



## College Safety Tips

Most crimes are preventable by using safety precautions. Please take the time to be prepared....  
SAFETY IS NO ACCIDENT!

### 1) Internet Safety

- Try to remain as anonymous as possible- some information should be kept private, such as:
  - Full name
  - Home address
  - Phone number
  - Social Security number
  - Passwords
  - Names of family members
  - Credit card numbers
  - Birth date
- Use caution when posting photos, i.e. photos with your address, license plates, neighborhood
- Use creativity when creating a new email address- avoid using suggestive names
- Use names that differ from your screen name in chat rooms
- Avoid all unknown links that ask for personal information
- Do not advertise specifics about vacationing, i.e. The Galapagos for the next 3 weeks- as this lets others know your home will be unmanned
- Always shred important documents with personal information
- Report all suspicious emails to spam

### 2) Self-Defense

- Take a self-defense class
- Self- defense means doing everything possible to avoid fighting someone who threatens or attacks you
- Make sure your body language shows your confidence
- Avoid shortcuts and isolated areas
- Make sure someone knows your whereabouts and who you are with; whether you're with friends or on a date
- Use your head/common sense- always trust your instincts
- When riding public transportation, pay attention to details, stay awake and sit near driver if possible
- Always keep your cell phone charged

### 3) Basic Safety Tips

- Never open the door to strangers or solicitors, talk through the door until you are certain that the person is legitimate- home invaders often use a ruse or impersonation like a delivery, or lie about hitting a parked car, or pose as a public employee, to get someone to open the door

- Always turn the porch light on during the evening hours
- Know your neighbors and always be alert to suspicious visitors
- If you see any strangers in the neighborhood, alert the police
- Make sure you mark or engrave your property with your driver's license number so that police can trace it to you in the event of theft
- Always use your door peephole, and if you don't have one, insist that the landlord install one immediately
- Always keep all doors and windows locked
- Try to consider a second line or cell phone in your bedroom

#### 4) On Campus

- Never loan your keys to anyone
- Never let unauthorized persons come into your room, enter residence halls, or enter apartment security doors, always ask to see proper identification
- Never prop open inside or outside doors
- Do not hide keys outside of your room or apartment- never put your name or address on your key rings
- Take all valuable items home with you during vacations, or place them in storage
- Never dress in front of a window, close blinds or curtains after dark
- Adequately protect all valuables in your room; such as wallets, jewelry, credit cards, cash and computers, use a safety deposit box, do not leave valuables or cash in plain sight
- Avoid working or studying alone in a campus building

#### 5) Driving

- Sign up for roadside services, i.e. AAA, OnStar etc.
- Carry your car keys when approaching your vehicle so you can enter quickly
- Always leave enough space between your car and the one in front of you so you can drive around it if necessary
- Limit distractions such as cell phones
- Always check underneath, as well as the rear seat of your car upon approach before entering your vehicle
- Secure your vehicle and whenever possible, lock your doors and keep windows rolled up
- Drive on heavy trafficked and well-lit streets
- If someone tries to enter your stopped vehicle, sound the horn and drive to a safe area such as a convenient store
- Call ahead when driving to your home or apartment late at night, and have someone watch you walk from your car to the residence
- If your vehicle breaks down, ask any person who stops to help to call the police, do not allow them access to you or inside your car. Only roll your window down no more than an inch. Sometimes accidents are staged in order to commit a crime.
- Never hitchhike, and never pick up hitchhikers

#### 6) Walking or Jogging

- Avoid traveling the same route/time every day- switch routine as often as possible

- Try not to walk or jog alone
- When wearing headphones while walking or jogging, make sure you're able to hear surrounding noises
- Do not walk or jog in dark or vacant areas. Walk along well-lit routes.
- Always have your keys ready when returning to your residence hall or apartment. Keep your personal or valuable items concealed and close to your body
- Pay attention to your surroundings. If you suspect you are being followed: Run in a different direction, go to the other side of the street and yell for help, or move quickly to a lighted area, or a group of people

#### 7) What to do if you become a victim

- Remain calm
- Cooperate with the suspects. No amount of cash or property is worth getting hurt over
- Try to concentrate on the suspects (how would you best describe them--- scars, marks, tattoos, eye and hair color)
- Use your senses:
  - LOOK carefully even if they are masked
  - LISTEN to anything said by the suspects and their dialect
  - SMELL any odors/ tobacco, alcohol, after shave, or body odor
  - TOUCH feel of clothes, i.e.: sweater, leather jacket etc.

#### 8) Being a good witness

- Reduce harm by preparing yourself with a plan.
  - Carefully examine your property and identify the areas that could be entry points for an intruder and see what you can do to secure that location
  - Take a friend or roommate and stand in the dark areas that could provide cover for a suspicious person and be cognizant of those areas
  - Locate a safe area or hiding place for yourself that you can call the police from the moment you know that something is wrong
  - Create your own individual plan and tailor it to your needs and ask your local police agency to stop by and help you develop a strategy to ensure your safety and well being
- When dropping off a friend at home, wait and make sure they have made inside the apartment, or dorm safely and call to confirm

### Hazing

Information taken from [www.insidehazing.com](http://www.insidehazing.com)

**Hazing** is a process, based on a tradition that is used by groups to discipline and to maintain a hierarchy. Regardless of consent, the rituals require individuals to engage in activities that are physically and psychologically stressful.

