

★ General crime prevention tips

Crime does not simply happen. Like a triangle, crime must have three sides or elements present to be complete. Those three elements are: ability, desire, and opportunity. Remove any one of these elements and the triangle can't be formed and the crime will not occur. You can help the University Police reduce crime on campus by reducing the "opportunity" for crime. By limiting the opportunity for crime, you remove one side of the crime triangle and limit the ability of the criminal to commit the crime. Keep these crime prevention tips in mind and you will greatly reduce criminal incidents at home and here at Illinois State University.

- Call the police immediately if you see or hear something suspicious. Report any crime or suspicion of a crime at once. Dial 911 in an emergency or when a crime is in progress.
- Be wary of people that don't appear to belong in the area. If you doubt they belong in the area, ask them questions. If their answers are vague or suspicious, call the police.
- Keep your possessions in sight at all times. Don't leave books or backpacks unattended anywhere, it only takes a matter of seconds for things to disappear.
- If you leave your office or room, even for a few minutes, lock the door! It's much easier to invest a few seconds securing your property, rather than spending the time later filing a police report and replacing the property.
- Never leave a wallet or purse on top of your desk; take it with you or lock it in a drawer.
- Avoid taking wallets, money, and jewelry into athletic facilities and storing them in lockers, which are targets of thieves.
- Mark your property; place marks inside your books. Use Operation ID to mark all valuable items. Use your driver's license number and the two letter abbreviation for the state. Engraving tools are available from the University Police seven days a week 24 hours a day.
- Be aware of your surroundings, other people around you, and places where someone could be hiding.
- Be alert to potential danger. If it doesn't look or feel right, trust your instinct and leave.
- Walk with friends whenever possible. Use NITERIDE or Redbird Safe Walk if you can't find someone to go with you.
- Avoid jogging or bicycling alone. If you must go alone, stay in well-lit and well-traveled areas.
- Don't leave objects plainly visible in your car; remove them, or secure them in the trunk whenever possible. Be sure to hide cords and accessories to expensive electronic devices such as GPS units, MP3 players, and cell phones.

Welcome to Illinois State University!

To help ensure your safety and well being, it is the mission of the Illinois State University Police Department to promote the safety and security of all persons who come in contact with Illinois State University, its facilities, and services. The Illinois State campus can be considered a "city within a city." The 25-member University Police Department provides complete law enforcement services to the campus. Our sworn police officers are authorized to enforce all state laws and university rules.

The department is open 24 hours a day, 365 days a year. Some of the services provided include: crime prevention programming; investigation of reported crimes, disturbances, traffic accidents, driving violations; patrol and inspection of campus grounds and buildings as a deterrent to criminal activity and to detect potential safety or security problems.

Illinois State University does experience a full range of criminal behavior, but a way to combat this reality is through crime prevention, which is the responsibility of each member of the University community. How can you help prevent crime? A few brief tips include:

- Avoid erroneously thinking crimes only happen to someone else. Recognize the reality that anyone's property or personal safety can be the target of criminals.
- Be crime-prevention conscious at all times! A high percentage of crimes committed on campus are "crimes of opportunity."
- Be alert and observant. Report all crimes, whether actual, attempted, or suspected, to the Police Department by dialing 911. Do not be afraid to "get involved." Responsiveness is everyone's responsibility. The non-emergency number for the department is (309) 438-8631.

If there are any services we can provide, please do not hesitate to call. We wish to aid in making your stay at the University as safe and secure as possible.

Sincerely,

Aaron P. Woodruff,
Chief of Police



If you are a victim of crime

- 1 AVOID PANICKING** or showing signs of anger and fear. Remaining calm is your best alternative.
- 2 NEVER GET INTO A POWER STRUGGLE** over your personal valuables—it is not worth the risk of serious bodily harm or death. Give them up!
- 3 GET A GOOD DESCRIPTION OF YOUR AGGRESSOR** starting from the top down or bottom up including: age, race, complexion, build, height, weight, and the clothing type and color.
- 4 CALL THE POLICE IMMEDIATELY** when you can safely do so—DIAL 911. Identify yourself and your location. Let them know if you need medical attention.



