

College safety tips for girls

COLLEGE PARTY SAFETY TIPS FOR GIRLS

College girls should avoid underage drinking and/or excessive drinking

(Parents, your college students may more than likely experiment with alcohol. This will impair their ability to make wise decisions and make them vulnerable. Talk to them about the consequences underage drinking, and the consequences of getting drunk, especially as it relates to dating abuse.)

College is a fun time. You will be invited to parties and other activities where alcohol may be served. Think before taking a drink. The following are legal consequences of underage drinking:

- A citation for underage drinking and driving (less than .08) can cost \$700 and/or 90 days in jail, result in loss of driving privileges for 30 days, and remain on a person's record for 15 years. A second violation will result in loss of driving privileges for 180 days.
- Trying to purchase alcohol with a fake ID can result in loss of driving privileges for at least 90 days and a fine.

Even if you are of age, excessive drinking has consequences including vulnerability to sexual assault.

College girls should never travel alone

They say there is power in numbers. If you have to study late at night or are out at a party, and have to walk to your dorm, make sure to have a friend, or see if you can get security to accompany you.

College girls should always watch their drinks

It really is a shame this has to be brought up, but ladies, watch your drinks, and who is getting them for you (even if it's a Coke). A few guys out there think that dropping a drug in your drink is a good idea, so just be prepared. Don't be afraid to walk away and pour out your beverage. Tip: If you are unsure, ask if you can have his cup and see his reaction.

PROTECTION & SAFETY TIPS FOR COLLEGE GIRLS

Take a self-defense class

Most colleges offer some type of self-defense classes, especially for women. If your school does not offer such classes, get in touch with the student government or campus activities and ask why they do not provide it. These classes are typically free, and sometimes can be

taken for college credit. These classes are usually the best way to understand how to defend yourself, and can be empowering to know you can do so if you had to.

College girls should have protection

Some colleges and universities are in "the bad part" of town, and college girls need to look out for more than just college guys. All college girls should have some type of protection on them at all times. Good examples of protection include pepper spray (or mace), or a Taser. Both of these are non-lethal ways to take down a potential attacker and get away. College girls should practice using pepper spray or Taser (stun guns) as instructed on the instructions.

College girls should avoid dangerous situations

Avoiding dangerous situations is the easiest way to stay safe. Traveling with friends always helps, but also being aware of your surroundings is key. If you feel you are being followed try to get to a safe location as quickly as possible. If you are alone don't stop to talk to a stranger if you feel uncomfortable. Try to walk and stay in highly lit areas at night, and always stay within view of other people. Avoid shortcuts through allies as they can be dangerous.

What college girls should do in dangerous situations

If a college girl still ends up in a dangerous situation it is important to know what to do. If you are confronted always have a plan to get out safely. Get on your cell phone with someone you trust. Tell them where you are and what is happening. If necessary tell them to call the police. If you can't get a hold of someone, and you do not feel safe, dial 9 and 1, and keep your finger on the one button - if something happens hit the one and yell out where you are and what is happening. If someone tries to steal your car, throw the keys far away from the car and run the opposite direction, this will help save you from being kidnapped. If someone attacks you, don't yell help, yell fire! In any situation where someone asks for your wallet or purse, throw it over them and run away as fast as possible. If you are attacked and you have pepper spray or a Taser, use it!

SEX AND THE COLLEGE GIRL

(If you are sexually active) Always carry and use condoms, never have unprotected sex

If you are sexually active, you'll never know when you will need a condom, so always have one in your purse. **Never have unprotected sex.** College is a haven for STD's and the last thing you need is one night's mistake haunting you forever. Always insist he wears one, or go home. Don't even bother asking if he has anything, because he probably either doesn't know or he is lying. College girls should know that some STD's such as HPV can be carried by guys without symptoms. HPV typically does not give males symptoms but in females it can lead to cervical cancer. There is currently a shot that females can get that can help

protect a girl or woman from getting HPV, but it must be given before infected to work. *College girls should talk to their doctor to see if the shot is right for them.* Read a female's perspective on college sex in the [Smart Girl Guide to College \(Sex\)](#).

Taken from College.com. Also visit loveisrespect.org to learn about safe dating relationships.