

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 make you unaware of 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.



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

- Use alcohol responsibly - approximately 35-40% of road deaths in SA are pedestrian deaths
- 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.



**BLOW YOUR
WHISTLE**

**The campus
emergency
number is x2009**

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.
- 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. 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.**

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 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.

**Do not leave any
valuable items in plain view**



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 first and second floor of a residence, please also lock your windows at night.
- 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 you 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:
<http://tme.mandela.ac.za/sexual-harassment>
- If you are in your room with a love interest/guy, leave the door unlocked so someone can get in if you call for help or they suspect foul play. If the man 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 or your surroundings, you need to stop and think about the types of situations you're putting yourself in. It is far too easy for others to take advantage of you if you cannot think or act rationally.
- Make an agreement with your friends to never allow each other to leave with a guy while intoxicated (about 50% of assaults 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 in Port Elizabeth without any means of transport to South Campus, call 041 504 2009. You can also use this number if you do not have data.
2. 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.
3. 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.
4. Members of the student representative council (SRC) and other student formations will provide assistance to students during the registration period.
5. 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.
6. 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.
7. Do not allow any staff or student who assisted you to call in 'favours' after you are registered student of Nelson Mandela University.
8. 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.
9. 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.
10. Do not accept rides/lifts from persons you do not know.

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.**



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 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.
- Invent a code word that will indicate that you are in danger.
- Arrange to meet in a safe and familiar environment.
- 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.
- It might be smart to come up with some "ready-made" excuses to avoid unwanted physical contact.
- Become familiar with some basic self-defence techniques



USE ALCOHOL RESPONSIBLY:

• Know your limits

- Eat before you drink and continue to take in food while you drinking alcohol
- Take money with you and do not be dependent on other people's (strangers or friend) 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
- Count your drinks – no more than 3 at any occasion
- Do not drink faster than one unit per hour
- Know how your body responds to alcohol – people differ and can cope with different amounts of alcohol
- Do not drink when you need to drive or study
- Do NOT use alcohol if you are using medication or are pregnant
- Do not 'GO BINGE DRINKING' – consuming alcohol should be part of the overall social activity
- Drink a soda drink between each alcoholic drink
- Plan how you will get home and always have a sober designated driver



**DON'T DRINK
AND DRIVE**

Better safe than sorry

**Keep family/
friends informed**

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: Campus Health Services (office hours) or

PE Rape Crisis Centre (office hours) or
Thuthuzela Care Centre (24/7)

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GENDER-BASED VIOLENCE**

USEFUL CONTACTS:

TRANSFORMATION M&E OFFICE (OFFICE HOURS)

041 504 2612

- 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

CAMPUS HEALTH SERVICES (COUNSELLORS) (OFFICE HOURS)

041 504 2174 (South Campus)
041 504 5062 (George)
041 504 1374 (MV)
041 504 3364 (North Campus)
041 504 3869 (2nd Ave)

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

STUDENT COUNSELLING SERVICES (PSYCHOLOGIST) (OFFICE HOURS)

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

- Psychological assistance
- Trauma counselling

PORT ELIZABETH RAPE CRISIS CENTRE (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)
*120*786# PLEASE CALL ME

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

REVIVE (OFFICE HOURS)

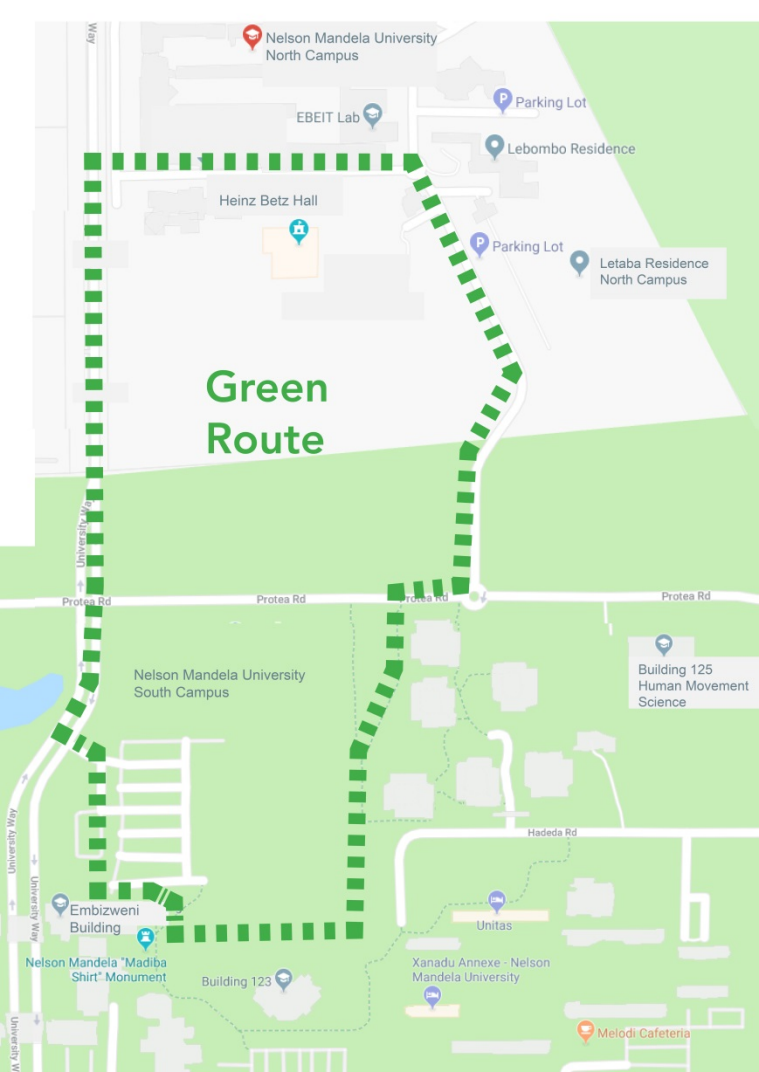
041 373 8882

- 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



Nelson Mandela University
North Campus

EBEIT Lab

Parking Lot

Lebombo Residence

Heinz Betz Hall

Parking Lot

Letaba Residence
North Campus

Green Route

Protea Rd

Protea Rd

Protea Rd

Protea Rd

Nelson Mandela University
South Campus

Building 125
Human Movement
Science

Hadeda Rd

Unitas

Xanadu Annexe - Nelson
Mandela University

Melodi Cafeteria

Embizweni
Building

Nelson Mandela "Madiba
Shirt" Monument

Building 123

University Way
University Way
University Way
University Way
University Way