



SCHAEFER INSTITUTE

Non-Profit • Est. 1993 • Totally Volunteer



***Helping Prevent
Horrific Acts of Violence
Against Young Adults***



OUR MISSION

Founded in 1993, Schaefer Institute is a non-profit, totally volunteer organization that produces nationally acclaimed educational programs. Our programs address the critical interests, needs and concerns affecting children, students and young adults. We also create support materials for parents, grandparents and teachers.

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Don't Be A Victim

STUDENT CRIME AWARENESS

Life is a learning experience and there are various milestones that invariably define the different periods in our lives.





Going to College



Going to Work



Joining the Military

YOU ARE NOW GOING TO EMBARK ON A NEW CHALLENGE

Whether you are going on to college, already attending college, entering the workforce or going into the military, the next few years will be important ones.

EVERYONE CAN BENEFIT FROM THIS PROGRAM

However, for our purposes, we are also going to address critical issues that those of you that are beginning your college selection process may face.





University of Utah

When choosing a school, you are going to look at reputation, curriculum, cost and location, but you should also give equal consideration to the security and safety that the school provides.

Be sure to review these statistics with your family during your selection process.

After the emotional process of applying, selecting and enrolling in a school, going will seem like a piece of cake.



- **Research & Visit Colleges**
- **Finalize Your College List**
- **Letters of Recommendation**
- **Standardized Test Scores**
- **Applications**
- **Personal Statements & Essays**
- **Finances**
- **Check Everything Three Times**



**Whether you are choosing a school or already attending one,
you must prepare yourself for more than midterms. To help you
we have developed our own teaching standard:**

The 3 A's

Attitude • Awareness • Avoidance



ATTITUDE is the way you think and feel about someone or something. You're an adult now and you are responsible for your own safety. So, we are not going to lecture, preach or prod you, we are simply offering sound advice that may keep you from becoming the victim of a serious crime.

AWARENESS simply means that you must become aware of your surroundings, especially within a one-mile radius of your home or your school and the potential hazards that they hold.

AVOIDANCE is simple, common-sense steps designed to take you out of potentially dangerous situations.



It Can't Happen to Me



In our research, we found that many students believe it can't happen to me. They only learn the lesson when it does happen to them, or to someone they know. By then it's too late and that's a harsh way to learn a lesson.



Think of your personal safety in terms of a pop quiz.

If you prepare yourself, you won't be caught off guard.

There are many lessons to learn as you are attending school or joining the workforce.

Learn this one first, learn it now and begin applying it today.

OK, LET'S GET STARTED!

We are now going to illustrate threats to your personal safety and show you how to react to them. Here are some of the topics of critical importance we address:

- **Traveling distances both near and far and using your vehicle or public transportation.**
- **Safety in your house, apartment, on and off campus housing along with the many places you go and things you do during the day and night.**
- **We also look at Stalking & Assaults, Cyberspace including Social Media, Shootings, Sex Offenses and Alcohol and Drug Abuse.**



PREPARING FOR YOUR TRIP

The first thing to do is plan your trip carefully and leave a specific itinerary with your family and, if possible, someone at your destination.



DISTRACTED DRIVING

Before you hit the road, let's take a look at Distracted Driving. This is driving a motor vehicle while engaged in another activity, typically one that involves the use of a mobile phone or other electronic device.

Here is a point to think about: In a split second an automobile accident can eliminate a family member, friend or innocent by-stander. Most drivers consider themselves good drivers, yet, when was the last time you took your eyes and mind off the road. Every time we let ourselves become distracted the consequences can be life changing.

"The American Automobile Association says that distracted driving accounts for 25 to 50 percent of all accidents."





DEBIT / CREDIT CARDS

**Will minimize the amount of cash
you will have to carry on long trips.**





ABOUT YOUR CAR

Your car should be in good repair and full of gas. You should have an emergency kit that includes a flashlight, jumper cables, first aid kit and a blanket. A send help sign for the windshield is also a valuable aid.

HAVE YOU EVER CHANGED A FLAT TIRE?

If not, practice this in your driveway before you leave. If you get a flat tire and don't feel safe changing it where you are or even waiting for help, drive the car with the flat to a public place.

Tires can be replaced – you can't.





ROADSIDE SERVICE

A naturally recognized auto club offers many services. If you're stranded on the road, your automobile insurance may also provide emergency.

CELL PHONE

Make sure your cell phone battery is fully charged and that it is not buried at the bottom of your purse in case you need it in a hurry.

