



### **Top 10 Safety Tips for College Students.**

It's that time of year, all the coeds are heading back to campus. To say it's stressful for not only students but for parents (and grandparents!) is an understatement. At ViVenizio, we always have safety front of mind, so we pulled together a top 10 list for all of those heading off on another college year adventure! Parents – print these out and give them to your students!

1. **Be Aware.** This may sound obvious, but so many students now walk with headphones or looking at their smart phones while walking. Sure, listening to tunes while adding to your daily steps is a great way to pass the time, but it also can be dangerous. To ensure you are aware of your surroundings – people and vehicles - try leaving one ear bud out and save texting and Snapchat for when you get to your destination!
2. **Move in Crowds.** With independence comes great responsibility. Never walk alone at night. Many campuses offer police escorts or have walking services so students – especially female students – do not have to walk alone at night. Use them!
3. **Don't leave your doors unlocked.** Many universities and colleges now have doors that must be scanned with ID's in order to get in. Many students will leave rocks in the doors to let their friends in. Don't do it – if you let a friend in, you could also be letting someone not so pleasant in. Keep the doors locked – they were made that way for a reason.
4. **\$20 rule.** Always have some cash on you – you just never know when you might need it. Don't carry wads of money though – be smart, leave the rest for the ATMs
5. **Know your Surroundings.** Know the campus and know where the police and security folks are. Know the emergency protocols and numbers. Put them in your phone so you have them.
6. **Be Smart – beyond the books.** This goes along with never walking alone at night by yourself – don't stay at parties after your friends leave. Always travel in packs – well at least a pack of 2!
7. **Watch the alcohol intake.** Keg parties and other festivities are a part of college life. Again, be smart. If you are a traditional tea totaler, don't try and keep up with the

lushes. Take it easy and be smart. If you think you've had too much to drink, have one of your friends take you home. If someone has blacked out, never leave them alone – ever. Alcohol poisoning is a real thing and it can be lethal. When in doubt, call 911.

8. **Be a ninja.** Well you don't really need to be a ninja but you should have some self-defense skills or at least carry pepper spray. Most colleges offer a self-defense class free of charge.
9. **Dating is fun –until it isn't.** This goes for everyone, not just co-eds. Blind dates can be exciting but make sure you meet in a public place and friends know where you are. Have a secret text code that means you are in trouble with an action plan to get you out of the situation.
10. **Don't be afraid to speak up.** If you are a victim of stalking, cyber bullying, or rape report it immediately. Most schools have confidential support systems in place to help you through the process. It's never ok to be silent.

**Have a great school year!**

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