

The Ultimate Guide to College Safety: Everything You Need to Know

Personal Safety

- **Be aware of your surroundings.** Pay attention to the people and things around you, and be on the lookout for anything suspicious.
- **Trust your instincts.** If something feels wrong, it probably is. Don't be afraid to walk away from a situation that makes you uncomfortable.
- **Walk with a friend or group.** If you're walking alone, try to stick to well-lit areas and avoid walking through deserted areas at night.
- **Carry a whistle or personal alarm.** This can be used to deter attackers or attract attention in an emergency.
- **Take a self-defense class.** This can teach you how to protect yourself if you're attacked.
- **Report any suspicious activity to the campus police.** If you see something that doesn't seem right, don't hesitate to report it.

Sexual Assault

- **Sexual assault is a serious crime.** It's important to know that you're not alone and that there are people who can help you.
- **If you're sexually assaulted, report it to the police.** You can also contact the National Sexual Assault Hotline at 1-800-656-HOPE.
- **There are many resources available to help you recover from sexual assault.** These resources can include counseling, support

groups, and legal assistance.

- **You can take steps to reduce your risk of being sexually assaulted.** These steps include being aware of your surroundings, avoiding risky situations, and drinking responsibly.

Alcohol Safety

- **Alcohol is a depressant.** It can impair your judgment and make you more vulnerable to being injured or assaulted.
- **If you're going to drink, do so responsibly.** Don't drink too much, and don't drink and drive.
- **Never leave your drink unattended.** Someone could spike your drink with drugs.
- **Be aware of the signs of alcohol poisoning.** These signs include vomiting, seizures, and loss of consciousness. If you think someone is experiencing alcohol poisoning, call 911 immediately.

Drug Safety

- **Drugs can be dangerous.** They can cause serious health problems, and they can also lead to addiction.
- **If you're thinking about using drugs, talk to your doctor first.** They can help you understand the risks and benefits of drug use.
- **Never use drugs without knowing what they are.** Even if someone else tells you what a drug is, you should always do your own research to make sure you know what you're taking.
- **If you're using drugs, be careful not to overdose.** Overdosing can be fatal.

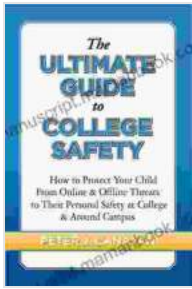
Fire Safety

- **Fire is a serious hazard.** It can spread quickly and cause serious damage or injury.
- **Be aware of the fire safety rules in your dorm or apartment.** These rules may include things like not storing flammable materials in your room and not leaving cooking unattended.
- **Have a fire escape plan.** In the event of a fire, you need to know how to get out of your room or apartment quickly and safely.
- **Practice your fire escape plan regularly.** This will help you to remember what to do in the event of a fire.

Emergency Preparedness

- **It's important to be prepared for emergencies.** This includes things like having a plan for what to do in case of a fire, earthquake, or other disaster.
- **Put together an emergency kit.** Your emergency kit should include things like food, water, a first-aid kit, and a flashlight.
- **Keep your emergency kit in a safe place where you can easily access it.**
- **Make sure you know how to contact your family and friends in an emergency.** You may not be able to use your cell phone, so it's important to have a backup plan.

College is a time of great change and excitement, but it's also important to be aware of the potential safety risks. By following the tips in this guide, you can help to keep yourself safe on campus and off.



The Ultimate Guide to College Safety: How to Protect Your Child From Online & Offline Threats to Their Personal Safety at College & Around Campus by Niina Pollari

★★★★★ 5 out of 5

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