



Safety Tips

While Chico State and the surrounding community are typically safe, both experience varying levels of criminal activity. No one should ever feel a false sense of security that they might be less of a target for criminals because of their gender, build, or other factors.

Personal Safety

- Be aware of your surroundings at all times! Criminals look for people who are distracted and are pretty good at spotting them.
 - Do **not** use ear buds in both ears – not being able to hear what’s going on around you isn’t safe.
 - Snapchat and Instagram can wait! – put your phone down when you are walking at night or in unfamiliar areas.
- Whenever you can, walk with a friend or a group – safety in numbers is a real thing!
- Let someone know what your plans are, where you are walking, etc. Include the time you anticipate arriving at your destination and what you want them to do if you don’t check in – apps like bSafe, Circle of 6, and Reaction Mobile are helpful for this.
- Take routes you are familiar and comfortable with, and that are well traveled.
- Make sure you enter an ICE (In Case of Emergency) number in your phone
 - For iPhone:
 - Open Health App
 - Tap on Medical ID
 - Enter health data as needed
 - Enter emergency contacts
 - Tap on “Show When Locked”
 - For Android:

- Use the “In Case of Emergency” and “Medical ID: In Case of Emergency” apps – they provide public safety personnel access to your emergency contacts when the screen is locked.
- Make eye contact with people – someone is less likely to attack you if they think you could identify them to police later on.
- Use UBER, Lyft, or a cab rather than walking alone.
- Carry pepper spray. Keep in mind that in order for it to be effective, you really need to use almost the entire container.
- Most students do not go out at night alone – stay with your group! Do not be the person who gets left behind and don’t be the person who leaves someone behind.
- TRUST YOUR GUT! – If something doesn’t feel right, it probably isn’t.

Keeping Your Home Safe

- Keep your doors and windows locked, even during the day. If your windows don’t have great locks, buy some wooden dowel at your local hardware store and cut to the length you need.
- Close your blinds or curtains at night – this will help discourage “Peeping Toms.”
- If someone knocks on your door, ask who it is before you open it. If it appears to be a repair person, ask for identification, even if you’re expecting them.
- If you get home and notice an unexpected door or window open, don’t go in!
- If you notice someone suspicious loitering around your residence and your gut is telling you they’re up to no good, TRUST YOUR INSTINCTS and call the police.

Safety and Your Vehicle

- Always try to park in a well-lit and heavily traveled area.
- Pay attention to your surroundings as you approach your vehicle – put your phone down and take out your ear buds!
- Have your key ready when approaching your car. Your keys can be used as a weapon if needed – but never interlace them between your fingers! You’ll cut yourself and render your hand(s) useless in fighting off an attacker. Instead, use your keys to stab or strike instead.

- Most key fobs have a panic button – use it! Loud noises draw attention to you, which is the opposite of what someone who is trying to attack you wants.
- Check around and under your car as you approach and before you get in – pay close attention to the back seat area.
- Lock your doors immediately after you get in – this lessens the chance of you becoming a victim of a car jacking.
- Don't leave valuables in plain sight – out of sight = less temptation for criminals.

Staying Safe Online

- Privacy settings are there for a good reason – use them! Routinely monitor your social media accounts to make sure your privacy settings are up to date.
- Selling stuff on Craigslist can be tempting, but it can also open you up to dangerous situations. If you absolutely need to sell something online, always meet potential buyers in a public place and never meet them alone - take a friend or roommate with you.

Campus Safety

- If you're on campus at night, use the Campus Connection program. http://www.csuchico.edu/up/safety_programs/campus_connection.shtml
- Become familiar with Chico State Alerts and emergency/Blue Light Phones on campus. http://www.csuchico.edu/up/documents/blue_light_map.pdf
- Take advantage of R.A.D. – a self-defense class offered by University Police. http://www.csuchico.edu/up/safety_programs/rad.shtml.
- Walk in well-lit and well-traveled areas – DON'T USE SHORTCUTS!