



**TUFF LOVE**  
SELF DEFENSE

## SAFETY FOR COLLEGE STUDENTS

### **Safety While Partying**

*For many students, college is a time for stretching boundaries, forming new social groups, and enjoying newfound freedom as adults. Unfortunately, social situations can sometimes bring risks, especially when alcohol and drugs are involved. While violence is never the victim's fault, the measures below can help you and your friends stay safe and decrease the likelihood of assault.*

#### **1. Eat Food and Drink Water Before You Go Out**

Take time to eat food and drink lots of water before you go out. This will give you the energy needed to show off your moves on the dance floor, while helping mitigate the side effects of alcohol if you decide to have some drinks.

#### **2. Use the Buddy System**

Sticking together helps ensure no one is left behind and that everyone has a safe way home. Pair up before you go to avoid confusion later, and make sure to check in frequently with your buddy.

#### **3. Charge Your Phone**

Make sure your phone is fully charged before leaving home, and add the campus safety phone number to your contacts list so you can quickly call for help.

#### **4. Don't Leave Drinks Unattended**

Many date rape drugs are odorless, colorless, and tasteless. The best way to make sure you don't ingest a foreign substance is to keep your drink close at hand.

#### **5. Don't Accept Drinks From Someone You Don't Trust**

If you have trouble saying no when someone offers you a drink, consider bringing a water bottle or non-alcoholic beverage to the party. Showing that you already have a drink may make it easier to decline an offer from someone you don't know.

#### **6. Carry the Essentials With You**

Bring your ID, phone, keys, and any cash or credit cards that will fit snugly in a pocket. You don't want to get stuck somewhere without the money needed to get home or a way to contact help.



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### **7. Know Your Limits**

It's essential to know how many drinks are too many so you can avoid putting yourself in an unsafe situation. Alternate alcoholic drinks with water or sodas to stay hydrated and avoid drinking too quickly.

### **8. Don't Give In to Peer Pressure**

Take time to stop and think about what you're doing or what you're being asked to do, and make sure that those actions align with your core values. If not, don't be persuaded by others. Don't be afraid to firmly say no if something is making you feel uncomfortable.

### **9. Be Aware Of Your Surroundings**

Many campuses have blue safety lights installed throughout campus, so be aware of their locations before going out.

### **10. Don't Walk By Yourself After Dark**

Avoid opportunities for assault by sticking close to your party buddy. If possible, choose more populated and well-lit streets and avoid unfamiliar routes if you're walking after dark.

### **11. Don't Leave With Someone You Don't Trust**

It's a good habit to leave a party with the same people you arrived with — this ensures that no one gets left behind. If you do leave a party with someone else, make sure to let your friends know before you leave.

### **12. Use Uber or Lyft to Get Home**

If you are separated from your friends and can't contact them, leave them a message and then call for an Uber or Lyft ride home. Check with your campus safety department as many offer discounted rates for students who use Uber or Lyft.



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## **STALKING**

*You have a right to feel safe from invasions of your privacy. If it's unwanted and it's a pattern, and it frightens you, that's stalking.*

### **1. Trust your instincts**

If you think someone is stalking you, it's best to take your instincts seriously. The main obstacle for victims is self-doubt, which can lead to dismissing unsettling behavior. It's important not to justify low-level harassment or disturbing behavior from someone you know.

### **2. Collect all the evidence you can**

If you receive unwanted harassment, either online or in person, retain all the evidence you can. Keep a log with details of each incident, no matter how small or insignificant they may seem. Record unwanted phone calls, and screenshot any troubling text messages or emails. If possible, take videos and photos of your stalker. This evidence will be invaluable if the behavior escalates and you need to make a report to your college or the police.

### **3. Monitor your digital footprint**

It's easy to lose track of our presence on social media. Be careful about sharing private information such as your address or phone number. Be mindful of GPS tracking through your phone or other devices.

### **4. Keep friends and family close**

If you feel uncomfortable or unsafe, seek support from people you trust. Ask friends to accompany you to campus or other locations where you are concerned that stalking may occur.

### **5. Inform authorities early on**

Keep a clear line of communication with your university as soon as you feel threatened. Early documentation of the situation can help keep you and others at your campus safe.