

Campus Safety Bulletin

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Personal Safety Recommendations



**CAMPUS
EMERGENCIES**
CALL "2911"
(336) 750-2911

Life on campus can appear to create a very self-contained environment, but campus crime is a major issue that can affect all institutions of higher education. Crimes such as theft, robbery or sexual assaults are sometimes prevalent at any school. Date rape is another problem that many college students are forced to deal with, but that is seldom reported. The rise in use and sale of many new synthetic drugs (ie. bath salts, Molly) can also make one very hesitant to venture out and participate in activities on and off campus.

Some people get involved in very risky activities with little concern for personal safety. Others shy away from all activity, in the hopes of eliminating all of life's risks. Somewhere in between the two is a reasonable middle ground, where risk and precaution balance out and allow for a life full of rewarding experiences with minimized danger.

As we celebrate Homecoming this month, here are a few personal safety tips to consider:

Avoid being taken by surprise

- Situational awareness, or staying alert to your surroundings, is a good way to provide yourself with advanced warning of a potential problem, allowing you to act in advance and avoid dangerous situations.
 - Remember to listen to that little voice in your head if it warns you of danger.
- Avoid being distracted by using music head phones, reading or texting while walking.

Avoid risky circumstances

- Situations that make you vulnerable (night clubs, residential gatherings, etc.)
- Enclosed spaces such as being blocked in by other cars.
- Be careful when using ATM machines, especially at night. They are a favorite target of thieves and robbers.

Flee if necessary

- Flight is safer than fight
- Drop your valuables if necessary and run
- Keep your car in gear and doors locked when traveling
- Head toward other people and/or occupied areas and attract attention (sound vehicle horn or car alarm, or just scream)

Engage the threat

- If you can't get away then fight back
- Passive or aggressive resistance may work
- Remember points of vulnerability (eyes, groin, throat, nose)

Safety starts with YOU,
so know your surroundings and make good decisions.