Also, a car cell phone battery charger would be a wise investment.

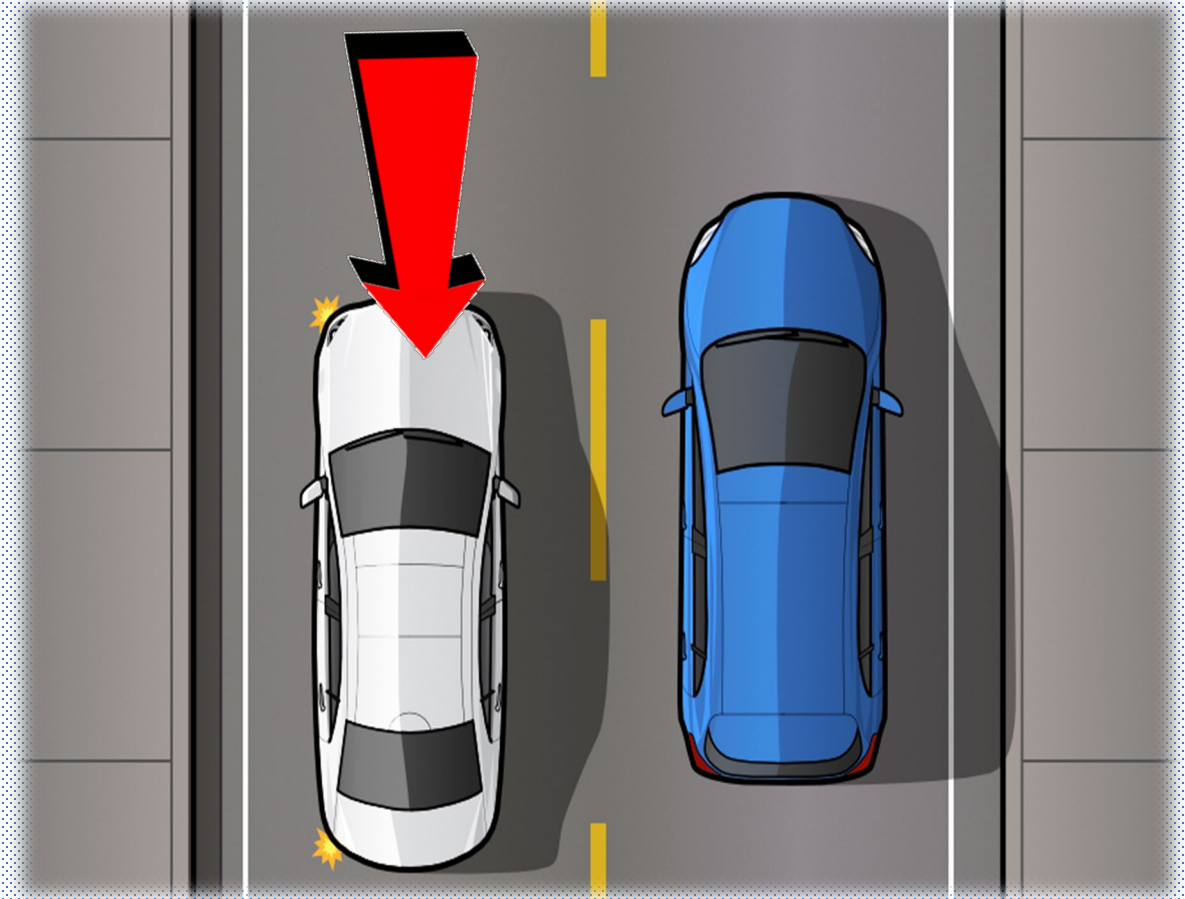




TRAVEL

You need to be aware of what is going on around you, especially when traveling in strange cities. Keep your doors locked and windows up whenever possible.

If you find yourself in an area that makes you feel uncomfortable, stay in the far-left lane of traffic and always leave enough space between you and the car in front of you. This will enable you to drive around in case a situation arises.





Keep packages and valuables in the trunk and out of sight. Thieves break into cars because they know there's something of value and worth the risk.



BEING BUMPED FROM BEHIND

This is a popular way to get you out of your car. Do not fall for this. Do not get out of your car. Put on your flashers and direct them to follow you to a public place, once there you can exchange information.

If they refuse to follow or demand you get out of the car make a note of the car's make, model and license plate and drive to the nearest police station and report the incident.

