

# LOOKOUT

THE STUDENT WATCH MAGAZINE

THE



HOW TO COMBAT

STUDENT LONELINESS

PROTECTING  
YOUR NUDES

SIMPLE STEPS TO  
PREVENT THIEVES  
STEALING YOUR STUFF

HOW TO TALK TO A  
FRIEND YOU SUSPECT OF  
INAPPROPRIATE BEHAVIOUR

WHEN ACTIVISM MEETS  
STUDENT SAFETY



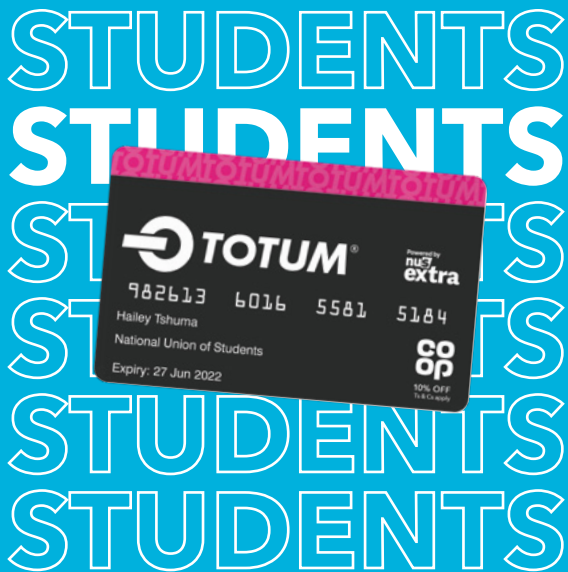
PLEASE RECYCLE ME



Insurance

# WHAT'S INSIDE

- 3 Student Watch
- 4 How to combat student loneliness: intentionality
- 9 When activism meets student safety
- 12 Protecting your nudes: essential cybersecurity tips
- 16 How to talk to a friend you suspect of sexual assault, harassment or spiking
- 20 Simple steps to prevent thieves stealing your stuff



GET 10% OFF YOUR SHOPPING IN CO-OP STORES!

REDEEM WITH TOTUM

We understand that you want to save the pennies when you're studying. That's why, when you shop instore at Co-op, you can get 10% off by showing your TOTUM card at the checkout.

- Discount excludes, cigarettes and tobacco, baby milk, products in sale/promotion, stamps, saving schemes, National Lottery, gift vouchers, phone cards, continuity programmes, in-store concessions, PayPoint and Newspaper delivery.
- Cannot be used in conjunction with any other offer. (other than Co-op Membership)
- To redeem this discount, simply show your TOTUM card at participating stores when at the till.

- Southern Co-op Stores
- To claim your membership points when shopping in a Southern Co-op store please retain your receipts and call their Member Support team on 0800 6520 124 or submit your receipts via Southern Co-op's online form.

VICTORIA WILSON,  
UNIVERSITY OF BIRMINGHAM

Student life offers independence and thrilling opportunities – but many of you will know from friends or first-hand experience that serious safety issues, from being spiked to being burgled, remain all too prevalent. Initiatives such as The Lookout are vital in ensuring these issues aren't pushed aside when universities fight to uphold a good reputation.

We help students to support one another to create happier, safer and more connected environments. Although older generations tend to approach student problems with good intentions, they can sometimes appear patronising, alienating and out of touch.

As part of the Student Watch Council, I am grateful to have a chance to chat with fellow students from across the country about our university experiences, propose solutions to the safety issues we face, and ensure initiatives are relevant and relatable.

Check out articles written by students, for students, on the subjects of how to protect your nudes, the cure to student loneliness and an interview with Reclaim Campus at UoB.

## STUDENT WATCH



Last year, Co-op Insurance and Neighbourhood Watch teamed up and made a commitment to help students in supporting one another to create a happier, safer environment and more connected campus. But what's the difference to other student safety measures that you may have seen before? *This one is fully student-led.*

### What have we done so far?

- Published two issues (you're reading the second!) of The Lookout, a free, student-created magazine providing students with actionable advice in difficult situations as we touch on more than safety and wellbeing.
- Launched the Student Watch Council, a fantastic group of 10 students, representing the various concerns that their peers might have. Their job is to hold us to account and make sure we are doing stuff that matters.

