Do you jog by yourself early in the morning or late at night when it’s quiet and lonely?

Do you carry all your possessions - cash, keys, credit cards, laptop - in a beloved but tattered backpack every place you go, then leave it laying around?

When you work late at the computer lab or library, do you think you are too cool to call the campus escort service at 1 a.m.?

If you answered ‘yes’ to any of these questions, you may need to change a few habits. Even if your score was a perfect ‘No, never!’ read on. A few minutes now might prevent trouble later.

For an escort on campus at night, contact SNAP (Student Nighttime Auxiliary Patrol) at 352-392-SNAP (7627)

For more information, please contact
University of Florida Police Department, Community Services Division:
352-392-1409
GETTING AROUND

- When going out, go with a group of friends — never alone. The more the merrier — and the less likely you are to be attacked.
- Plan ahead: go to the ATM during the day. If you must use an ATM after dark, find one in a well-lit area where there are many other people around.

Walking:
- Stay alert and appear confident – this may make a potential attacker pass you up as a target.
- Don’t walk in unfamiliar areas.
- Stay in well-lit, populated places.
- Carry a whistle or another noisemaker.
- If you think you are being followed, cross the road and go to a location with a lot of people.

Riding the Bus:
- Use well-lit, busy stops.
- Watch who gets off the bus at your stop. If you feel uneasy, go to a populated area.

Driving:
- If you think you or your group may be drinking, choose a designated driver!
- Park in a well-lit parking lot near your destination.
- Have your keys in hand before you get to your car.

NEW PEOPLE

Meeting and dating new people can be a lot of fun. Unfortunately, it isn’t always safe, so take care of yourself!

Some things to think about:

- If you meet someone new, don’t give out your phone number. Get his/hers instead.
- Until you know the person better, try to plan dates for places with many other people around. You could also try double dates.
- For the first few dates, try to arrange your own transportation. This allows you to leave any time you’d like and lets you stay in control.
- Always tell a friend where you’re going and when you will be home. If you will be home later than expected, call to let your friend know about it.

EXERCISING OUTSIDE

Jogging, running, walking, cycling, and in-line skating are a few of the ways many people like to exercise. They are great ways to get out of the house and stay fit, but if you plan to do any outside exercise routine, there are a few things you should keep in mind.

- STAY ALERT! Be aware of your surroundings.
- Whenever possible, run with a partner.
- Stay in well-lit, populated areas.
- Run in familiar areas, but vary your route.
- Let a friend know your routine: where you’re going and when you’ll be home.
- Wear reflective clothing when it’s dark.
- Don’t wear headphones.
- Walk or run against traffic.
- TRUST YOUR INSTINCTS!
- Call 911 immediately if something happens to you or someone else, or if something seems suspicious.