Be very suspicious if you are ever pulled over by a plainclothes police officer in an unmarked car.
If this happens in an isolated area and you don't feel safe, put your flashers on and drive slowly to a public place.



If you ever feel like you are being followed or stalked in your car, don't drive directly home. The first thing to do is make sure. Try driving around the block and then returning to your original route.



Or drive 10 miles an hour below the speed limit for several blocks. Most drivers will pass you. If you still feel you are being followed, then drive to the nearest police or fire station or to the nearest public place and report it.





AT TIMES GETTING IN OR OUT OF YOUR CAR CAN BE DANGEROUS

Always try to park in a well-lit area. If you plan on leaving your car for a while to go to a movie or attend several classes, be aware of where you parked and the time it will be when you return.

BE AWARE OF WHERE YOU PARK

Don't park behind vans, buses or dumpsters that can shield your car from sight. Be very wary of vans with sliding doors near your driver's side door.



CHECK & LOCK

Always check the back seat of your car before getting in and once inside lock the doors immediately.



PARKING LOTS & GARAGES

Parking lots and garages can be scary places at night. Try to have someone walk you to your car and check under it from a safe distance.



Why can they be so DANGEROUS?

Survey results indicate that a majority of drivers admit they engage in distracted driving behavior while in a parking lot.

- 66% Talking on a cell phone**
- 63% Programming a GPS**
- 56% Texting while driving**
- 52% Using social media while driving**
- 50% Sending and receiving emails**
- 49% Watching videos or taking photos**

Source: National Safety Council Survey

ROAD RAGE

A motorist's uncontrolled anger that's usually provoked by another motorist's irritating act and is expressed in aggressive violent behavior. Here's what you should do:

- **Do not take your eyes off the road**
- **Avoid eye contact with an aggressive driver**
- **Stay cool, don't react to provocation**
- **Distance yourself from erratic drivers**
- **Do not make obscene gestures**





PUBLIC TRANSPORTATION

Planes, trains, taxi cabs and buses are all forms of public transportation which many of us rely on to get to a destination more efficiently.

Whether you live in the city, suburbs or in a rural area at some time in your life, you'll ride public transportation. Some of you will be taking public transportation to your school or job.





PUBLIC TRANSPORTATION TIPS

You are safest where there are other people and where it is well lit. If you are at a bus stop or railroad station, try waiting in a busy area. If you are on an empty train, sit near the conductor or, if you are on a bus, sit close to the driver. If someone makes you feel threatened or uncomfortable, move to another seat or rail car.

If YOU ARE GOING TO USE A TAXI

Check that the taxi that arrives is the one that you ordered. Authentic taxis are licensed by the local authority and should have a plate showing their license number.

Always sit behind the taxi driver in the back seat. If you feel uneasy, ask to be let out in a well lighted area where there are plenty of people.





MURDER OF SAMANTHA JOSEPHSON

Tragically, Samantha Josephson, a 21-year-old University of South Carolina senior, was kidnapped and killed on March 29, 2019, after she got into a car mistakenly thinking it was an Uber.

Uber SAFETY TIPS

Check your ride, every time before you hop in, take a second to double-check the app for your driver's information. Follow these 3 steps to make sure you get into the right car:

Step 1 Match the license plate number.

Step 2 Match the car make and model.

Step 3 Check the driver's photo.

And remember, on every trip you can tap the shield icon in the app to access Uber's Safety Toolkit and get help whenever you need it.

Source: Uber

WELCOME TO YOUR NEW RESIDENCE

You now arrived on campus or to your new house or apartment. We are now going to take a look at possible personal safety threats that you may regularly encounter.

Moving into a home with roommates is an exciting experience. It can also be a source of great anxiety.



Dorm life is like living in a Fish Tank. There is little privacy even if you lock yourself in your room. Everyone knows your comings and goings. Remember – Awareness!





MAKE SURE YOUR BELONGINGS ARE ALWAYS SECURED

When moving in keep items like stereos, computers and other valuables generically boxed, do not broadcast your possessions. Make a list of your valuables and register them with Campus Security.

HERE IS A POINT YOU REALLY NEED TO ADDRESS

It's essential that you involve all of your roommates in a safety program. If you're locking doors and closing windows every time you go out, but your roommates are not, then you are fighting a losing battle.



