

STAYING SAFE ON CAMPUS

Preparation

Self-responsibility

Community care



PROTECT YOURSELF

While we work hard to create a safe environment, no campus is completely immune from danger. Luckily, you can take some simple precautions to reduce your risk.

CAMPUS & LOCAL OFFICIALS

Campus safety officials are employed by our school to monitor campus and are trained to work with college students.

The local police force generally has jurisdiction over off-campus areas. They serve the entire town/city, not just the campus community.

PERSONAL SAFETY

Prevention is the best way to protect yourself. Opportunity crimes (like stealing an unattended laptop) are among the most common campus crimes. Adapt the suggestions below to minimize your personal danger.

- **Lock your doors and windows when you leave your living space or car.** By locking up, you remove opportunities for an intruder to get in easily.
- **Be aware of your surroundings.** It's best not to wear earbuds and focus on your phone when you walk. Not paying attention makes you a target. If you choose to wear earbuds, keep one of them out and keep the volume low enough that you can hear danger approaching.

- **Walk with a friend at night.** A person walking alone makes a better target.
- **Park in areas that are well-lit and patrolled.** Keep in mind that street parking is often darker and less likely to be monitored by campus safety staff.
- **Have your keys ready.** In a dangerous situation, having your keys in hand can allow you to get into your living space or car as quickly as possible.
- **Put the emergency and non-emergency numbers for campus safety into your phone.** You can call campus safety to report a crime, when you notice something strange or when you feel threatened. Trust your instincts!

SELF-DEFENSE TIPS

- If someone invades your personal space, loudly yell at them to get away from you.
- If someone tries to rob you, never fight or agitate the situation. Hand over your valuables and get out of the area as quickly as possible.
- Sign up for a self-defense course offered by public safety or in your community to learn how to protect yourself in case of attack.



PROTECT YOUR STUFF

Imagine that you are working on a project at your desk. Then, you step out of your room for a minute without locking the door. When you return, your laptop is gone. You ask around, but no one saw anything. Now, you must find a way to replace the laptop *and* recover or recreate your lost work.

Here are some ways to prevent this type of loss from happening to you.

LIVING SPACE

- **Always lock your bedroom and exterior doors.** Thieves often target unlocked living spaces because it saves them the trouble of breaking a lock. Though it might be annoying to carry your keys around when you're nearby, lock your door(s).
- **Stash your valuables in a safe, hidden spot.** It's best to minimize the number of valuables you bring to college. Using a small personal safe or an unexpected hiding spot (like an empty cereal box) might prevent someone from swiping something important.
- **Immediately report facility problems.** If a window won't close or a lock is jammed, report the problem to your residence hall staff or landlord right away. Follow up until it's fixed.

RESIST SHARING YOUR LOCATION

If you broadcast that you're away from home on social media, you let thieves know that your place is unattended.

KEEP INTRUDERS OUT

Propped doors give easy access to people who are not well-intentioned and create an opportunity for them to commit crimes and do harm. So, close any propped doors and report them right away.

TRANSPORTATION

- **Lock your car doors and close your car windows.** Thieves are more likely to pass by cars that are sealed up.
- **Keep your car clean.** If burglars see a tidy interior without valuables like devices, spare change or backpacks in clear view, they are less likely to break in.
- **Use a hefty "U" lock with a cable for your bike.** Bike thieves typically use cable cutters. It's harder to cut through a metal "U" lock.

TECH

- **Back up your work.** Save all critical data on an external hard drive or use a cloud-based storage system so you will still have it if your laptop is stolen.
- **Invest in a lock for your laptop and other devices.** Laptop locks use a cable to tether your laptop to something big, like a table or desk. Similarly, you can buy a case for your tablet with a built-in lock system.

PROTECT YOUR FRIENDS

Maintaining campus safety is a responsibility shared by everyone. Besides looking out for yourself, look out for your friends – and strangers too.

SAFETY IN NUMBERS

- **Travel in pairs or groups.**
Attackers are less likely to target a group. If you don't have someone to walk with you to a night class or party, utilize a campus escort program.
- **Make sure someone you trust knows where you are going.**
Tell that person where you will be and how long you expect to be there. But, don't share this on social media! Doing so could let someone dangerous know your whereabouts.

