



So... She's Going Off To College

Campus Safety in the 21st Century



THIS IS YOUR FIRST TIME ON YOUR OWN

- 1.) Denial of Risk
- 2.) Identifying Risk and Dangers
- 3.) Developing a Sense of Awareness
- 4.) Understanding Personal Space
- 5.) Dealing with Conflict
- 6.) Developing Non-Verbal and Verbal Skills
- 7.) Reading Body Language
- 8.) Developing Confidence

WHERE IS YOUR COLLEGE LOCATED

- 1.) Know the Neighborhood
- 2.) Understand that Crime is Everywhere

RULES OF THE DORM

- 1.) Choosing a roommate
- 2.) Making some ground rules
- 3.) Keeping doors locked
- 4.) No Smoking or Drinking
- 5.) Watching out for Fire
- 6.) Having the Neighborhood Watch Mentality
- 7.) Dealing With Conflict
- 8.) Dealing with Strangers in the Dorm

GETTING TO KNOW YOUR RA (Resident Advisor)

- 1.) Who are they
- 2.) What is their Role
- 3.) The Pros and Cons of the RA



WHO IS WATCHING OVER US?

- 1.) Campus Security
- 2.) Dealing with the Police
- 3.) Have an Emergency Plan

ONLINE SAFETY... THE GOOD AND THE BAD

- 1.) Staying Safe on Facebook, MySpace, and others
- 2.) Dating on Line, the Pros and Cons
- 3.) Safely Shopping online
- 4.) Identity theft and other scams

THE GOOD, THE BAD, AND THE UGLY OF GREEK LIFE

- 1.) The Pros and Cons of the Sorority Life
- 2.) The Role of Alcohol and Drugs
- 3.) The Truth about Hazing
- 4.) The Connection to Rape and Sexual Exploitation
- 5.) Dealing with Group Behavior and Accountability

KEEPING YOUR PRIVATE PROPERTY SAFE

- 1.) Understanding How a Thief Thinks
- 2.) Locking up your valuables
- 3.) Don't lend anything out you would miss if lost
- 4.) Watch out for any schemes aimed at gaining access to your financial accounts or your identity
- 5.) Taking inventory of your valuables and having expensive items covered by insurance



ALCOHOL AND DRUGS

- 1.) The Truth about Alcohol and Drugs
- 2.) The Law
- 3.) Your Health
- 4.) DUI's
- 5.) Personal Responsibility

LIVING OFF CAMPUS

- 1.) Find out About the Neighborhood
- 2.) Pros and Cons of Living off Campus
- 3.) Dealing with Roommates and Neighbors
- 4.) Security Concerns
- 5.) Guarding against Fires
- 6.) Your cell phone as a Safety Tool

OFF CAMPUS SAFETY WHILE OUT AND ABOUT

- 1) Staying Safe While Driving and Parking Your Car
- 2) Dealing with Carjackers
- 3) Walking and Biking Safety
- 4.) ATM Safety
- 5.) Public Transit Safety

DEALING WITH CONFLICT-ON AND OFF THE CAMPUS

- 1.) Why this Skill is so important
- 2.) Learning How to Avoid Conflict
- 3.) Learning How to Manage Conflict
- 4.) Anger Management
- 5.) Learning how to say "No."



DATING

- 1.) Have a Plan
- 2.) What are the Rules?
- 3.) Being alone together
- 4.) Staying Aware
- 5.) Safe Sex-Pros and Cons
- 6.) Date Rape
- 7.) Online Dating
- 8.) Drinking and Dating
- 9.) The meaning of No

TAKING CARE OF YOURSELF IN AN EMERGENCY

- 1.) The Importance of Having a Survival Mindset
- 2.) Students Looking Out for Each Other
- 3.) The Truth About 911
- 4.) Dealing with Health Emergencies
- 5.) Dealing with Weapons in School
- 6.) Natural Disasters
- 7.) Fire
- 8.) Disruption of Power
- 9.) Dealing with Violent Threats and Crimes
- 10.) Handling Stress

SPRING BREAK-THE GOOD, THE BAD, AND THE UGLY

- 1.) What are the Traditions
- 2.) Where are the Most Popular Destinations
- 3.) How to be “Street Smart” during Spring Break
- 4.) Staying Safe during International Travel



DEALING WITH PERSONAL CHALLENGES

- 1.) Dealing with Emergencies
- 2.) Dealing with Urgent Situations
- 3.) Coping with Stress
- 4.) Fighting Fatigue
- 5.) Dealing with Sadness and Depression
- 6.) Using 911 when needed
- 7.) Dealing with Stalkers
- 8.) Domestic Violence

PERSONAL SAFETY AND SELF DEFENSE

- 1.) Developing Your Awareness Skills
- 2.) Trusting your Instincts
- 3.) Making a Threat Assessment
- 4.) Developing Basic Self Defense Skills
- 5.) The use of Weapons - Lethal and Non-Lethal
- 6.) The Pros and Cons in the use of Weapons
- 7.) Developing Commitment, the Will to Win

