

SAFETY TIPS



Office of
Student Affairs

Safer Alcohol Use

1. Eat something before and throughout
2. Plan a safe way to get home
3. Pour your own drink, watch your drink and don't take drinks from strangers
4. Drink slowly and mix in a water
5. Stay in the company of trusted friends
6. Keep track of how much you are drinking
7. Avoid mixing alcohol with other drugs
8. Do not drive or let intoxicated friends drive
9. Avoid having sex with an unfamiliar partner
10. Refrain from posting anything on social media

Safer Drug Use

The safest choice is to not use drugs.

If you do choose to use, keep these tips in mind:

1. Never use alone – have a designated non-user present
2. Start with a small amount
3. Do not mix substances, including alcohol, as it increases risk of overdose
4. Make a plan and know how to respond in case of an overdose
5. Use where help is easily available
6. Call 911 right away if you think someone is overdosing
7. Be prepared to give breaths and/or administer naloxone (Narcan) until help arrives

General Tips

1. Be aware of your surroundings
2. Plan your route to avoid isolated areas
3. Vary your route, don't be predictable
4. Tell others where you are going & when you are expected home
5. Be friendly but assertive
6. Trust your instincts
7. Lock doors and ground level windows when leaving home or residence
8. Leave unnecessary valuable items securely in your home or residence.
9. Keep valuables in sight and in arms reach
10. Ask someone you **trust** to watch your things if you have to leave them for any reason

Contact:

Police:

- Emergency (Police, Fire, Ambulance): 911
- Non-Emergency: 250-828-3000

Campus Security and Safe Walk: 250-828-5033

Student Affairs or Sexualized Violence: 250-828-5023

VictimLinkBC:

Toll-free, confidential, multilingual telephone service available 24 hours a day, 7 days a week at 1-800-563-0808.

It provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence