

Crime Prevention News



To Enhance the Safety of University of Iowa Faculty, Staff, and Students

Welcome to the University of Iowa



RAPE AGGRESSION DEFENSE (R.A.D.) SYSTEM



Spring Break Safety Tips

The University of Iowa Police would like to help you have a safe and productive academic year.

Spring break is fast approaching! There are plenty of spring break horror stories on the internet. We do not wish to bombard you with a lot of freakish, scary stories. But, we will 'keep it real.' We want you to go out and have fun, safely! There are consequences for your actions. Remember, there is no excuse for poor planning. And saying, "I can't be held responsible because I was drunk" is not an excuse for indiscretion. The last thing you want is your parents calling you saying, "I saw you on national television being arrested." We don't want you to get arrested for driving while intoxicated; or, worse case scenario...not returning home!

Vanessa Raymond* wrote a wonderful article titled, "How To Stay Safe on Your Spring Break Trip." The information does apply to both women and men. Raymond gave the following tips:

"Never leave an establishment with someone you don't know. No matter how cute, hunky, handsome or witty, or how many drinks you've had, the rule applies. No exceptions.

Establish a spring break buddy system. The way this system works is that you buddy up with someone and you agree to stay (mostly) sober. You can have one or maybe two drinks, period. Then, when you see your really drunk buddy slipping out of the bar for a walk on the beach with her new "friend," you know better. In fact, when you take a closer look at her "friend," you wonder, "What is she thinking?!" The mostly sober buddy has veto power over her (drinking) buddy at all times. The next day, switch roles. This system has the added bonus of lessening the frequency of those really nasty sick hangovers.

Leave your contact information with several different parties (including your parents) and check in regularly. I know, part of the fun is leaving it all behind, but believe me, if you end up on a cross-country trip against your will...you're going to hope someone is looking for you sometime before Indianola. The reason we have your parents on this list is that they are the ones who are really going to notice if they don't hear from you when anticipated: You'll also get some bonus points with them that you might be able to cash in later.

Don't drink and drive. Duh. Also don't drive with someone else who has been drinking. The telephone pole that the car will wrap itself around is an equal opportunity obstacle.

Never leave your drink unattended. Ever heard of a roofie? It's the sedative commonly known as the 'date rape drug.' In addition to being a sedative, a roofie has the unsettling side effect of inducing amnesia, so that you won't remember what happens to you during the several hours that this drug is in effect.

The University Police is proud to announce there will be a R.A.D. class beginning on March 23rd. R.A.D. is a 12-hour course that is taught for four hours a night, once a week, for three consecutive weeks. Sign up at <http://police.uiowa.edu/>.

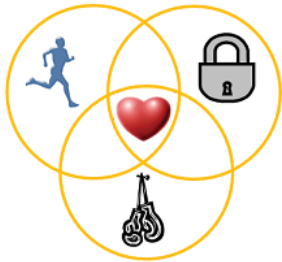
R.A.D. is the nations largest self-defense course for women only. R.A.D. is taught at over 300 colleges and universities, private, municipal, state and federal agencies by more than 1300 instructors. There is a "R.A.D. for Men" class available as well.

The R.A.D. approach to personal safety education embodies a practical blend of threat avoidance strategies and real-world assault resistance tactics for women. The focus of the instruction is on the development of easily mastered personal safety skills, which can be safely practiced within a comfortable learning environment; and, the coupling of those physical skills with a threat assessment process will increase physical safety awareness. The overall goal is to reduce victimization through informed decision making and sensible action.



University Police:
335-5022
Student Health:
335-8370
UIHC Emergency Room:
356-2547
U I Counseling:
335-7294
RVAP:
335-6000
UI Threat Assessment:
384-2787 or 384-2955

CRIME PREVENTION NEWS



VIOLENT INCIDENT SURVIVAL TRAINING

Virginia Tech. has taught us that no one is immune to a violent incident. On April 16, 2007, a tragic chapter was added to Virginia's history when a disturbed young man at Virginia Tech took the lives of 32 students and faculty, wounded many others, and killed himself.

The goal of the V.I.S.T. training is to begin your mental preparation of recognizing, assessing, and responding to threats against you.

HEART-symbolizes the commitment to survive
LOCK-Symbolizes lock down
GLOVE-Symbolizes Resistance
RUN-GET OUT OF HARMS WAY!

V.I.S.T. is free to students, faculty, and staff. Faculty and staff can simply go to their "Self-Service" on the University web page and sign up under "My Training." Students, can visit our website at <http://police.uiowa.edu/>.



Fire Safety

"DO NOT overload your outlets."
Bruce McAvoy

If you're out of the country.... There's a whole other set of rules if you're planning to travel out of the country and you'll need to bone up on them.

