



**Staying Safe at Wayland**

# Protection Starts With You

## Yourself

Prevention is the best way to protect yourself. Opportunity crimes are among the most common campus crimes. Use these suggestions to minimize your personal danger.

- **Lock your doors and windows when you leave your living space or car.**

- **Be aware of your surroundings.**

It's best to not wear earbuds and focus on your phone when you walk. If you choose to wear earbuds, keep one of them out and keep the volume down.

# Protection Starts With You

## Your Space

- **Always lock your bedroom and exterior doors.**
- **Stash your valuables in a safe, hidden spot.**  
Use a small personal safe or an unexpected hiding spot (like an empty cereal box).
- **Immediately report facility problems.**  
If a window won't close or a lock is jammed, report the problem to the residence hall staff. Follow up until it's fixed.

### Keep Intruders Out

Keep exterior doors closed and report any propped doors immediately.

## Social Media

- **Broadcasting your schedule and location jeopardizes your safety.**
- **Future employers may be able to find what you post and share online.**  
Employers review social media when making hiring decisions.

## Your Stuff

- **Lock your car doors and close your car windows.**
- **Keep your car clean.**
- **Use a hefty "U" lock with a cable for your bike.**
- **Back up your work.**  
Save all your important documents on an external hard drive or in the cloud.
- **Use a pass-code, thumb-print, or face ID on your devices.**
- **Employ two-step authentication.**
- **Keep accounts and passwords secure.**  
Never click on an emailed or texted link to reset a password. Independently log on and reset your password in account settings.

- **Keep a record of your bank and credit card companies' phone numbers.**  
If your wallet gets lost or stolen, call and cancel your cards.

# Protection Starts With You

## Your Friends

- **Travel in pairs or groups.**
- **Make sure someone you trust knows where you are going.**  
Tell that person where you will be and how long you expect to be there.
- **Bystander Intervention requires you to recognize and intervene when a situation needs attention:**  
Telling a classmate you don't appreciate their language.  
Walking a depressed friend to the counseling center.  
Creating a distraction to remove someone from a potential sexual assault situation.

## Consent

Consent is when someone agrees to sexual relations with someone else.

Keep these things in mind:

- Listen and respect your partner.
- Always ask for consent before and during sexual activity.
- Someone can say "no" after initially saying "yes."
- A person under the influence or unconscious is not able to consent.

## Sexual Assault Prevention

- Always ask for consent before and during sexual activity.
- If you can see someone in trouble, ask if you can stay with that person.
- Seek out a neutral authority figure for assistance.
- Don't use alcohol or other drugs to coax someone into sexual activity.
- Be careful with your own alcohol or other drug intake.
- Ask for help if you ever feel threatened.

# Protection Starts With You

## Your Body

Using and abusing alcohol and other drugs lowers inhibitions and reduces the ability to think clearly. Most safety-related incidents, including sexual assaults and fire-related deaths, happen when someone is under the influence.

### Signs of Alcohol Poisoning

Blood alcohol content can rise even after someone passes out. "Sleeping it off" is not safe for people with alcohol poisoning. Call for medical help immediately if you observe symptoms like:

- Mental confusion
- Inability to speak or walk
- Unconsciousness
- Vomiting
- Seizures
- Slow or irregular breathing
- Bluish skin color

Consider using an app that allows first responders to bypass your phone's lock screen and access important health and contact information.

- **Do something else.**

There are multiple, alcohol-free, social options on campus.

- **Pace yourself.**

If you choose to drink, limit your consumption and utilize "spacer" drinks.\*

- **Never accept a drink from someone else or leave a drink unattended.**

- **Avoid another person's prescription medicine.**

Misusing them could lead to addiction, overdoses, or permanent health problems.\*

- **Avoid illegal drugs.**

\*Remember that any use, possession or distribution of alcohol by someone under the age of 21 and use, possession or distribution of controlled substances not prescribed to you are a violation of federal and/or state law and Wayland's Official Substance Abuse Policy. Use, possession or distribution of alcohol on university-owned or controlled property is a violation of Wayland's Official Substance Abuse Policy.

## Count Your Drinks

Drinking more than one alcoholic drink per hour can be dangerous. Here are general guidelines for one standard drink:

12 fl oz of regular beer = 8-9 fl oz of malt liquor = 5 fl oz of table wine = 3-4 fl oz of fortified wine (sherry or port) = 2-3 fl oz of cordial, liqueur or aperitif = 1.5 fl oz of brandy or cognac (single jigger or shot) = 1.5 fl oz shot of 80-proof distilled spirits.

# Protection Starts With You

**Your Community**

# Overall Safety

## Safety At-A-Glance

- **Prevention is the best way to steer clear of safety problems.**
- **Use locks on your doors, car, bike and devices.**
- **Take an active role with your friends by informing each other of your whereabouts, traveling together when possible and intervening if you see someone in trouble.**
- **Get consent before and while engaging in sexual activity.**
- **Be aware of the influence of alcohol and other drugs on your sexual partner's ability to consent.**
- **Get informed about the possible health effects of alcohol and other drugs.**
- **Find an online safety system that provides protection and works for you.**
- **Be mindful of what your social media accounts might communicate about you.**
- **Be prepared for fires, natural disasters and other campus emergencies by learning more about safety and emergency protocols.**
- **If you see something of concern, say something to an authority figure.**

## Annual Clery Act Report

On this campus we are open and transparent about crime. The Jeanne Clery Disclosure of Campus Crime Statistics Act, or Clery Act requires that we record and report crimes to the U.S. Department of Education each year. We also post them publicly on our website for our entire campus community.

### Get informed

- U.S. Department of Education: Campus Safety and Security [ope.ed.gov/campussafety](https://ope.ed.gov/campussafety)
- U.S. Department of Justice, Office on Violence Against Women's Changing Our Culture Clearinghouse (information on sexual assault) [changingourcampus.org](https://changingourcampus.org)
- National Institute on Alcohol Abuse and Alcoholism [collegedrinkingprevention.gov](https://collegedrinkingprevention.gov)
- U.S. Fire Administration [usfa.fema.gov](https://usfa.fema.gov)

Keep an eye out for programs on alcohol and other drug use, sexual assault education, fire safety, bystander intervention and more.



## Emergency Contact Numbers

In an emergency, call 911

**Campus Police:**

Office: 806-291-3490

Cell: 806-774-4225

**Dean of Students**

806-291-3751