And we've only just got started. We have big plans, which involve rolling out free training to students on how to prevent, spot and react to issues on a night out, free drop-in safety advice sessions, ways to support your community on and off-campus, and tagging sessions on campus.

THE TEAM AT  
NEIGHBOURHOOD WATCH NETWORK  
& CO-OP INSURANCE

INTERESTED IN JOINING THE STUDENT WATCH COUNCIL TO HELP SET THE AGENDA FOR ALL THINGS STUDENT SAFETY, COMMUNITY & WELLBEING?

CLICK HERE





# How to combat student loneliness: intentionality

Daniel Fisher,  
Kings College London

## It's easy to slip into isolation habits, so try first to engage with others – there's more than one way to do it

Was your idea of university formed by *American Pie* and its wingmen of wild 'SPRING BREEAAAAK!' films? Or perhaps by the bit-naff-but-still-exciting UK TV equivalents, such as *Fresh Meat*? Either way, as different as Stifler and Jack Whitehall may be (i.e. very), they have one thing in common: a social life. Cut to reality and you may be disappointed. I know I was.

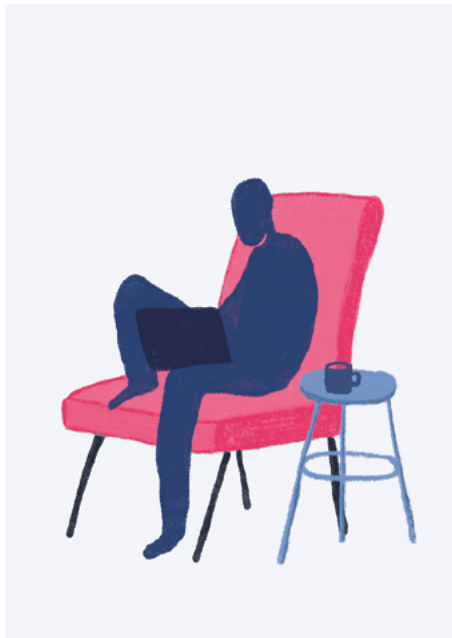
In a 2021 ONS survey, more than a quarter of students said they felt lonely either often or always, against a general rate of 8% in the UK adult population – so you're not alone, even if the exact opposite feels true. Student life can be romanticised, and the undercurrent of isolation goes unmentioned.

What can we do? Loads, thankfully! But instead of listing 'fun' activities for you

to force upon your friends, I'll share the most important thing I've learned about how to escape loneliness at university. In short: be intentional.

At school, college and work, there's little you can do to avoid befriending people. You might even grow a soft spot for that annoying co-worker – you know, the one who brags about never taking a day off for a cold EVEN THOUGH WE ARE IN A PANDEMIC, JANE. You make unlikely friends when you spend so much of your day in the same surroundings.

At university, it's much easier to keep to yourself. That option is always available, whether it's by sitting at the back of the lecture hall, hoodie up and headphones in, or by taking a sneaky nap with your camera and mic off when learning from home. It's tempting. I did it plenty in my



first year. By second year I was yearning for Jane's dead chat about *Strictly*, because if you don't intentionally try to connect with people, you can end up feeling lonely.

Intentionality means going out of your way to avoid falling into isolating habits, no matter how warm and comfy your bed feels before those 9am lectures. The hardest lesson I learned at uni, aside from the fact that it's possible to contract scurvy with the wrong diet, was that Making Friends Be Hard.

For those of us more extrovertically-inclined, intentionality can mean sitting in the lecture hall near someone you

don't know, and trying to strike up a conversation. Most people have grown out of their *Mean Girls* phase by this point – they're probably happy to meet someone new, especially someone who, being in the same class, may already have a shared interest.

If the thought of talking to a stranger turns your stomach, see if any university societies interest you and try to make it to an event. I met members of the Lego society due to a room-booking mix-up between their night and a Marxist society event. We wanted to build a socialist utopia; they wanted to build a Death Star. Instead, we built the unlikeliest of friendships... and a Death Star.