TOP 5 ITEMS STOLEN IN DORM ROOM

- 1. Electronics**
- 2. Cash, Debit & Credit Cards**
- 3. Bicycles**
- 4. Textbooks**
- 5. Jewelry & Clothing**



YOU'RE IN CHARGE OF YOUR PERSONAL SAFETY

The first thing to do before moving in is to check the locks on all the doors and windows, be sure that the smoke detectors and fire alarms are in working order. If you are not satisfied, notify the proper authorities immediately. Add any additional locks or safety devices that you feel are necessary.

CAMPUS SECURITY

Find out where campus security and the nearest police and fire stations are located in respect to your school, home or apartment.

Enter their emergency telephone numbers on the favorites list of your phone. Know where the emergency call boxes are located on campus and how to use them.





DO NOT BROADCAST YOUR WHEREABOUTS

Whether sleeping, studying, or just going down the hall, always lock your door. Do not leave your keys lying around in your room when you're not in the room or leave messages on your door telling when you will be returning to your room.



PROPPING OPEN DOORS

Never prop open doors if you are expecting someone. If you live in a dorm or apartment building that has an intercom system, under no circumstances should you “buzz” anyone in unless you know them personally.

Remember, you’re not just putting yourself in jeopardy, but everyone in your building.



Make an effort to meet some of your neighbors and find someone you feel comfortable leaving a key with, if you are ever locked out.



SAFE ROOM / PANIC ROOM DEFINED

This is a fortified room that is installed in a private residence or business to provide a safe shelter, or hiding place, for the inhabitants in the event of a break in, home invasion, tornado, terror attack, or other threat. Safe rooms usually contain communications equipment, so that law enforcement authorities can be contacted.

These rooms have become quite elaborate and for those who live in a dormitory or apartment you have to, “make the most of what you have!” This means using a bedroom or bathroom with a strong interior lock, reinforced door and a cell phone inside.

We recommend “Layers of Safety” that means products such as window and door alarms that will send a loud and unmistakable sound after a door opening and window vibration, which helps deter intruders and a security camera. These Layers of Safety products are practical and affordable.





If you ever feel like someone is in your house or trying to get in, you should lock yourself in the safe room and call the police. If you ever do experience a break-in, report it immediately.

GOING OUT & ABOUT





Travel in groups and avoid going out alone at night. If you do go out alone, let a roommate or friend know where you are and what time you plan to return. Use the campus escort or shuttle services at night, always keep your money, keys and identification in your pockets and separate from your purse or backpack.



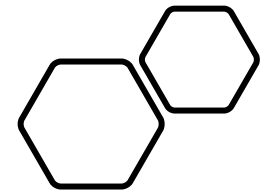
During the day, the campus is alive with activity, but at night as students settle in and begin studying it can seem desolate. Avoid going alone to study and laundry rooms and other isolated areas.





PLAN IN ADVANCE

If you are going out at night, plan in advance how you're going to get home. Don't leave it to chance, try to travel home with friends. Arrange a lift with someone you know or book a taxi in advance.



If you are leaving a building such as a theater, museum, or a mall and you feel like you may be in danger, go back into the building and try another exit or get someone such as a security officer to walk with you or to get you a ride.

If you do find yourself traveling alone at night, you must develop a routine to stay aware of your surroundings.





Use shopping carts or take advantage of carry-out service, when possible, this will enable you to keep both hands free while entering your car. Always have your keys out and ready when approaching your car. If a situation doesn't feel right to you, get out of it as quickly as possible.





LET'S TAKE A LOOK AT WALKING & JOGGING

Use paths or streets that are well lit and have the most traffic. Avoid taking shortcuts and using alleyways and bushes where a perpetrator can hide.

