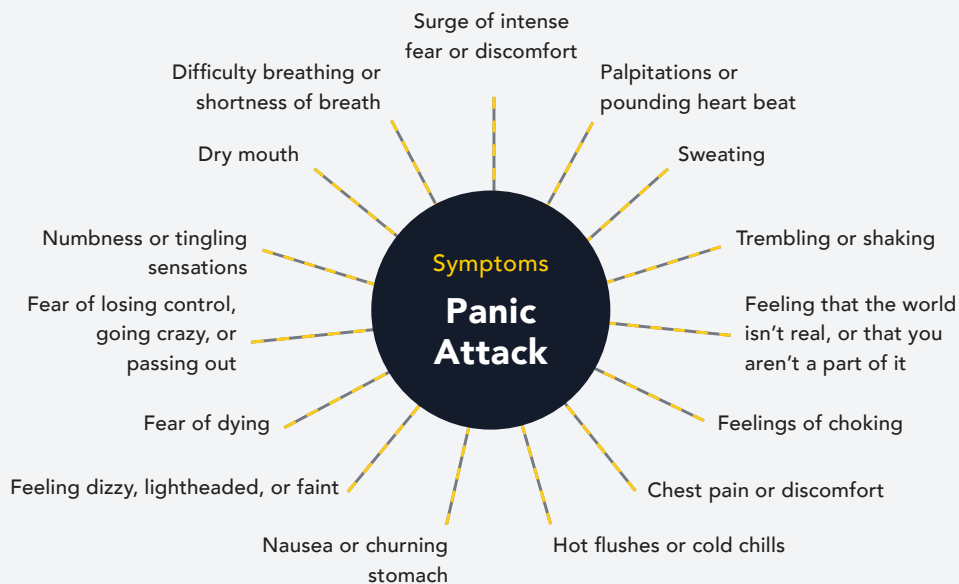
1. Attempt to remain calm.
2. Use your judgement of the situation and do anything to stay alive.
3. No material possession is worth endangering one's life for.
4. If confronted by a criminal who is armed, or claims to be armed, give up your property immediately.
5. Try to remember what the criminal looks 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:

TRIGGER-INDUCED PANIC ATTACKS

Panic attack triggers can vary depending on the individual, meaning that while something may serve as a trigger for you, someone else with an anxiety disorder may have different triggers. Panic attacks have an immediate onset and can last anywhere from several minutes to one hour. People who have experienced GBV are sometimes known to suffer from panic attacks from triggers around them.

Signs that you are having a panic attack

- Shaking.
- Feeling disorientated.
- Nausea.
- Rapid, irregular heartbeats.
- Dry mouth.
- Breathlessness.
- Sweating.
- Dizziness.



How to deal with panic attacks

● Use deep breathing

While hyperventilating is a symptom of panic attacks that can increase fear, deep breathing can reduce symptoms of panic during an attack.

● Close your eyes

Some panic attacks come from triggers that overwhelm you. If you're in a fast-paced environment with a lot of stimuli, this can feed your panic attack. To reduce the stimuli, close your eyes during your panic attack. This can block out any extra stimuli and make it easier to focus on your breathing.

● Repeat a mantra internally

Repeating a mantra internally can be relaxing and reassuring, and it can give you something to grasp onto during a panic attack.

● Recognize that you're having a panic attack

By recognizing that you're having a panic attack instead of a heart attack, you can remind yourself that this is temporary, it will pass, and that you're OK.

● Take medication

If you are a person who has asthma or respiratory problems, it will help to keep an asthma pump on hand in case of an emergency.

Can panic attacks be prevented?

Avoiding specific triggers may help prevent a panic attack, but this may not always be possible or appropriate. **It is not always possible to prevent a panic attack, but the following tips may help:**

- Do breathing exercises every day
- Avoid caffeine, smoking, and alcohol, as they may make anxiety worse
- Speak to a counsellor and seek another professional to help
- Visit the student health service to help provide medication to help calm you down in case of a severe panic attack
- follow a diet that is low in added sugar and eat regularly to avoid glucose spikes
- Exercise regularly

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
- Transport to hospital/Thuthuzela Care Centre
- Investigation (on campus cases)
- Collaboration with SAPS (where applicable)
- Serving of No-Contact Orders

041 504 3483/ 3636/ 2342

(North Campus)

041 504 2482 (South Campus)

041 504 3710 (Second Avenue)

041 504 4785 (Bird Street)

041 504 1231 (Missionvale)

044 801 5183 (George)

STUDENT HEALTH SERVICES (COUNSELLORS) (OFFICE HOURS)

041 504 2174 (South Campus)

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

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)

041 504 2511 (South Campus)

- Psychological assistance
- Trauma counselling

041 504 5051 (George)

041 504 1106 (MV)

041 504 3222 (North Campus)

041 504 3854 (2nd Ave)

RAPE CRISIS CENTRE (RCC) (OFFICE HOURS)

041 484 3804

- Counselling and psychological services
- Court support for rape survivors

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

041 406 4112

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

GENDER-BASED VIOLENCE COMMAND CENTRE (24/7)

0800 428428 (0800 GBV GBV)

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

*120*786# PLEASE CALL ME

REVIVE (OFFICE HOURS)

041 373 8882

- Provision of counselling, rape and trauma support

SOUTH AFRICAN POLICE SERVICES (OPERATE 24/7)

10111

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

RESOURCES

SOUTH AFRICAN DEPRESSION & ANXIETY GROUP

0800 567 567

- Counselling support

NATIONAL SHELTER MOVEMENT

0800 001 005

- The united voice on sheltering for abused women & their children
- Supporting, networking, lobbying, and capacity-building on

WHATSAPP/ PLEASE CALL ME:

082 057 8600

/082 058 2215

/072 239 7147

NATIONAL GBV HELPLINE

0800 150 150

mandela.ac.za

Change the world.