**If you don't intentionally try to connect with people, you can end up feeling lonely.**

## **No COVID variant can stop young people from chatting shit.**

COVID-19 hindered many of the usual ways that students would make new friends, so it's been heart-warming to see people rise to the challenge by adding virtual inclusivity to their social lives. My 2021-22 student life was sustained by group chats on WhatsApp, impromptu coffees on Zoom, and the open exchange of memes and TikToks. No COVID variant can stop young people from chatting shit.

You can also check out Lonely Not Alone, a website set up for young people to share stories of loneliness and connect with others going through a similar experience (more details below).

If you carry intentionality into your time at uni, then loneliness – the 'other' pandemic – will struggle to take hold. Feeling lonely doesn't make you a loner. You're one of the 26% of us who don't quite fit the Hollywood frat fantasy – and that's completely OK.

**If you need more information and mental wellbeing support for yourself or someone else, try the resources below.**

**Most universities offer students free, confidential counselling with mental health professionals, as well as information on how the university can accommodate a student struggling with their mental health.**

### Mind

**phone:** 0300 123 3393  
info@mind.org.uk

### SAMH

**phone:** 0344 800 0550  
info@samh.org.uk

### Inspire (Northern Ireland)

**phone:** 0289 032 8474

**Lonely Not Alone** is a Co-op foundation campaign co-designed with young people and backed by NUS and Universities UK. It's a safe place for young people to share experiences of loneliness and ways to beat it. Loneliness is something that has happened to you – it is not who you are.

Read stories and submit your own at [lonelynotalone.org](https://lonelynotalone.org)





## Celebrating 40 years of Neighbourhood Watch

Neighbourhood Watch can support you to make your campus safer and improve community wellbeing.

To find out more about the biggest voluntary movement in the UK visit:

[ourwatch.org.uk/students](https://ourwatch.org.uk/students)

Neighbourhood Watch Network is a charity registered in England & Wales, CIO no. 1173349

## WHEN ACTIVISM MEETS STUDENT SAFETY

Reclaim Campus and The 97% Project are two student groups formed to fight inaction towards assault and harassment

Victoria Wilson,  
University of Birmingham



## There are ways for students to pressure universities into improving campus safety.

Sarah Everard. Sabina Nessa. Maria Rawlings. Julia James. The year 2021 added these names and many more to a depressingly long list of women who were assaulted and murdered in the UK. With 97% of women aged 18-24 having experienced sexual harassment, University of Birmingham students decided to act. Now Reclaim Campus and The 97% Project, new groups demanding safer streets, tell us how you can, too.

It shouldn't be our responsibility, of course, but there are ways for students to pressure universities into improving campus safety. It may involve combining to share stories, raise awareness, remember victims and stand against victim-blaming, or it may be about providing and signposting resources for reporting cases, accessing wellbeing support or finding safe ways to get home.

Reclaim Campus gained a huge following after uniting and inspiring

hundreds at a vigil for Sarah Everard in March 2021, where students gathered for a moment's silence and shared their experiences of assault. Since then, the group have organised self-defence classes, handed out safety alarms, expanded the Selly Express free bus service that takes students home from campus, held a vigil for Sabina Nessa and helped students to use the university's 'You Report, We Support' scheme.

They're also working towards long-term goals such as increasing CCTV and building a Community Safety Team and 'Safety Hub' on campus – but the committee still had time for an interview.

### **What would you advise anybody wishing to set up a campaign to tackle student safety issues?**

Find passionate people with similar ambitions and build clear short- and long-term aims to keep progress moving. Work *with* the people you expect change from, not against them.

### **How do you navigate the line between victim-blaming and encouraging people to take precautions such as carrying a safety alarm or using a drinks cover?**

Though we shouldn't have to protect ourselves, it would be irresponsible to spread this narrative and nothing else, as unfortunately we are not there yet societally. We've been pushing for the inclusion of compulsory consent

courses at university, for students and staff, and we always listen to feedback from other students to shape our approach.

