

1. Money

| Scenario | Answers (copy) | Consequences (videos) | Advice |
|--|---|--|---|
| <p>Your flatmates invite you out for dinner, but you don't have enough money. What do you do?</p> | <p>Which of these sounds most like you?</p> <ul style="list-style-type: none"> 1J – Ask your flatmates if you can borrow some money. You can always pay them back later when your student loan comes through, you'd be gutted to miss a night out. 1M – Tell your flatmates to have fun, but stay in. You didn't really want to go – you've a load of work to do and would rather save the money for emergencies. 1A – Politely decline because you don't like spending money you don't have, but offer up an alternative idea: You suggest a flat meal – everybody has a bit of food that you can cook up and maybe have some drinks with. That way, you don't miss out and nobody needs to worry about money. 1K – Go out anyway. You can't afford it, but there's no way you're gonna be passing up this night out, so you put it on the credit card. | <ul style="list-style-type: none"> 1J – I'd have been gutted to miss a night out, so I ended up asking my flatmate to borrow £20. One week would have been alright, but I needed to borrow another £20 the next week and the next week... and the next. I couldn't even remember who I owed money to, or how much. Nobody was impressed. One of my flatmates even stopped talking to me, it was dead awkward, I felt so bad. 1M – I stayed in and got a lot of work one, which was great (I mean, it's why I'm here). But then, after a while, my flatmates stopped bothering to ask me if I wanted to go out. (Even if I didn't go, it was nice being asked). It was then that I started to feel a bit lonely. 1A – My roommates really wanted to go out, but everyone was okay with saving some money so it didn't take too much convincing. We had a nice meal together before they went out dancing; It was a quiet night afterwards, but I got to save a few quid. Plus, the money I saved not going out means I'll be able to afford to go out next time! 1K – I had fun, but at the end of the day I woke up with a banging hangover, I spent way too much and I've got nothing to show for it. It kinda feels like my student loan disappears as soon as it goes into my bank account. | <p>Most students do live on a budget - one of the best things you can do is to create your own budget sheet showing when you'll receive money and how much you can afford to spend each week.</p> <p>You can set up direct debits, so that important payments like rent and bills come out automatically; then you'll know how much you have left for other things.</p> <p>There are lots of discounts offered to students – it's worth researching what's available in your local area. And shop around for the best deal.</p> <p>If you are struggling to make ends meet, you can always get a part time job as long as it doesn't interfere with your studies.</p> |

Opportunities / Adaptations:
 Poll at end of section
 Have you ever made a budget to monitor your spending?
 Yes / No
 Then show poll results
 Signpost to student discount sites and also to financial advice e.g. new Black bullion site

2. Noise

| Scenario | Answers (copy) | Consequences (videos) | Advice |
|--|---|---|--|
| <p>You're trying to study for an exam in the morning, but your flatmate has friends over and they're playing music and messing around in the kitchen, being really loud in the. What do you do?</p> | <p>Which of these sounds most like you?</p> <ul style="list-style-type: none"> • 2J – Go into the kitchen and join them. You can just do a bit of binge-revision tomorrow morning before the exam. • 2M – Grab your flatmate and politely ask him to get his friends to keep the noise down. They should understand the importance of exams and the need for quiet study time. • 2A – Put in some headphones. They don't completely stop the noise, but you find it a bit easier to concentrate. • 2K – Go into the kitchen and ask everyone to leave. This is your space and they can make noise in their own flat. | <ul style="list-style-type: none"> • 2J – I went and joined my flatmate and friends in the living room, and we had great time! Must admit though, I slept through my alarm and was late to my class the next day. Whoops! My tutor wasn't impressed!. • 2M – I managed to have a quiet word with my flatmate and he was great about it. He suggested to his friends that they continue in the local pub. It meant the flat was left in peace and I was able to study and felt good in my exam. • 2A – I put in earplugs and tried to concentrate, but I could still hear the laughter. It was distracting but I didn't want to spoil their fun. I ended up waiting until they left and stayed up all night revising. I know I could have done better at that exam, but I was so tired! • 2K – I didn't hold back. I went right in there and told everyone to get out. It worked – the place was quiet, and I got loads of study done. My flatmate was in a bit of a mood with me this morning though. | <p>Communication is the golden rule. It's always best to talk about any problems that arise. Study time is crucial in any student flat, and others should respect when someone has pending assignments or exams. You'll all go through it!</p> <p>Politely let your flatmates know when you've got important course dates coming up, so they can avoid organising loud gatherings and give you the time you need to concentrate on doing your best.</p> <p>You could also put up a calendar and each of you could put your important exam dates and deadlines in it. That way, everyone knows when the flat needs to be quite so all of you can study in peace.</p> |

Opportunities / Adaptations:

Poll question:

How do you like to study?