**Hazardous hazing** occurs when the traditions or initiation rites skid out of control and cause significant and lasting physical and/or psychological damage. When hazardous hazing occurs,

everyone in the group, including the perpetrators, (those who planned and carried out the actions) bystanders (those who watched and did not actively participate) and victims, (those who were receiving the hazing) may be psychologically traumatized.

#### **High School:**

- 1.5 million high school students are hazed each year.
- 91% of all H.S. students belong to at least one group, and half of them, 48% report being subjected to hazing activities.
- 43% were subjected to humiliating activities and 30% performed potentially illegal acts as part of their initiation.
- Both male and female students report high levels of hazing.
- Every kind of high school group was involved in hazing including 24% of the students involved in church groups.
- 10% of all college students admit to being hazed in high school.
- 79% of the NCAA Athletes report being hazed initially in high school.
- 25% were first hazed before the age of 13.
- 92% of the high school students will not report a hazing, and of these respondents, 59% know of hazing activities and 21% admit to being involved in hazing.
- 48% of the students acknowledge participating in activities which are defined as hazing, 29% did potentially illegal things to join a group, however only 14% admit to being hazed. This underscored the "disconnect" between how adults define hazing vs. how students define it.

#### **College:**

- More than 250,000 students experienced some sort of hazing to join a college athletic team.
- 5% of all college students admit to being hazed.
- 40% admit to knowing about hazing activities.
- 40% report that a coach or club advisor was aware of the hazing.
- 22% report that the coach or advisor was involved in the hazing.
- 50% of the female NCAA Division I athletes reported being hazed.
- More than 20% of female NCAA athletes were subjected to alcohol-related hazing; however even a higher percentage admitted to "mental hazing" which ranged from singing to being kidnapped.
- 10% of the female NCAA athletes were physically hazed including being branded, tattooed, beaten thrown in water or having their head forcibly shaved.
- 6-9% of the female NCAA athletes were subjected to sexually related hazing including harassment, actual assault or being expected to simulate sex activities.

#### **Warning Signs:**

- The leaders of the group are very aggressive and intimidating
- You have heard rumors from your peers about activities that are hazardous
- Your gut is churning and you sense danger
- You have been warned by authorities that the group has a reputation for being extreme
- You don't want to acknowledge it, but you have witnessed some events which are dangerous or are inconsistent with your own morals and values
- You feel stuck. You are already involved and do not know how to get out of the group or process

#### ***Alcohol Use and Consequences (usa.gov)***

- The consequences of excessive and underage drinking affect virtually all college campuses, college communities, and college students, whether they choose to drink or not.
  - **Death:** 1,825 college students between the ages of 18 and 24 die from alcohol-related unintentional injuries, including motor vehicle crashes ([Hingson et al., 2009](#)).
  - **Injury:** 599,000 students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol ([Hingson et al., 2009](#)).
  - **Assault:** 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking ([Hingson et al., 2009](#)).
  - **Sexual Abuse:** 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape ([Hingson et al., 2009](#)).
  - **Unsafe Sex:** 400,000 students between the ages of 18 and 24 had unprotected sex and more than 100,000 students between the ages of 18 and 24 report having been too intoxicated to know if they consented to having sex ([Hingson et al., 2002](#)).
  - **Academic Problems:** About 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall ([Engs et al., 1996](#); [Presley et al., 1996a, 1996b](#); [Wechsler et al., 2002](#)).
  - **Health Problems/Suicide Attempts:** More than 150,000 students develop an alcohol-related health problem ([Hingson et al., 2002](#)), and between 1.2 and 1.5 percent of students indicate that they tried to commit suicide within the past year due to drinking or drug use ([Presley et al., 1998](#)).
  - **Drunk Driving:** 3,360,000 students between the ages of 18 and 24 drive under the influence of alcohol ([Hingson et al., 2009](#)).
  - **Vandalism:** About 11 percent of college student drinkers report that they have damaged property while under the influence of alcohol ([Wechsler et al., 2002](#)).
  - **Property Damage:** More than 25 percent of administrators from schools with relatively low drinking levels and over 50 percent from schools with high drinking levels say their campuses have a "moderate" or "major" problem with alcohol-related property damage ([Wechsler et al., 1995](#)).
  - **Police Involvement:** About 5 percent of 4-year college students are involved with the police or campus security as a result of their drinking ([Wechsler et al., 2002](#)), and 110,000 students between the ages of 18 and 24 are arrested for an alcohol-related violation such as public drunkenness or driving under the influence ([Hingson et al., 2002](#)).
  - **Alcohol Abuse and Dependence:** 31 percent of college students met criteria for a diagnosis of alcohol abuse and 6 percent for a diagnosis of alcohol dependence in the past 12 months, according to questionnaire-based self-reports about their drinking ([Knight et al., 2002](#)).

\*This is designed to be tool for students going away to college. There are many more resources and tips available. Some other resources include our friends at National Center of Missing & Exploited Children, National Crime & Prevention Council, and Department of Justice.