### **How do you manage potentially challenging communications with authorities such as the Guild of Students?**

We've been transparent and candid with the Guild. It's important to have respectful conversations with those able to change things and then use more public measures if necessary, such as open letters or petitions.

**Follow [@reclaimcampusuob](https://www.instagram.com/reclaimcampusuob) on Instagram for more information on events and their lobbying for a compulsory consent course.**

*It feels crazy, having to do so much simply to feel safe & heard.*

The 97% Project was founded by Heidi Downing in October 2021 to tackle street harassment in Birmingham. She describes it as "a student-run research project combining arts and activism": through creative writing and art workshops, open-mic nights and an upcoming verbatim play, it has created a safe space for difficult discussions,

while inspiring students to demand change through art. The play, which collates students' experiences and reflections on street safety, is set to be performed in the spring of 2022.

### **What inspired you to create The 97% Project?**

My anger that nothing was being done, though I could see street harassment affecting my peers, encouraged me to begin the project. Catcalling has become so normalised that I wanted to spark new ways of thinking about it, so issues can be tackled, not neglected. It feels crazy, having to do so much simply to feel safe and heard.

### **How have you made people aware of the project? Were there any stumbling blocks?**

After spreading awareness via social media and approaching student groups such as the Live Art society, Urban Angels and the Student Guild, events have largely been successful however many hurdles cropped up, from small turnouts at workshops to performers getting ill. When things don't go to plan, you must remind yourself why you started in the first place. I've never lost sight of that.

**Heidi and The 97% Project team are keen to create a zine on student street safety and urge anybody interested in collaborating to contact them [@ninety.seven.percent](https://www.instagram.com/ninety.seven.percent) on Instagram.**



## Protecting your nudes: essential cybersecurity tips

Bridget Eke, University of Leeds

By now, you're probably tired of messages about being safe online, whether that's in protecting yourself from phishing emails, fraud scams or the perils of taking sexually explicit selfies. Cybercrime is up 600% since the start of the pandemic, so those messages won't go away.

Fortunately, this won't be some terrifying lecture, because I'm not a cybersecurity expert speed-typing code in Silicon Valley. I just have some

simple advice to offer. When it comes to keeping the wrong people away from your private information, your messages and, yes, your nudes, the naked truth is that a little awareness goes a long way.

### pA\$\$words

It still shocks me how many people are unaware of multi-factor authentication. It's a basic essential, adding an extra layer of security to online accounts without sacrificing accessibility, and it's available across so many platforms

## Safety on the internet today is about more than having a complicated password... although that's a start

that we use on the daily. As for the passwords themselves, we must face the sad reality that the flimsy key we once used to log into Club Penguin can't be trusted now to protect all of our important details – even if it's easy to remember. *Especially* if it's easy to remember.

We laugh at Apple's suggested 'strong passwords', but Password123 can take us only so far. No, capitalising the P is not enough. And hackers are aware of underscores. Free online password managers such as Dashlane and LastPass are helpful, or you can find out more information about secure passwords at [www.ourwatch.org.uk/passwords](http://www.ourwatch.org.uk/passwords).

Personally, I often rely on iCloud to remember my password – but that isn't always the best option...

### Head in the iCloud?

Cloud storage services are susceptible to data leaks and hacks, so be wary. With sensitive photos, turn off syncing and consider using password-protected folders for storage – with the