A WOULD-BE THIEF IS COUNTING ON 2 THINGS

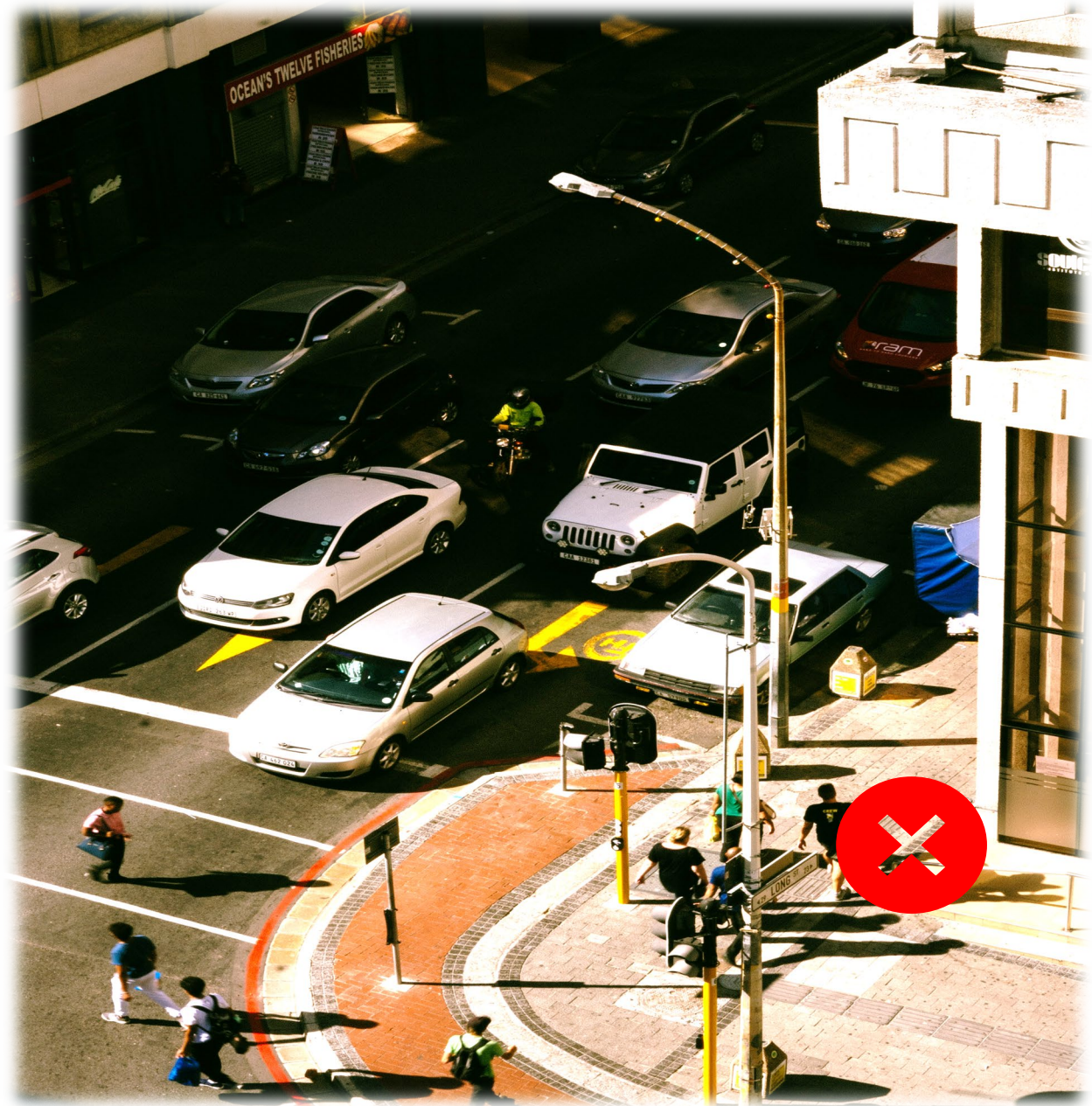
Surprise & Control

Without the first they have lost the second. You must be aware of where you are and what is going on around you at all times.



Keep your head up, eyes ahead of you, glance over your shoulders and take note of the people around you.

Walk or jog facing traffic, get in the habit of walking on the street side of the sidewalk and be sure to go very wide when turning a corner.



BE EXTRA AWARE IF YOUR WEARING HEADPHONES



Pedestrians wearing headphones are at an increased risk of being struck by automobiles and trains, particularly in urban environments. You can't get out of the way of something in your blind spot or unseen area that you also can't hear.

Whichever type of headphones or earbuds you wear, remember to keep the volume low enough so that you can hear what is going on around you when you're outside.

BOREDOM

If you go out on a date, always bring money and your phone along for a taxi or public transportation, if things do not work out.



Using an ATM Machine safely means finding one in a well-lit area, making sure surrounding individuals keep a comfortable distance and never count your cash in front of the machine in plain sight.

Also, be aware of people loitering or sitting in cars around ATM's. Prepare your transaction ahead of time, don't spend much time at the machine and do not give out your personal identification number (PIN) to anyone.



STALKING



is not a joke.

is not romantic.

is not okay.

is a crime!

Stalking is a pattern of unwanted behavior, directed at a specific person which is causing that person to feel afraid, nervous, in danger, and/or change their routine.