While I'm all for dancing on the bar in the right setting, chances are that spring break is not going to be the right setting. Yes, it is fun to lose inhibitions now and then. The trick is to do so without losing our lives or messing them up in a long-term way while we're at it. So remember the following:

Sexual predators will not be wearing trench coats. We all have stereotypes of sexual predators and they usually involve trench coats, greasy hair and other identifiable characteristics. Truth be told, the most successful sexual predators are the boy-next-door types who don't get caught. Take a look at Ted Bundy: <http://www.celebritymorgue.com/ted-bundy/>. Even if he's not your type, he might start to look pretty good after a few drinks. Put yourself in the shoes of a sexual predator. Where's a good place to be? You got it: Spring break.

A few drinks can make a loser look good. While the message about alcohol affecting our judgment has been driven home in the 'don't drink and drive' category, the point also needs to be made when it comes to deciding upon potential sexual partners and activities. A few drinks can make you want to push up against some of your usual boundaries, say never leaving a bar alone with someone you don't know.

A few more drinks can make a loser look even better. You know by now that when you tie one on, your powers of observation dim. Thanks to alcohol, tomorrow you might not remember certain sequences of tonight's events: This is not the state of mind in which to be making decisions that could affect your long-term health and well-being. Even if you end up surviving an unpleasant situation, it can take years to work through the aftermath of humiliation, hurt or permanent injury."

Here are additional things to consider while on spring break:

Plan ahead. We have all heard the cliché, "If something sounds too good to be true, it probably is..." In layman's term, "If it sounds too good, it probably isn't good at all!" Before booking a trip, make sure whatever company you are dealing with is a reputable company. For more information, contact the "Better Business Bureau" (BBB), "American Society of Travel Agents" (ASTA), or "International Airlines Travel Agent Network" (IATAN). You can even get on the web and check out the Federal Trade Commission's "Complaint for Permanent Injunction and Other Equitable Relief." Don't be afraid to use a credit card. It is actually safer to pay with a credit card online than over the phone. Just make sure you see the "https:" in the URL before you enter your credit card information. The "s" tell you the site is secured. Furthermore, most credit card companies offer insurance for products purchased with their credit card. There are many wolves out there waiting to take your money, so...DO YOUR HOMEWORK!

Be aware of your environment. Stay alert and aware of your surroundings by looking around, listening, and reading signs whether on the street, in an office building or shopping mall, driving or waiting for public transportation. Most importantly, be aware of who is around you. People can communicate information in numerous ways, so use your gut instincts while paying attention to things like eye contact, gestures, posture, body movements, and tone of voice. All of these signals can convey important information that isn't put into words. By paying closer attention to other people's nonverbal behaviors and trusting your instincts, you might become alerted to unsavory intentions before it's too late.

Have a plan if confronted. Yeah, confrontation can happen to anyone. You have every right to defend yourself. However, the courts will look at the entire situation while taking into consideration whether or not you had the opportunity to remove yourself and notify the authorities. Only you can make the best decision for yourself at that time. In other words, you might have to decide to show confidence and look a person in the eye. The confidence alone might be enough to scare away a would be attacker looking for easy prey. If it does not scare off the be attacker, at least you are now in a position to identify him or her. You might have to physically defend yourself if there are no escape routes. If they just want your valuables, give it to them because your personal health is worth more. It is okay to run. Run into a business or well lit area. And, make some noise! You can turn bystanders into witnesses by yelling, "Leave me alone," or "Call the police." Have your cell phone handy to dial 911. Ultimately, you have to assess the situation and decide what the best action plan is.

Secure your belongings. Do not give a criminal an opportunity to "smash and grab" by leaving your valuables visible in your car seat or on your dashboard. Be especially mindful of securing your GPS instrument. A person could steal your GPS and use the addresses stored as targets for burglary/theft. This is also true for cell phones, iPads, or laptops. Take your belongings out of your vehicle if you are going to stop at a hotel/motel while en route to your destination. A lot of hotels/motels have safety deposit boxes where you could put your passport and/or valuable jewelry inside for safe keeping. Some rooms even have a safe...use it! Leave on your Television to make it appear someone is present while you are away from your hotel/motel room. Make sure you lock your doors at all times, whether it's your car door or your room door. It doesn't matter if you can see the car from inside the gas station. It doesn't matter that you are just walking down the hall for ice...secure your stuff.

Be mindful of what you advertise on your social networking. Criminals are known for checking out people's social network page, like Facebook and Twitter, and discerning their victim is out of town. The criminal would then take the opportunity to relieve you of your valuables by burglarizing your residence. Or, the information may tell the criminal you or your loved one(s) are home alone. In any case, do not advertise that your home, you, or your loved ones will be left vulnerable.

Check out our website. Go to <http://police.uiowa.edu/> for crime alert, crime prevention, and departmental information.

*Source-Vanessa Raymond is the Editor-in-Chief of HowToDoThings.com.

Have a safe and happy spring break!