Silence is golden / music keeps me going

3. Stress

| Scenario | Answers (copy) | Consequences (videos) | Advice |
|---|---|---|---|
| <p>Your flatmate is stressed out about their coursework. They keep shutting themselves away in their room. What do you do?</p> | <p>Which of these sounds most like you?</p> <ul style="list-style-type: none"> • 3J – Go in there and drag them out to a party. You're sure they just need to lighten up a bit. • 3M – Suggest that you study together and test each other on your coursework. Sometimes having a study buddy can make the learning easier. • 3A – Bring them a hot cup of tea and see if they feel like chatting about the things that are bothering them. It might help them to talk. • 3K – Ignore them. What they choose to do is their business. You need to concentrate on your own exams. | <ul style="list-style-type: none"> • 3J – I did manage to get my flatmate out to the local pub and she seemed to have a good time. But the next day, she was even more stressed at having missed a night of study. I guess it's about finding the right balance between work and play. And it's different for everyone. • 3M – We teamed up as study buddies and it worked so well. We were able to build each other's understanding and confidence. And it felt good to know that other people find the coursework challenging sometimes – it's not just me. • 3A – My flatmate really appreciated the tea and chat. We talked for ages and she seemed so relieved to get what she was feeling off her chest. I told her she could talk to me anytime. We're all in the same boat; we should be there to support each other. • 3K – I tried to ignore my flatmate's stress and get on with my own studies. It worked for a while, but she got worse and worse. I started to get stressed too. It wasn't good for the atmosphere in the flat. | <p>Everyone gets stressed, anxious or depressed at times. These moments can be particularly challenging if you're living away from home for the first time... Make sure your flatmate knows you are someone they can talk to. You could open up to them about when you have struggled with your workload and it could encourage them to be more open too. It can help them realise that you are all going through the same thing, and you can show each other support. Most universities also have people you can go to see for advice and support so it's always worth checking this option out if you are struggling a bit.</p> |

Opportunities / Adaptations:
 Signposting to Mind / other mental health support (Student Mind charity partnership has ended I think?)
 Poll question
 Who are you most likely to talk to you when you're feeling stressed?
 Family / Friends / Professional / No-one

4. Mess

| Scenario | Answers (copy) | Consequences (videos) | Advice |
|--|--|--|--|
| <p>The kitchen's a mess and there's a note on the fridge saying, 'Stop stealing my milk!!!!'. What do you do?</p> | <p>Which of these sounds most like you?</p> <ul style="list-style-type: none"> • 4J – Ignore it and make dinner. Most of the mess is probably yours anyway. • 4M – Call a meeting with everyone to talk through the problem suggesting putting together a roster showing when each flatmate is responsible for kitchen-cleaning and milk-buying duties. • 4A – Quickly give the kitchen a good clean and then pop out to the shops to buy a large milk – enough for everyone to share. • 4K – Leave it and go out for dinner instead. | <ul style="list-style-type: none"> • 4J – I got on with making dinner, but I admit, it was hard to find a surface that was clean enough to use. A couple of my flatmates came and had a word with me about tidying up. I felt bad and apologised. I'm going to try to be a bit neater in future. • 4M – I gathered everyone together to talk. I think people were a bit reluctant at first, but it was good to get stuff of our chests. We all ended up agreeing to try harder to keep the place tidy in future and to take turns with things like cleaning and buying shared food. • 4A – It actually took me a couple of hours to clean the kitchen, but the next day it was messy again and no one said thank you for the milk. So, it didn't really solve the problem. I just ended up feeling properly annoyed. • 4K – OK, so I admit it was me that used the milk. Just didn't get time to go to the shops. I couldn't believe they'd written a stroppy note about it though. I ended up buying some more to replace what I'd used. Hope that's good enough. | <p>Some of us find it easier to be tidier than others. But when you live with others you need to make a bit more effort to keep the communal areas clean and enjoyable places to be. Speak with your flatmates and agree how you want to organise your shared space. It can help to set some 'house rules' at the beginning so everyone knows what the expectation is and encourage everyone to follow them – even guests.</p> <p>It's important to remember that everyone has grown up in different households with different rules. Even if you don't think it's a big deal borrowing a bit of milk, some people do mind. So always check with others before you borrow. And what you borrow, you should always replace.</p> |

Opportunities / Adaptations:
 Poll question:
 What are you most likely to be called?
 Messy Pup/ Neat Freak?