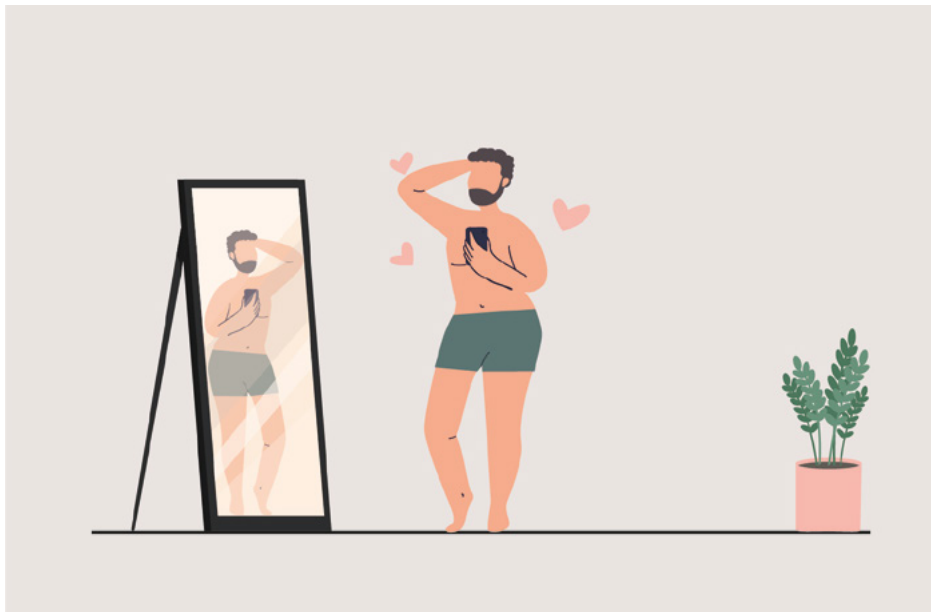
password not being remembered by the cloud, obviously.

Secondly, regarding privacy settings, in the social media age it's easy to control who has access when you consent to posting online. On platforms such as Snapchat and Instagram you can use private stories and 'close friends' settings, for that extra security. And, if you can, just be vigilant when your general accounts are set to public.

Third: location, location, location. Though it can be a handy feature, turning off location services when taking photos on a mobile device will prevent that info from being stored in the metadata.

### What app? WhatsApp.

Once the Send button is hit, it's usually final, except in the rare typo-driven scenario when you're able to delete a message before anybody else sees it (oh, the secret shame). That makes it incredibly important to consider the actual platform on which photos are exchanged.



WhatsApp maintains that with its end-to-end encryption service, even they can't see what is sent in personal chats. Other, time-sensitive platforms such as Snapchat – which also utilises E-to-E encryption – add security to your messages, too.

And that's it – except to add that, while prevention is always better than the cure, it's important to know what steps to take if an explicit photo does end up online without your permission. Your first point of call is the platform themselves: if you tell them that you didn't consent to this, they're required by law to take it down. Unfortunately, support teams can sometimes be slow to act, so in cases of 'revenge porn' you shouldn't hesitate to take it to the police.

**For more information, it's worth looking at the Cyberhood Watch programme, an awareness-raising initiative from Neighbourhood Watch and Avast.**

Students can apply to become volunteer ambassadors, with training included.

If you're interested in becoming a Cyberhood Watch Ambassador;

**Visit**  
[avast.com/uk-cyberhood](https://avast.com/uk-cyberhood)

**Contact**  
[volunteering@ourwatch.org.uk](mailto:volunteering@ourwatch.org.uk)

# Fill your fridge for a term!

One lucky reader will win **£500 worth of Co-op vouchers** to spend in store courtesy of Co-op Insurance.



**To enter,** click here, comment on the post and tell us your main safety concern on campus.

Visit [coop.co.uk/studentcomp](https://coop.co.uk/studentcomp) for full terms

**Co-op** Insurance





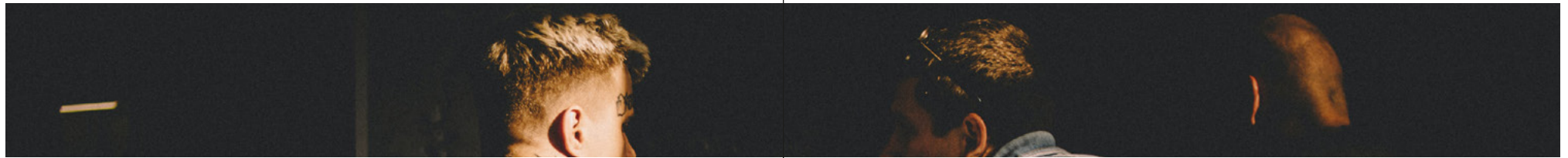
---

# HOW TO TALK TO A FRIEND YOU SUSPECT OF SEXUAL ASSAULT, HARASSMENT OR SPIKING

It's a difficult conversation, but by being an active bystander and 'calling in' your friends, you can make a positive difference

Laura Bea,  
University of Sussex

---



'Active bystander' isn't a contradiction in terms – it's one of the most important things you can be.