Illinois State University Police Department

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This document was created with the generous support of the University Health Education Coordinating Council.

This document is available in alternative formats upon request by contacting the Illinois State University Police Department at (309) 438-3029.

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CRIME PREVENTION

and PERSONAL SAFETY



**Illinois State University
Police Department**

(309) 438-8631
www.Police.ilstu.edu
Emergency Dial 911



**ILLINOIS STATE
UNIVERSITY**
Illinois' first public university

★ Personal safety

While Illinois State University's record for personal safety is a very good one, it does not mean you can be careless when it comes to your personal safety. The University Police Department is here to help provide for your safety and security, but ultimately you are responsible for your own personal safety. Personal safety involves common sense self defense techniques that advocate preventative measures, not physical resistance. **Two key fundamentals of personal safety are:**

➡ AWARENESS

This is the key to personal safety. Always remain aware and alert in your surroundings. Know who or what is in your turf. Do not let yourself become distracted. You need to tune in to whatever is going on around you. Present a calm and confident image. Walk with confidence, and make brief eye contact with people around you. Most of all learn to trust your instincts. If any situation makes you feel uncomfortable, leave as quickly as possible.

➡ HAVING A PLAN

You need to have a plan. You need to know your escape routes. What would you do if someone jumped out from behind a building and grabbed your arm? What if someone confronts you and demands your money? You need to have a plan so you can react appropriately to the threat at hand. Keep your plan simple. Once you have a plan, commit yourself to your plan and remember: if flight is an option, it is always the best option.

★ Emergency phones

- There are more than seventy-five emergency phones located throughout campus. All emergency phones on the campus grounds and in parking ramps will have a blue light above them and are labeled EMERGENCY.
- Emergency phones on campus buildings and elevators do not have the blue light above them, but are labeled Emergency.
- Many of the elevators with a phone box have an emergency phone inside. Eventually, emergency phones will be installed in elevators with a phone box.

➡ USING AN EMERGENCY PHONE

1. Push the button.
2. Wait for the police communications operator to answer.
3. Communicate your emergency.

TIPS TO HELP YOU DEVELOP YOUR OWN PERSONAL SAFETY PLAN

WALKING



- Deny privacy. It is also a good idea to carry a cell phone, but avoid talking on the cell phone if it prevents you from being aware of your surroundings.
- Walk with a friend whenever possible.
- Take advantage of the NITERIDE and the Redbird Safe Walk programs available on campus. For Redbird Safe Walk escorts call (309) 438-8631.
- Do not let your mind wander.
- Keep your head up. Do not look down or away. Make brief eye contact with all people you meet.
- Use public walkways and avoid shortcuts, especially at night.
- Be aware of places along your path that could conceal a criminal (shrubbery, building recesses, alcoves, etc.). Avoid or keep a distance from these areas whenever possible.
- Make sure someone knows when you leave and when to expect you back.
- Travel your route in advance so you can plan the safest route to take, especially at night.
- Learn the location of emergency phones along your travel path. The blue light above them identifies all exterior emergency phones.
- If you think someone is following you, cross the street. Head for a well-populated and well-lit area at night.
- Wear clothing that will allow you maximum mobility if it is necessary to run. Be prepared to drop your valuables (heavy books, packages, etc.), since these can slow you down.