Stalking may cause fear, annoyance or anger in the person who is being stalked and cause the person impacted to change their routine or behavior.

Sometimes the person that is being stalked may minimize the situation, though bystanders may see it as dangerous or concerning. Stalking can occur in and out of relationships, between acquaintances or complete strangers.

Source: University of Colorado





STALKING LAWS

An individual may be charged with stalking regardless of any pre-existing relationship with the victim.

Here are some stalking behavior examples:

STALKING BEHAVIOR EXAMPLES

- Information gathering from friends, internet, professors.
- Repeated non-threatening mail, email, pages and phone calls.
- Notes or flowers left on a car.
- Observing/following and “coincidentally” showing up wherever the person goes.
- Waiting outside class, work or next to the person’s car.
- False reports to authorities, spreading rumors, giving misinformation or secrets to friends, family, professors, or supervisors.
- Disparaging messages or images on the web, discussion groups.
- Vandalism or destruction of property, sabotage of schoolwork.
- Threatening mail, email, notes, text messages and/or phone calls (threats direct, implied or symbolic).
- Breaking into home, car, email, social media, etc. and sometimes leaving evidence of the break in or hack.



Source: University of Colorado



Don't Be A Victim

ASSAULTS



IF YOU ARE ATTACKED try to remain as calm as possible. This will not be easy, but it is your first step towards an escape. There are two types of resistance you can use against an attacker, passive and active.

Passive resistance involves using your imagination to delay the attack while looking for a chance to escape or trying to talk the attacker out of assaulting you.



Passive Self-Defense

- **Talking your way out of a situation.**
- **Telling the rapist, you're pregnant, menstruating, or afflicted with a communicable disease can be an effective ploy.**
- **Faking submission and waiting for an appropriate opportunity to make an escape.**
- **Urinating, defecating, or vomiting.**
- **Note: Initiating a passive defense may not work in all situations. If it fails, you can then escalate to an active defense.**

Source: City of Annapolis, MD



Active Resistance involves using physical force to repel the attacker. Scream, if someone is near enough to hear you and provide help. If you are grabbed from behind, throw your head back hard against the attacker's face or throat, crush down on the in-step of his foot with your heel. Press your thumbs very hard into his eyes.



Active or passive resistance are not guaranteed!

All situations are different. You are the only one who can decide your appropriate course of action, use your common sense, imagination and good judgement.

If the attacker shows a weapon – scream and run full speed in a crooked line, your life has been threatened and you must get out of the situation.

If the attacker wants, you to get into a vehicle or go into the bushes - don't.

Unless you are physically restrained scream and run.



If you are a female, you have almost 100% chance of being raped and maybe killed if you get into a vehicle. If you are a male, you have almost 100% chance of being killed.

With those odds your odds are much better that he can't hit a moving object with a bullet and in almost all cases he won't shoot anyway. He wants to scare you into the vehicle or bushes not shoot you or he would have done that already. Remember, unless this is somebody you know, they aren't looking for you, they'll let you go and look for an easier target.



If you think you are being followed by a car, reverse your direction. It will take them a much longer time to turn around and they will likely just continue on and find a different target.

If you are walking or jogging and feel like you are being followed, make a sudden turn, cross the street, run or walk as fast as you can and try to put as much distance as you can between yourself and the perpetrator.



If you see other people, run to them or to a business or lighted home. This will likely make the attacker leave the area.



If you are unable to shake the follower, turn around and scream.

WHAT DO YOU WANT

in your most indignant voice. This is likely to frighten off a large portion of potential attackers.



Remember, the last thing the bad guy wants is a fuss. Screaming anything halts the attack in many cases or at least buys you a few seconds while they consider whether there is easier prey.



SELF-DEFENSE TRAINING FOR YOUNG WOMEN

THIS IS AN OPTION THAT YOU SHOULD AT LEAST CHECK OUT!