In 2019, it was reported that [62% of students](#) in the UK had experienced sexual harassment at university. In 2021, there was a surge in people's drinks [being spiked](#). The result: swathes of messaging around 'how not to be attacked', including the 'Girls Night In' campaign. Is that enough?

There are other ways to help. This article will explain how you can be an active bystander and safely intervene in situations where you think something is off.

## In 2021, there was a surge in people's drinks being spiked

### When you suspect spiking or sexual harassment

Many of us take 'spiking' to mean date-rape drugs or pills being slid into drinks, but it can also include situations such as extra alcohol being added to someone's drink without their

consent, or without their knowing. When somebody is deliberately pushing a person to become drunker with the intent to obtain their 'consent' (note the quotation marks), that becomes sexual harassment and assault.

If you suspect or have seen somebody being sexually harassed, targeted or spiked, get help immediately. Bartender, security, residential services, the police – these are all good options. Calling someone you or the target trusts may also help.

Spiking is incredibly dangerous and easily missed if you don't know the signs, which are listed on [the Drink Aware website](#). The drinking establishments at many UK universities implement an 'Angel Shot' or ['Ask For Angela' scheme](#): at the bar, ask for Angela or order an 'angel shot' to subtly alert the bar staff that you need help as you don't feel safe.

But what if it's your friend or peer doing the harassment or spiking? Then what do you do?

### Calling a friend in

You'll know if you've ever experienced that horribly uncomfortable, cringing feeling when your friend says or does something problematic. It's hard to confront. But if they've crossed a

boundary or shown some attitudes that could be harmful, one way to address is by calling them **in**.

'Calling them in' means inviting that person to a safe conversation where you can say something along the lines of this: "I just wanted to address what you said about giving people more drinks in order to get with them, because to me it came across as really dodgy. Did you mean to say that you deliberately get people drunk because you feel that then they're more likely to have sex with you? Because that isn't consensual."

You can't script a person's reaction. However, you are opening up the conversation in a firm but safe way, to challenge their attitude towards this scenario. It's incredibly hard not to have a go at your friend – at anyone – when these behaviours arise, but the point here is to amend their behaviour, rather than making them defensive and closed off to any prospect of change.

If they don't respond well, though, and you're genuinely worried that this person is spiking, abusing or sexually assaulting anybody, you should report them to people qualified and trained to intervene in these situations: university services, local rape crises, the police, or relevant helplines.

For advice on how to talk to a friend who has disclosed to you, there's [good information here](#).

## Think about your actions and their impact

### Self-reflection

New research has shown that with an increasing awareness and understanding of consent, more people are realising that their past actions and experiences actually constituted spiking or sexual harassment. Spiking can apply to other situations, too, such as hazing/initiation rituals at university and moments in friendship groups, or even at family events. It's a very difficult thing to contemplate, but it's necessary. What's your role in this? Are you complicit?

Think about your actions and their impact, then make a commitment to learn from them and call out other people's dodgy behaviour.

**You can find more information and training opportunities at [activebystander.co.uk](#).**



---

## Simple steps to prevent thieves stealing your stuff

Follow these tips first and you can save yourself a whole lot of hassle later

**Riya Agarwal,**  
University of Leeds

Faced with online threats to our privacy, identity and consent, we can too easily forget that students are popular targets for one crime in particular: bad old-fashioned theft.

It's still one of the most common crimes affecting students. Going to university – that feeling of leaving home and moving onto campus – is exciting. It can be overwhelming. It can also be distracting. Who *hasn't* forgotten to close every window before heading out for the night? Who doesn't occasionally



**Don't panic:  
there are ways  
to keep yourself  
and your  
belongings safe.**

leave their laptop in view of the front door? There's a lot going on, and that's why university campuses and communities are Candyland for thieves, especially with most students today owning high-end electronics.

