

Pre-Incident Assault Indicators

All people are born with the "Fight or Flight" response. We all have had "hunches" or "gut feelings" about someone or a situation before. Those little hairs that stand up on the back of your neck is your instinct telling you that something isn't right and you need to respond to that.

There is a greater than 95% chance that your instinct or intuition about a person or situation, formed in the first 3 to 5 seconds, is correct.

Listen to and trust your inner voice and respond to it.

- Rely on your intuition. If it doesn't feel right...it's probably not right.
- Move beyond denial so that your intuition works for you.
- Be constantly aware of your surroundings.

Personal Safety

1	Stay alert! Radiate the message that you are calm, confident, and know where you are going.
2	Trust your instincts; if someone or something makes you uneasy, go to a place where there are people.
3	Stand up for yourself by being assertive and confident, but don't be aggressive or confrontational with potential victimizers.
4	Walk away from people who are being verbally aggressive. Seek help from security, faculty, or friends.
5	Consider taking a self-defense course . Learning self-defense increases confidence and helps you avoid victimization.
6	Immediately notify security, or a faculty or staff member, of any bullying, victimization, or threats.
7	Set your social media privacy settings. It may be second nature to check-in on various social media platforms or to update your network with a plan for the evening, but this also alerts people to where you are or may be going. Only share personal information with trusted friends and family.
8	Make friends and socialize. This could prevent help being singled out by an aggressor.
9	Remember, your personal safety is largely determined by your choices. Never hesitate to call Bowdoin security when you or someone else needs help.

On-Campus

1	If you feel unsafe and need a ride, call the Bowdoin Shuttle or Bowdoin security. Add the shuttle number (207-725-3337) and the security number (207-725-3500) to your phone contacts. Report suspicious persons or activity immediately.
2	Stick to well-traveled and well-populated routes when moving about campus. At night, take routes that are safe, familiar, and well-lit.
3	Travel with a friend or with a friend group when going out. Members of a group are far less likely to become victims of crime.
4	There are many emergency blue light emergency call boxes around the campus. Familiarize yourself with their locations.
5	Be aware of your surroundings all at times. Be careful about using devices that could distract your attention from potential danger, i.e., listening to loud music on headphones, or texting while walking.
6	Park your vehicle in open, well-lighted areas. Keep your vehicle locked and valuables out of sight. Check the front and back seats before getting into your vehicle.

7	Always use crosswalks and, if provided, use pedestrian-activated crosswalk warning devices. Do not assume that drivers see you. Before crossing make eye contact with approaching drivers and wait for them to stop for you.
8	Consider carrying pepper spray, a whistle, or alarm. Some phone apps offer personal alarms.
9	To prevent bicycle theft, lock your bike to a bike rack. Register your bike with security to help us recover it and return it.

Parties and other Social Events

1	Don't engage in reckless, high-risk behavior with alcohol or other drugs. Know your limits and stay within them. Avoid situations that may make you over indulge.
2	Have a buddy system to let friends know where you are going, who you are with, and when you are expected back.
3	Make plans for a safe ride back to your residence before you go out. If you are a designated driver, stay sober.
4	Watch your beverage when it is being made or poured, and never leave your beverage unattended.
5	Avoid flashing around cash and other valuables, and never leave your property unattended.
6	If an event is getting out of hand, or you are uncomfortable – leave! Make sure you have a safe way home with a responsible friend. Use the Bowdoin shuttle, or call security if you need a safe ride home.
7	Make sure your phone is fully charged before you go out.

Residence or Apartment

1	Do not prop doors open. Keep doors and windows locked to help ensure the safety of all building residents.
2	Don't let people you do not know into campus buildings. When using your card to swipe into a building, be aware of strangers who might try to follow you inside. Report any suspicious person or activity to security.
3	Protect your privacy by pulling curtains or window shades, especially after dark.
4	Do not leave identification cards, credit cards, wallets, electronic devices, etc. in plain sight. Keep all valuables in a safe or locked drawer.
5	Do not loan your One Card to anyone. If your card is ever lost or stolen, report it immediately to security or the One Card office so it can be deactivated and replaced.
6	When a building fire alarm sounds, evacuate immediately. If you accidentally set off a smoke alarm, a phone call to security will be help provide the appropriate level of response.
7	Learn how to properly use a stove and microwave oven. Many smoke and fire alarms are caused by the careless use of cooking appliances.
8	Keep doors, hallways, and fire exits clear at all times so as not to hinder a building evacuation.

Off-Campus Living

1	Brunswick is a safe town, but it is always advisable to walk in well-traveled and well-lit areas.
2	Call 9-1-1 for police, fire, or medical emergencies.
3	Be respectful of your neighbors. Keep noise to a reasonable level, especially at night when sound carries a great distance.
4	If you are living off-campus, be particularly mindful of fire safety. Check your smoke alarms regularly and create and rehearse primary and alternate escape routes.

5	If you live off campus, familiarize yourself with Brunswick's disorderly house ordinance that may be invoked with complaints of neighborhood disturbances.
6	The Bowdoin Shuttle (207-725-3337) operates within a one-mile radius of campus. Another option is Brunswick Taxi at 207-729-3688.

Fire Safety

1	Don't panic! Walk don't run! Do not use the elevator!
2	If you see a fire and alarm is not sounding, pull a fire alarm and evacuate. Call 9-1-1, or Bowdoin security at 207-725-3500.
3	Only use a fire extinguisher if the fire is very small. <ul style="list-style-type: none"> Remember, to use a fire extinguisher, <u>pull</u> the pin, <u>aim</u> the nozzle at base of the fire, <u>squeeze</u> the handle, and <u>sweep</u> back and forth. If, while using an extinguisher, you feel unsafe, activate the fire alarm and evacuate.
4	Before exiting/entering a room where the door is closed, gently touch the doorknob <ul style="list-style-type: none"> If the doorknob is hot, do not open the door If the doorknob is not hot, brace yourself against the door and crack it open If there is heat or heavy smoke, close the door and stay in your room If there is smoke in the room, keep low to the floor where the air is cleaner and cooler Seal the cracks around the door with sheets, towels, or another items (wet if possible) If there is smoke in the room, crack the windows on the top and bottom for ventilation If you cannot exit, hang a sheet or towel out the window to alert people that you are there. Call security at 725-3500 and report your location. If you can exit safely, do so. Remember if there is smoke, keep low.
5	If safe to do so, close all doors as you exit the building. Reducing oxygen, fuel, and heat will help contain the fire.
6	If someone is disabled or incapacitated, assist them to a safe area and alert emergency responders to their location.
7	When you have safely exited the building, gather at the designated rally point with other building occupants and account for missing persons.

Workplace Safety

1	Never open your door to a stranger before or after regular business hours.
2	Notify security if working alone after normal business hours.
3	When alone, do not mention this fact to telephone callers.
4	Build a rapport with other employees to facilitate distinguishing strangers from co-workers.
5	Report any strange or threatening looking individuals to the Office of Safety and Security.
6	Be aware of your surroundings and plan escape routes and areas of refuge.