VEHICLES



- A cell phone is highly recommended.
- Always keep your car in good running condition to avoid breakdowns.
- Keep at least a half-tank of gas in your car at all times.
- Never give rides to hitchhikers.
- Drive with your car doors locked and windows rolled up.
- Do not leave mail in your vehicle with address labels visible. This is a great way for someone to learn where you live.
- For women, avoid leaving articles of clothing hanging in your car that could identify your sex. If necessary, hang a men's size XXL shirt or coat in the car with your articles of clothing.
- Be aware of vanity plates that can identify you by sex.
- If someone is following you, especially at night, drive to the nearest police or fire station, open gas station, or other business. Choose an area that is well-lit. Turn on your flashers and honk your car horn to attract the attention of others.
- Before exiting your car, look around to see any threats to your safety.

- If you are returning to your car after dark, park in an area that will be well lit.
- Upon approaching your car look for potential threats to your safety. Look alongside, around, and underneath your car. Check the interior before you open the car door for someone who may be hiding inside.
- If you observe someone or think someone is in your car, do not approach. Instead, leave quickly and call the police.

BUSES



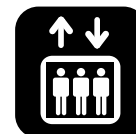
- Remain alert.
- Travel with a friend whenever possible.
- Look for bus stops that are frequently used, are well lit, and are near an open business.
- Try to sit near the bus driver if possible.
- Be aware of who gets on or off a bus with you. Trust your instincts. If you feel uncomfortable for any reason, head for a place of safety (open business, group of people, etc.)
- If you are verbally or physically harassed, attract attention: scream, talk loudly, use a whistle, or use personal panic alarms.

JOGGING OR BIKING



- Review the tips for walking.
- Vary your route and schedule.
- Avoid these activities at night.
- In advance, choose safe and well-traveled routes.
- Do not wear stereo headphones. They can distract you and may prevent you from hearing a potential threat to your safety.
- Use a fanny pack to store personal items. Do not carry or wear flashy jewelry or lots of cash.

ELEVATORS



- Have a plan if you are threatened. Know your escape routes from the floor you are on.
- When others get on the elevator with you, wait for them to push their floor buttons first.
- Never get on the elevator with anyone who makes you feel uneasy. If you are already on the elevator and someone entering makes you feel uneasy, get off.
- If you notice a person in the elevator has not pushed a floor button, do not get off at your floor. Instead, go to the main floor and seek out a place of safety. Report the suspicious activity to the police.
- Always try to stand in front of the elevator control panel. If your safety is threatened push all of the floor buttons simultaneously. With the doors opening at several floors, your opportunity for escape and help increases.

AUTOMATIC TELLER MACHINES



- Never write your PIN number on your card or keep a piece of paper in your wallet with the pin number on it. Instead, commit the number to memory.
- Always position your body directly in front of the ATM to prevent someone from observing your pin number as you enter it.
- If anyone or anything makes you feel uneasy when using the ATM, immediately cancel your transaction and leave.
- Promptly pocket your cash and always take your receipt when your transaction is complete.
- If you suspect someone is following you, head directly for a place of safety (open business or group of people).
- Avoid using an ATM at night. Look for business places with an ATM inside; these locations offer increased safety.
- If you must use an ATM at night, make sure you have a friend with you. Be especially aware of your surroundings and alert to a potential threat to your safety (cars or vans parked within the proximity of the ATM, persons nearby, or loitering with no sense of purpose, etc.).

OFFICE SAFETY



- Always report any suspicious activity to the police, such as someone loitering or seeming to have no purpose.
- Always keep your office door closed and locked.
- If you leave your office for any reason, even a minute, close and lock the door.
- Keep your wallet, purse, or other valuables with you or in a locked desk or file cabinet drawer. Thieves know all of the right places to look.
- Always keep your personal keys and office keys with you. Never leave them exposed, unsecured, or unattended. It could compromise your safety at work and home.
- After hours at night, avoid using stairwells in isolated areas of the building. Use the elevator instead.
- Avoid using isolated restrooms, especially those near stairwells. Instead, look for restrooms in more central locations of the building or near areas of high use.
- Be alert for persons already in a restroom. If you sense something is not right, leave.
- Promptly report any needed repairs to your building manager (exterior doors that do not self-close, lights that are out, etc.).