But don't panic: there are ways to keep yourself and your belongings safe. 'Common sense' is an annoying phrase – you know flashing your iPhone at passers-by isn't a great idea – so let's instead say that it helps to be aware of your surroundings, especially in areas you don't know well.

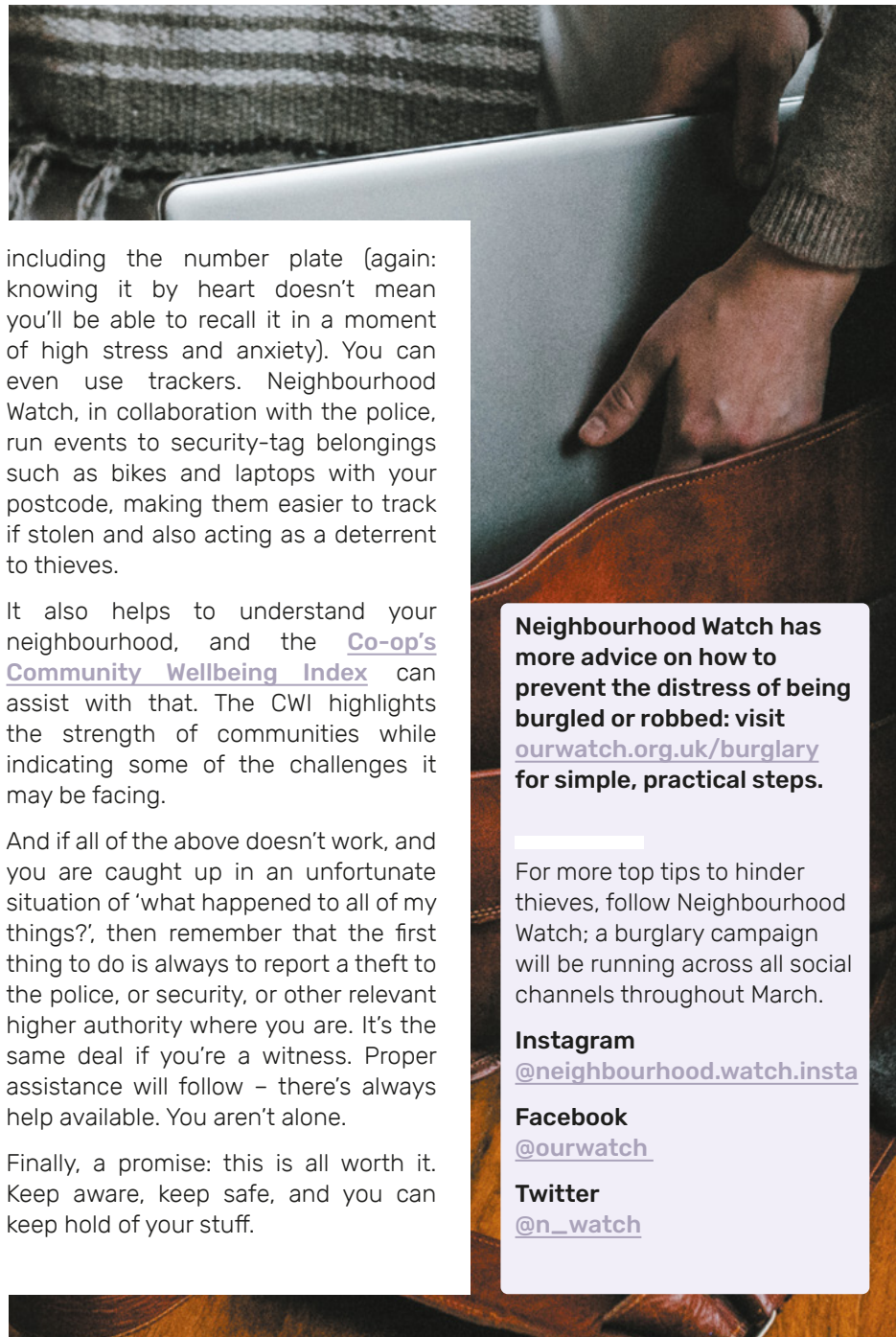
First up, familiarise yourself with safety helplines and their terms, both specific to the university and more generally. You need to know who to contact if you are robbed, and not just for a shoulder to cry and/or swear on.