5. Loneliness

| Scenario | Answers (copy) | Consequences (videos) | Advice |
|---|---|--|--|
| <p>When you first moved in, all the flatmates ate dinner together and had a laugh, but now people have gone off in their own little groups. You're feeling a bit lonely. What do you do?</p> | <p>Which of these sounds most like you?</p> <ul style="list-style-type: none"> • 5J – Organise a flat party to bring all your flatmates together again. In fact, why not invite a few other friends from uni too – the more the merrier! • 5M – It doesn't really bother you. You need to focus on getting some coursework done, so you decide to throw yourself into that. • 5A – Cook a delicious dinner for everyone – surely the best way to coax everyone out of their rooms. • 5K – Ignore the situation. Go out and meet up with other friends instead. | <ul style="list-style-type: none"> • 5J – I invited everyone to a brilliant party at the flat on Saturday night. Thought we'd all have loads of fun. But a couple of my flatmates had assignments due on Monday, so they still didn't join in. • 5M – I stayed in my room and carried on with my assignments, but I did start to feel a bit left out. Especially when I heard them all having fun. • 5A – I checked with everyone to make sure they didn't have an exam coming up and told them I'd make a delicious vegetable biriyani on Saturday night. They loved it! We had a great time, and everyone seemed more relaxed. We agreed to do it once a fortnight. • 5K – I ignored it and went out with other friends. But I soon began to feel a bit isolated because my flatmates ended up organising nights out without me. I guess they assumed I wouldn't wanna go. | <p>It can be common for students to experience loneliness and feelings of isolation, especially if family and friends from school are far away. If you are feeling a bit left out, try to reach out to your flatmates and others regularly even if you are busy with your studies. Organising fun activities with people can help everyone feel welcome and included too. Don't be afraid to ask for help or support when you need it. And keep an eye out for anyone else who seems to be going through a rough time.</p> |

Opportunities / Adaptations:

Poll question:

Do you think you are a social butterfly or more of a lone ranger?

6. Fire safety

| Scenario | Answers (copy) | Consequences (videos) | Advice |
|--|--|---|---|
| <p>You arrive home after a night out with mates. You feel really tired but you're starving! You have some food in the fridge that you could use to cook a quick stir-fry.</p> | <p>Which of these sounds most like you?</p> <ul style="list-style-type: none"> • 1J – Grab the food and start cooking! You can wolf down the meal and then go to bed. • 1M – Ignore your stomach and go to bed. You know you won't be able to concentrate on the cooking – better to go hungry than risk a fire. • 1A – You'd rather not risk cooking while you're so sleepy so you pop back out for a kebab. • 1K – You wake one of your flatmates to help you with the cooking. It'll be safer with someone else. | <ul style="list-style-type: none"> • 6J – I started cooking the stir-fry but was so exhausted I sat down on the sofa for a minute... I must've drifted off. The next thing I knew, the fire alarm was going off. I saw black smoke coming from the hob – the oil in the pan had caught alight. Luckily my flatmate had woken up and used the fire blanket to put it out. So scary – it could have been a disaster...and it was all my fault! • 6M – I was hungry, but I knew going to bed was the safest decision. I couldn't have concentrated properly on the cooking being so tired. I was fine in the morning and I cooked myself a mega breakfast. • 6A – I hadn't really wanted to spend the money on the kebab but I knew it was safer than me trying to cook while I was so tired. I'll try to cut down my spending for the rest of the month. • 6K – So...my flatmate wasn't that happy about being woken up, but she said she was relieved I didn't try to cook on my own while I wasn't with it. We both ended up sharing the cooking and having a midnight feast – I probably owe her a favour! | <p>Cooking is the most common cause of household fires and most are easily preventable with the right precautions. Don't start cooking if you're tired or under the influence of alcohol or drugs. It might be best to grab something to eat on your way home or, if you can't afford that, make yourself a sandwich or microwave leftovers instead when you get back.</p> <p>When you do cook, switch on your cooker extractor and never leave cooking unattended. Keep fire doors closed and make sure hallways and exits are free from obstructions.</p> |

