

# General Safety Guidelines

- Learn your school's safety guidelines and follow them. Read your school's safety handbook. Memorize the telephone number(s) for emergency help, such as 9-1-1. Carry a cell phone with you at all times. Pre-program emergency telephone numbers in the phone to be able to call them quickly.
- If you choose to drink, do so responsibly. Don't use drugs. Be careful around other persons who drink heavily and/or use drugs, too. Designate a sober driver.
- Always wear a seatbelt in a motor vehicle. Wear a helmet when riding on a motorcycle, bike, or when rollerblading.
- To avoid being robbed, assaulted, etc.
  - When you go out, go with a friend or a group of people, especially at night and to unfamiliar places.
  - Use ATM machines in well-lit areas, preferably while a friend is with you.
  - Keep your doors and windows locked, especially when you are alone.
  - Lock your bike with a U-shaped lock that is hard for someone to remove.
  - Hold your backpack, purse, etc., securely so someone can't grab it from you. Don't leave these and other personal items, such as your laptop computer, unattended.
  - Have your car, house, or room keys in your hand, ready to unlock your doors.



- If you use social networking Web sites, such as MySpace.com, be aware of potential dangers. Find out safety tips from [www.wiredsafety.org](http://www.wiredsafety.org).
- Report suspicious behaviors and activities to your school's security or the police.
- Take a class, etc., to learn how to avoid sexual assault.
- To Avoid Fires:
  - Don't smoke in bed or when you are very tired. Better yet, **don't smoke at all!**
  - Follow fire safety precautions when cooking in your dorm room or kitchen.
  - Follow your school's policy on candle use.
  - Keep a working fire extinguisher in your dorm room or house.
- To Manage Conflict Without Violence:
  - Be assertive, not aggressive, when you communicate.
  - Learn to deal with frustration, disappointment, rejection, ridicule, jealousy, and anger.
  - Accept differences in others, including sexual preferences, ethnic and religious backgrounds, etc. You do not need to change your convictions, but don't expect other persons to change their convictions either.
  - Be an active listener. Pay attention to what the other person is saying and try to understand his or her point of view or simply accept it as an opinion.
  - Take a class or seminar in conflict resolution to gain skills in managing conflict.
  - When you can't resolve a conflict on your own, get help.



## General Safety Guidelines, Continued



### For Information, Contact:

Your school's Student Health Service, Student Counseling or Mental Health Service, Office of Student Conflict Resolution, Office of the Ombudsman, or Student Affairs

The National Crime Prevention Council's Online Resource Center  
[www.ncpc.org](http://www.ncpc.org)

#### **For Sexual Assault/Hate Crimes/Other Crimes**

The National Center for Victims of Crime  
[www.ncvc.org](http://www.ncvc.org)

National Domestic Violence Hotline  
800.799.SAFE (799.7233) • [www.ndvh.org](http://www.ndvh.org)