Next, remember security begins at home. Double-check your accommodation, workspace or vehicle is locked when you leave it, and that there's nothing unattended and shiny

on show. Don't advertise the fact that you're leaving your place, either. The whole street doesn't need to know where you're going and when you'll be back, as you shout the information over your shoulder, although burglars will be appreciate your generosity and candour.

Take your cue from video games and keep an inventory. If your place is burgled, then it's convenient – well, as convenient as anything in the circumstances – to have a list of your belongings, in order to see what's missing and potentially claim on the insurance. In the emotion of the moment, you might not realise something's gone. You can even refer to the inventory occasionally just to check you still know where it all is.

Don't share too much on digital and social platforms. Use online security measures when possible. If you have a bike or a car, register it on the UK government's online portals and keep a copy of your registration documents,



including the number plate (again: knowing it by heart doesn't mean you'll be able to recall it in a moment of high stress and anxiety). You can even use trackers. Neighbourhood Watch, in collaboration with the police, run events to security-tag belongings such as bikes and laptops with your postcode, making them easier to track if stolen and also acting as a deterrent to thieves.

It also helps to understand your neighbourhood, and the [Co-op's Community Wellbeing Index](#) can assist with that. The CWI highlights the strength of communities while indicating some of the challenges it may be facing.

And if all of the above doesn't work, and you are caught up in an unfortunate situation of 'what happened to all of my things?', then remember that the first thing to do is always to report a theft to the police, or security, or other relevant higher authority where you are. It's the same deal if you're a witness. Proper assistance will follow – there's always help available. You aren't alone.

Finally, a promise: this is all worth it. Keep aware, keep safe, and you can keep hold of your stuff.

**Neighbourhood Watch has more advice on how to prevent the distress of being burgled or robbed: visit [ourwatch.org.uk/burglary](https://ourwatch.org.uk/burglary) for simple, practical steps.**

For more top tips to hinder thieves, follow Neighbourhood Watch; a burglary campaign will be running across all social channels throughout March.

**Instagram**  
[@neighbourhood.watch.instagram](https://www.instagram.com/neighbourhood.watch.instagram)

**Facebook**  
[@ourwatch](https://www.facebook.com/ourwatch)

**Twitter**  
[@n\\_watch](https://twitter.com/n_watch)



## Co-op Young Driver Insurance

Drive safe. Get discounts.

### ✓ Go box-free in just two years

If you buy our young driver black box insurance, we may offer you car insurance with no black box needed at your second renewal. Subject to status.

### ✓ Get a discount with black box

Subject to Safer Driving Score. Your premium may go up or down depending on your driving score but will never increase by more than 20% over the course of your first year.

### ✓ No night time curfew

But the time of day you drive at may affect your safe driving score.

### ✓ Courtesy car provided while we fix yours

Provided you use our approved repairers. Subject to availability.

➡ Click here to search  
**Co-op Young Driver Insurance**



It's what we do

Co-op Young Driver Insurance is normally available to customers aged 17 to 75 years only. Co-op Insurance Services is a trading name of Co-op Insurance Services Limited (CISL); registered in England and Wales with registration number 4390. Registered office: 1 Angel Square, Manchester, M60 0AG. Co-op Insurance Services Limited is authorised and regulated by the Financial Conduct Authority under register number 779364. This Co-op Insurance policy is arranged and administered by Affinity Insurance Solutions Limited, who are authorised and regulated by the Financial Conduct Authority (No. 940309). Registered in England and Wales number 12486813. Registered Office: Markerstudy House, 45 Westerham Road, Bessels Green, Sevenoaks, Kent, TN13 2QB. Affinity Insurance Solutions Limited is part of the Markerstudy Group of Companies. You can check this by visiting the Financial Services Register at [www.fca.org.uk/register](http://www.fca.org.uk/register)



# STUDENT WATCH



Insurance