

# SAFETY TIPS

These tips are precautionary measures aimed at helping you steer clear of potentially life-threatening situations. By practicing them daily and integrating them into your routine, you can turn them into habits that promote a safer, more secure life.

- ★ **STAY AWARE** – Awareness is your first line of defense. Stay alert to your surroundings and trust your instincts. Use all five senses to pick up on anything that feels off.
- ★ **KNOW YOUR RESOURCES** – Be familiar with local resources and know where the police station is located. Program your local police department’s number into your phone. At UVU, campus police offer safety walks 24/7 anywhere on campus if you feel unsafe.
- ★ **ALWAYS HAVE A PLAN** – Let someone know who you’re with, where you're going, and when you expect to return. Having someone aware of your plans can be critical if something goes wrong.
- ★ **LOCK YOUR DOORS** – Whether you’re at home or heading out, always lock your doors. Stay mindful of who is coming and going and take time to get to know your roommates and their friends.
- ★ **UNATTENDED ITEMS** – Keep track of your belongings. Never leave valuables or personal items unattended in your vehicle or anywhere on campus.



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