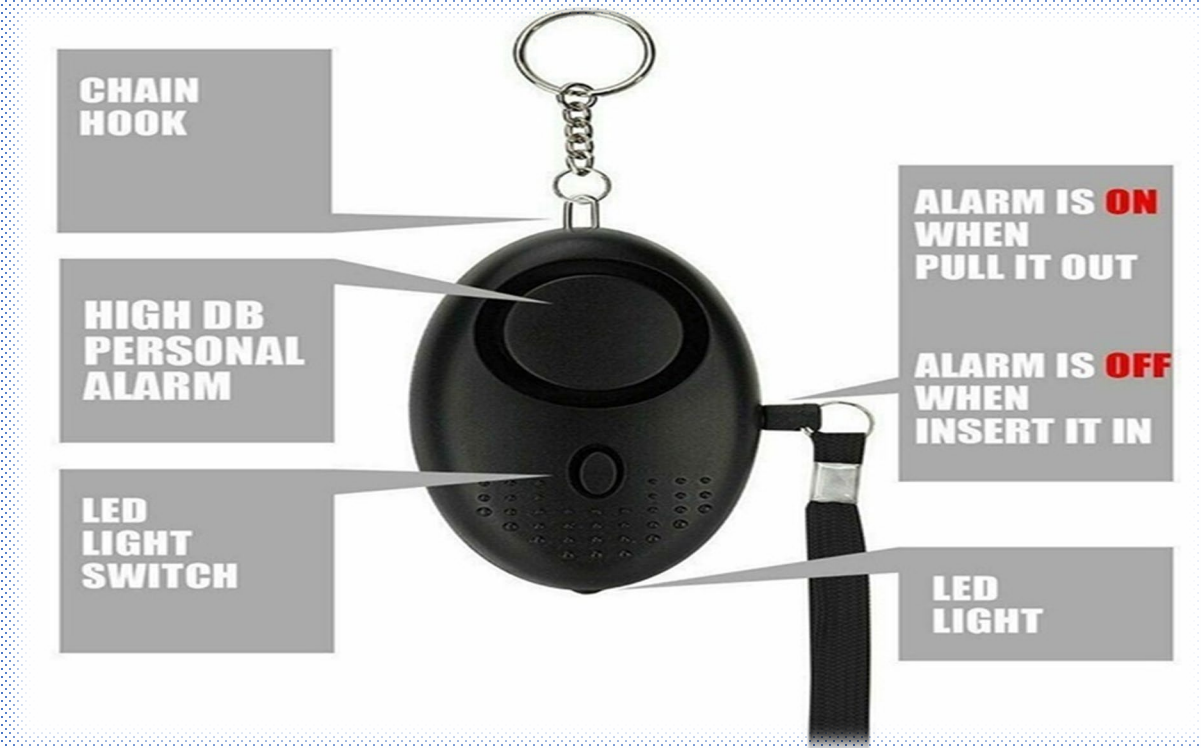
Supporters of self-defense training believe these courses will not only provide women with the physical survival techniques necessary to repel attacks effectively, but that this kind of training will also help to prevent future violence by developing traits such as assertiveness and confidence in individuals. There is evidence that women who convey such characteristics are less likely to be victimized.

Opponents argue that self-defense training does not properly prepare women for an attack, does not adequately address acquaintance rape threats, and can provide a dangerous false sense of security to students.



ALWAYS REMEMBER “DO NOT TAKE CHANCES”

If you find yourself in a dangerous situation, once again, do not take chances. If you have the opportunity to run and make noise to attract others, take it. If a person grabs your purse or bookbag, let them have it. An electronic whistle or alarm are inexpensive and very handy.



SEXUAL ASSAULTS



Learn to trust and act on your instincts about acquaintances. If you feel uncomfortable about being alone with a person, do not allow yourself to be alone.



Every Person Has The Right To Say NO!



You must make a very clear, concise and verbal demand that any unwanted advances stop. Be firm, be clear, do not allow any unwanted touching and defend yourself.



GET MEDICAL HELP & CALL THE POLICE

If you are assaulted, it's vital that you receive medical attention and treatment for possible injuries, even if none are visible. Report the attack to law enforcement immediately.



SANTA BARBARA POLICE DEPARTMENT



Victims should make every effort to save anything that might contain the perpetrator's DNA. The victim should not bathe or shower, use the restroom, change clothes, comb hair, clean the crime scene, or move anything the offender may have touched. If you are still in the location at which the crime occurred, do not clean or straighten up or remove anything.



Find a safe location away from the perpetrator.

Ask a trusted friend to be with you for moral support.

Always remember that what happened was not your fault.

Write down all the details you can recall about the attack and the perpetrator.

SEXUAL ASSAULT IS A CRIME OF MOTIVE & OPPORTUNITY

There is no guaranteed way to prevent an attack. If you or someone you know has been affected by sexual violence, it's not your fault, you're not alone, help is available.



PROFESSIONAL HELP

Campus and off campus psychological help is available. These highly trained professionals are attuned to these crimes and the student will be treated with sensitivity, dignity, understanding and anonymity.



