

Women's Health

Counseling Center
Vol. 13, No. 1

DidYouKnow?

Health Center
September, 2008

Campus Safety Tips

September is *National Campus Safety Month*. The issues of campus safety that colleges and universities face take many forms. Regardless of the crime rate and statistics, you should always be alert and use common sense to protect yourself and others from becoming victims of crime. Preparation and awareness are the keys to safety in any situation. Here are some tips you should keep in mind.

- While out and about** Avoid walking alone if possible.
Walk with an air of confidence and stay alert.
Walk in lighted areas.
Utilize "Blinky" when possible.
Call Campus Security for emergency transportation assistance.
Keep hands free, not overloaded.
Have your keys or detex card ready.
If being followed, cross the street, scream, run to occupied residence, store, emergency telephone box or flag down a car.
Know where emergency phones are located.
Take the safest route, not the fastest route.
Share your schedule with family and friends, effectively creating a buddy system.
When you go out, let someone know where you are going and when you plan to be back.
- In residence hall** Don't let strangers into the building.
If a stranger looks "wrong" in your residence, call Campus Security.
Report suspicious activity to Campus Security.
Never loan your keys or ID.
Lock your door while you are inside sleeping or when you leave the room.
Never prop open locked doors.
- While in your car** Keep windows up and doors locked.
Park in well-lighted areas and travel on populated, well-lighted streets.
Never pick up hitchhikers.
If you have car trouble, signal for help by raising the hood.
Register your automobile and vehicles of visitors with Campus Security.
- Your property** Lock your door and window whenever you leave, even if it's "just for a minute."
Do not leave backpacks, purses, laptops or book bags unattended.
In offices, store purses or backpacks in a file cabinet or drawer and LOCK IT.
Record serial numbers and descriptions of your valuables.
If you must keep large sums of money, jewelry or other valuable items in your room, consider a small safe. During breaks and vacation, remove items from your room.
Engrave personal property with your driver's license number or name.
- Bicycles** Use a U-shaped lock, not a cable lock.
Lock wheel and frame to rack.
Immediately report suspicious person around bike racks.
Register your bicycle with Campus Security – free of charge.
Park bicycles in designated bicycle racks.
- While out on a date** The unfortunate statistic is that 90 percent of rapes occur between people who already knew each other and that approximately half of rapes happen on dates. This is commonly known as "date rape" or "acquaintance rape." **While sexual assault and rape by an attacker is never the victim's fault, there are a few things women can bear in mind:**
Take your time in getting to know your companion or "date."
Don't spend time alone with someone who makes you feel uneasy or uncomfortable.
This means follow your instincts and remove yourself from situations that you don't feel good about.
Stay with a group of people. Avoid risky areas, such as deserted areas.
Avoid excessive alcohol. According to the Journal of Studies on Alcohol, more than 70,000 students between the ages of 18 and 24 have been victims of alcohol-related sexual assault or date rape.
Be alert for possible use of "date rape drugs" such as Rohypnol, which is illegal in the U.S. Someone can slip it into a drink. It causes drowsiness, loss of coordination, dizziness and memory loss. Never take drinks from other people and don't leave your drink unattended.
Tell someone you trust your date's name, destination and planned time of return.
Take money for a phone call and taxi fare with you.



**ALWAYS FOLLOW YOUR INSTINCTS
MEMORIZE THE PHONE NUMBER OF CAMPUS SAFETY and SECURITY
574-284-5000**