Opportunities / Adaptations:

7. Finances (bills)

| Scenario | Answers (copy) | Consequences (videos) | Advice |
|--|---|---|---|
| <p>A letter arrives asking you to pay your TV Licence fee (£154.50 for the year). You think it should be split evenly between you and your flatmates. What do you do?</p> | <p>Which of these sounds most like you?</p> <ul style="list-style-type: none"> • 7J – Ignore it. You only watch TV on your laptop and you're not sure that students need a TV Licence anyway. • 7M – Research the rules around TV Licences for students, then invite your flatmates to a meeting to discuss a plan. • 7A – Pay all of the fee yourself (so you know it's paid on time) and then ask each of your flatmates to pay you back their share. • 7K – Leave some money on the table, next to the letter. That's your share sorted. Others should organise theirs. | <ul style="list-style-type: none"> • 7J – I ignored the letter - I didn't think that students needed to have a TV Licence. Then I found out about a mate who'd be caught watching TV without one. He got hit with a thousand pound fine! I rang the TV licensing people, explained my living situation and paid for a Licence. • 7M – I called a meeting with everyone over a pizza. I explained what I'd found out from the TV licensing website – because we have a joint tenancy agreement, we could have one Licence to cover the whole flat. We all put money in to pay for it and I rang to organise payment. • 7A – I organised to pay the fee myself. The trouble was, it took ages to get the money back from a couple of my flatmates. I wish we'd discussed it first and organised a plan for paying it. • 7K – I left my share of the fee on the table. The trouble was, nobody else organised theirs, so it was never paid. Luckily, I checked with everyone and we got it sorted. We could have had to pay a penalty of up to £1,000! | <p>In most cases, students need to be covered by a TV Licence – even if you only stream programmes on your laptop or tablet. It's really important that you check the TV licensing website to find out the rules for your particular living situation. Sometimes you can have a Licence for the whole house, but sometimes each person must have an individual licence.</p> |

Opportunities / Adaptations:

Sign posting to TV licence website and explain that most streaming services (Channel 4/ITCX/Amazon Prime) all require you to have a TV licence.

8. Anti-social behaviour

| Scenario | Answers (copy) | Consequences (videos) | Advice |
|--|---|---|--|
| <p>One of your flatmates recently split up with her partner and you've noticed she's been drinking a lot lately. To make matters worse, she gets quite aggressive when drunk. Last night you noticed her crying and drinking a bottle of wine, alone in her room. What do you do?</p> | <p>Which of these sounds most like you?</p> <ul style="list-style-type: none"> • 8J – Get rid of any alcohol in the flat and tell her you're worried about her drinking. • 8M – Knock on her door and ask her if she'd like to talk. • 8A – Make an extra effort to be friendly and invite her to spend time with you – you could watch a movie or cook dinner together. • 8K – Ignore her. You're here to look after yourself, not to play 'mum' to other people. She needs to pull herself together and get over it. | <ul style="list-style-type: none"> • 8J – I got rid of all the alcohol from the flat so my flatmate couldn't easily get hold of any. I'm an honest person and I told her straight that I thought she was drinking too much. I was saying it because I care about her, but she just got annoyed and shut herself in her room. • 8M – I knocked on my flatmate's door. I thought she might tell me to go away but she actually seemed relieved to have some company. She told me how she'd been feeling and that she was really struggling. The next day I helped her approach one of the counsellors at uni, so she could get some proper help. • 8A – I really wanted to help, so I made an extra effort to organise nice things for us to do together over the next few weeks. I distracted her whenever I saw her feeling a bit down. Eventually, she told me she was feeling better and I noticed she had really cut down on the drink. • 8K – I wanted her to sort herself out but she seemed to get worse. She was starting to miss a lot of her classes and wasn't handing in assignments. Life in the flat wasn't pleasant for any of us. Eventually, I asked her if she wanted to talk, and she did! She said she felt relieved just to have someone listen to her. | <p>Anti-social behaviour can be caused by alcohol or drugs, but it could also be due to someone struggling to cope. The most important thing is to keep an eye on each other and be approachable. People might not always want to talk about their problems, but they usually find it comforting to know that someone who cares about them is there. All universities have support services so you can always encourage friends and flat mates to ask them for help as well, and if you're not sure how to help, you can ask them for advice about this too.</p> |
| <p>Opportunities / Adaptations:</p> | | | |