NEVER LEAVE YOUR BEVERAGE OF CHOICE UNATTENDED

Date rape incidents are on the rise. Only accept your beverage from the bartender or server. If you feel like your drink has been messed with, tell a friend or management and go straight to the hospital.



If you suspect you've been drugged, request that a urine specimen be collected to preserve evidence. Recognize that healing from an attack takes time. Give yourself the time you need and know it's never too late to get help.



Brightly Colored Fentanyl



The reality is that people are more often assaulted by people they know then by strangers, yet very few assaults are reported to the authorities.



SHOOTINGS & VIOLENT SITUATIONS



In the first minutes of a violent situation, it is you who becomes the first responder and responsible for your own safety. You need to know how to react to these events.

The answer is as simple as three words – run, hide, fight. Run if a safe path is available, always try to escape or evacuate even if others insist on staying, don't linger to gather belongings.



Page 1 of 4

Be aware that first responders are usually not there to assist the injured, but to stop the shooter. Help for the injured is on the way.

Once law enforcement arrives remain calm and follow instructions. Keep your hands visible at all times and avoid pointing or yelling.



Encourage others to leave with you, but don't let their indecision slow down your escape. Once out of the line of fire, try to prevent others from unknowingly walking into the danger zone and call 911.

If you can't escape safely, find a place to hide outside the shooter's view. If you can't find a safe room or closet, hide behind large objects that offer protection. Seek a hiding place that doesn't restrict your options to move and try to remain quiet and calm.





When hiding, turn out lights, lock doors and silence the ringer and vibration mode on cell phones. If a door doesn't lock, attempt to block it with furniture or other large objects. As a last resort, if your life is at risk, working together or alone, act with aggression, use improvised weapons, a fire extinguisher or chair for example – and fight.

ALCOHOL & SUBSTANCE ABUSE

Alcohol and Substance is an ongoing critical issue on College and University Campuses across the country across the country.

Disregarding potential substance abuse issues can result in short-term and long-term consequences that will be hard to avoid, ranging from the obvious physical harm to your body to full-scale addiction.





You should be aware that the buying, selling and possession of drugs is enough to get you thrown out of school and arrested. If you're still not concerned about what drugs and alcohol can do to you, remember this, a person under the influence of drugs or alcohol is an easier target and is much more likely to become the victim of a serious crime.

CYBERSPACE



Keep this in mind:

It is much easier to prepare yourself and your computer, than to recover from lost data and private information after an online nasty compromises your system.

So, be proactive in keeping your PC safe and secure.

Here are Cyber Safety Steps that we highly recommend:



Cyberspace Tactics

- **Be on guard when you shop online.**
- **Work securely from wireless networks.**
- **Be wary of sharing your PC.**
- **Navigate social networking sites with care.**
- **Steer clear of peer-to-peer and file sharing networks.**
- **Limit the information you give out online.**
- **Create strong passwords and change them regularly.**
- **Backup your data regularly.**
- **Be skeptical of e-mail and instant messaging.**

Source: Adware





Bullying is not just a childhood issue that kids outgrow and do not have to deal with once they graduate from high school.

Growing research indicates that bullies are growing up and infiltrating college campuses. Even the workforce has more than its fair share of bullies. In fact, bullying is an issue that people of all ages must be prepared to address.

Source: www.verywellfamily.com

Bullying behavior can take many forms. Here are six common ones:

- 1. Physical bullying**
- 2. Verbal bullying**
- 3. Social bullying**
- 4. Cyberbullying.**
- 5. Sexual bullying**
- 6. Hazing**



**Student Support
Available**

In Closing...

Going off to school or starting your first job is one of the first steps towards independence but with that comes a host of responsibilities. Your first responsibility must be to yourself.

Our goal is to teach you the fundamentals of how to protect yourself from becoming a target. This is just the beginning, you have to take it upon yourself to apply the **Attitude**, **Awareness** and **Avoidance** principles. At first these many precautions will seem boring and extreme. However, it's important that you make them part of your everyday routine.

Remember, this is a defining moment in your life. It's a time of adventure and discovery, it's a time of meeting friends and setting goals. Most of all it's a time of learning. This program is lesson number one, review it often and have a safe and wonderful life.



ACKNOWLEDGEMENTS

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Shootings & Violent Situations

City of Houston, TX

- Mayor's Office
- Department of Public Safety & Homeland Security
- Police Department

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