BYSTANDER INTERVENTION

You might see a dangerous situation unfold, yet feel unsure about whether you should do something because you're not directly involved. Bystander intervention allows everyone to make campus safer. It requires you to recognize and intervene when a situation needs attention, like:

- Telling a classmate you don't appreciate the use of an offensive term
- Walking a depressed friend to the counseling center
- Creating a distraction to remove someone from a potential sexual assault situation

By looking for warning signs and then safely intervening, you can send a message about what is acceptable within your community. In the process, you'll hopefully prevent someone from getting hurt.

SEXUAL ASSAULT PREVENTION

- Always ask for consent before and during sexual activity
- If you see someone in trouble, ask if you can stay with that person
- Seek out a neutral authority figure for assistance
- Don't use alcohol or other drugs to coax someone into sexual activity
- Be careful of your own alcohol or other drug intake so as not to become a perpetrator or victim
- Ask for help if you *ever* feel threatened

CONSENT

Consent is when someone agrees to sexual relations with someone else. Keep these things in mind:

- Listen to and respect your partner
- Always ask for consent before and during sexual activity
- Someone can say "no" after initially saying "yes"
- A person under the influence or unconscious is not able to consent



PROTECT YOUR BODY

If you have a medical emergency, will first responders know whom to call? Consider using an app that allows first responders to bypass your phone's lock screen and access important health and contact information.

ALCOHOL AND OTHER DRUGS

SIGNS OF ALCOHOL POISONING

Blood alcohol content can rise even after someone passes out, according to Collegedrinkingprevention.org. "Sleeping it off" is not safe for people with alcohol poisoning. They could choke on vomit, stop breathing, suffer brain damage or die. Call for medical help immediately if you observe symptoms like:

- Mental confusion
- Inability to speak or walk
- Unconsciousness
- Vomiting
- Seizures
- Slow or irregular breathing
- Bluish skin color

Using and abusing alcohol and other drugs lowers inhibitions and reduces the ability to think clearly. Most safety-related incidents, including sexual assaults and fire-related deaths, happen when someone is under the influence.

So, make smart, deliberate decisions about alcohol and other drugs in order to protect yourself and others.

YOU CAN PROTECT YOUR BODY BY:

- **Doing something else.** There are multiple alcohol-free social options on campus. Many of your classmates choose not to drink or do drugs. So can you.
- **Pacing yourself.** Drinking is not a race. Use "spacer" drinks, like water, between alcoholic drinks. If you choose to drink, limit your consumption.
- **Never accepting a drink from someone else or leaving a drink unattended.** It only takes a moment for someone to slip in a drug.
- **Avoiding another person's prescription medicine.** These potent medicines should only be taken as prescribed by the person to whom they were prescribed. Misusing them can lead to addiction, overdoses or permanent health problems like heart trouble.
- **Avoiding illegal drugs.** Illegal drugs are dangerous. Plus, many people have recently died because their drugs were laced with other drugs or poison.

COUNT YOUR DRINKS

Drinking more than one alcoholic drink per hour can be dangerous. Though alcohol content varies, here are general guidelines for one standard drink.

12 fl oz of regular beer = 8-9 fl oz of malt liquor
= 5 fl oz of table wine = 3-4 fl oz of fortified wine
(such as sherry or port) = 2-3 fl oz of cordial,
liqueur or aperitif = 1.5 fl oz of brandy or cognac
(a single jigger or shot) = 1.5 fl oz shot of 80-proof
distilled spirits

For more information about alcohol consumption and safety, visit Rethinkingdrinking.niaaa.nih.gov.

PROTECT YOUR TECH

Since so much of your life takes place online, it's vitally important to consider how to protect yourself in the virtual world.

OBSTRUCTING HACKERS

There's no impenetrable way to protect yourself from hackers and identity thieves, yet you *can* take steps to fortify online protections.

- **Use a passcode on your devices.**

Using a passcode or thumbprint on your lock screen adds time, but also keeps unwelcome viewers out.

- **Employ two-step authentication.**

Your devices and many apps have this option. When you or someone else log on from a new device, a passcode must be entered to give permission for access.

- **Don't get phished.**

Never click on an emailed or texted link to reset a password or access an account. Instead, independently log on and reset your password in account settings.

- **Keep a record of your bank and credit card companies' phone numbers.**

If your wallet gets lost or stolen, immediately call account services and let them know what happened. They will cancel the cards and send new ones.

PASSWORDS

Security experts recommend using varied, long and random passwords for every account. Remember them by:

- Writing them down on paper, then hiding the list
- Using an online password manager

SOCIAL MEDIA

Before you post on social media, consider how...

- **Broadcasting your schedule and location jeopardizes your safety.**

Everyone, including ill-intentioned people, will know where you are and can track your whereabouts.

- **Future employers may be able to find what you post and share online.**

Employers often review social media accounts when making hiring decisions.

ENCRYPTION

Some messaging apps offer encryption to protect the content of your conversations. Remember: encryption only works if all parties want a private interaction. It won't prevent someone from sharing your words or images without your permission.

PROTECT YOUR COMMUNITY

Emergencies can and will happen on our campus. You can take steps to keep yourself and others safe, even in the most harrowing situations.

FIRES

- **Know where to access and how to use fire extinguishers.** Know where they are and consider purchasing one for your bedroom.
- **Evacuate every time the fire alarm sounds.** Late night alarms are inconvenient, but evacuating will save your life – and protect first responders – in a true emergency.
- **Be aware of the location of emergency exits.** If smoke is in the hallway, could you evacuate? Count the number of doors to a fire exit in a residence hall and make sure you know the location of secondary exits in off-campus residences.
- **Make sure smoke alarms are functional.** Smoke alarms should be tested twice a year. In off-campus residences, there should be one inside every bedroom, outside sleeping areas and on every level (including the basement). Any batteries should be replaced annually.

P.A.S.S. Method of Fire Extinguisher Use

PULL... Pull the pin. This will also break the tamper seal.

AIM... Aim low, pointing the extinguisher nozzle at the base of the fire.

SQUEEZE... Squeeze the handle to release the extinguishing agent.

SWEEP... Sweep from side to side at the base of the fire until it appears to be out.

NATURAL DISASTERS AND OTHER THREATS

EMERGENCY NOTIFICATIONS

Sign up to receive emergency alerts via email, phone or text. During an emergency, these alerts will provide critical information from campus safety professionals.

Our campus has extensive emergency protocols in the event of natural disasters or threats like active shooters. To assist in an emergency:

- Review emergency protocols now, before danger strikes
- Listen to campus officials who have been trained to lead you to safety
- Follow evacuation procedures quickly and completely
- Try to stay calm and assist where you can

Last, if you see something, *say something*. Threats and emergencies can be averted when community members like you inform campus officials when something seems wrong.

SAFETY AT FITCHBURG STATE UNIVERSITY

PERSONAL SAFETY COURSES

The Fitchburg State University Police Department offers free personal safety courses throughout the academic year. Groups, clubs, and organizations may request customized classes.

To sign-up or request a class contact Nicole Arcangeli at: narcangeli@fitchburgstate.edu.

For additional information, please visit our website.

COMMUNITY RESPONSE TO ACTIVE SHOOTER EVENT / C.R.A.S.E.

This training is based on the Department of Homeland Security's recommendation for Active Shooter / Hostile Events.

This is a 2 hour course.

FIRST AID, CPR & AED

This is a CPR certification course, which also incorporates basic first aid.

This is a 4 hour course.

RAPE AGGRESSION DEFENSE / R.A.D.

This program provides practical safety tips and trains women in basic self-defense techniques.

This is a 12 hour course broken down into four sessions.

ANNUAL SECURITY AND FIRE SAFETY REPORT

Fitchburgstate.edu/CampusPolice

VIOLENCE IDENTIFICATION, PREVENTION AND REPORTING / V.I.P.R.

This behavioral observation and recognition training teaches individuals how to identify and report suspicious behaviors.

This is a 2 hour course.

UNTIL HELP ARRIVES.

Learn how you can take action in emergency situations by providing lifesaving/supportive care until professional First Responders arrive.

This is a 90 minute course.

ANNUAL SECURITY AND FIRE SAFETY REPORT

No campus community is completely free from crime. The Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act, or Clery Act, requires that we share information regarding our campus safety policies, prevention programs, and crime statistics. In addition, we report crimes to the U.S. Department of Education each year. We also post them publicly for our entire campus community. We hope that you will use our Annual Security & Fire Safety Report to make informed decisions about your own personal safety. Head to www.fitchburgstate.edu to view our campus report.