



LAKE FOREST
COLLEGE

A Common Sense Approach to CRIME PREVENTION



WALKING AROUND

Lake Forest is one of the safest communities in Illinois. However, no place is completely crime-proof. Therefore, take a common sense approach when walking on or off campus by . . .

- Staying alert and tuned-in to your surroundings.
- Planning your trip in advance and using well-traveled routes.
- Avoiding dark or deserted areas.
- Avoiding short cuts through alleys, parks, or vacant lots, especially at night.
- Avoiding being maneuvered into alleyways, doorways, or cars.
- Being aware of those around you. If you think you are being followed, cross the street, change direction, or go to a public place where others are present.
- Never accepting a ride or get too close to a car or van if someone is asking for directions.
- Carrying a whistle or some other type of alarm. This can serve as a reminder to exercise caution, and can alert someone in the area that you need help.
- Calling Public Safety for an on-campus escort to your destination if you feel uneasy about traveling alone.

Don't be a target!

Walk with confidence and always keep moving.

- Avoid talking on a cell phone or wearing headphones.
- Try to walk with someone else from place to place, especially at night.
- Use well lighted walkways and keep your purse under your arm and wallet in your front pocket.
- Don't carry too many packages. Keep one hand free.
- Plan ahead so you don't have to use an ATM. If you must use one, select one located in a busy area.
- Carry enough cash to call a cab if you are in an unfamiliar area or neighborhood.

ON THE GO

Taking public transportation is economical and fun. If you are planning to use these services, you should take a common sense approach to safety by . . .

- Choosing a seat near the bus driver or train conductor.
- Choosing an aisle seat.
- Avoiding isolated bus or train stops. Use a stop that's well lit and near a business that is open and others are present.
- Trying to use these services during peak travel periods.
- Having your money or cards in hand so you won't fumble with your wallet or purse.
- Avoiding unnecessary conversation with strangers.

Don't be a target!

Stay alert! Don't fall asleep!

- Keep your belongings in your lap and hold on firmly to your purse, briefcase, or backpack. Don't put belongings on the seat beside you. Keep them in your lap or wedge them between your feet.
- Be prepared, and know transportation schedules and routes so you aren't forced to wait longer than necessary.
- Move away from people who appear intoxicated, even if this means going to another stop, moving to another seat, or moving to another car.
- Tuck necklaces inside your clothing and turn rings around so that valuable stones aren't easily visible.

GOING GREEN

If using a bicycle as your means of transportation, use common sense and remember to . . .

- Wear a bike helmet at all times. The most serious bike injuries are to the head.
- Keep both hands on the handle bars except when using turn signals.
- Always let cars and people go first, even if you have the right-of-way.
- Slow down, check traffic at all corners, and avoid riding on busy streets.

Don't be a target!

Secure your bike to bike racks only.

- While Kryptonite locks may be vulnerable to picking, they are better than cable-type locks and harder to defeat.
- Use a U-lock with a flat key to secure the frame of your bike to the bike rack, and secure a tire if possible. If you can, use an additional cable-type lock to secure your tires and the frame to the bike rack.
- Do not place the locks close to the ground (or other hard object) where a thief can easily smash it with a hammer.

DRIVING AROUND

Driving around Chicagoland and seeing the sights is quite enjoyable. When doing so, you should take a common sense approach to safety by . . .

- Driving with your doors locked and windows up as high as comfortably possible.
- Parking in well lit, well traveled areas. Avoid isolated locations. Consider your return time when choosing a parking location, as it may be dark when you depart.
- Knowing where you are going.
- Using a steering wheel lock or car alarm.
- Always locking your car and taking your keys with you.

D on't be a target!

Stay alert! Don't fall asleep!

- Don't pick up hitchhikers.
- Keep your packages in your car out of view. Don't keep things like purses, briefcases, or backpacks visible.
- Be alert to strangers hanging around the parking area.
- When returning to your car, check all sides before entering. Have your keys in your hand and ready before arriving at your car. Check your front and back seat before you get in the car.
- If a car bumps you from behind, be careful. Stay in your car and wait for the other person to get out of their car. If you sense suspicious behavior, pull away and call the police immediately.
- If your car breaks down, raise the hood and if possible, stay inside your car. If someone offers to help, do not open the window or door. Ask them to call the police or roadside assistance for you. Do not accept a ride.

AT HOME

Whether you live on campus or off, you can protect yourself and your property if you take a common sense approach by . . .

- Keeping your doors and windows locked, even if you are at home.
- Prohibiting strangers from entering your residence hall, room, home or apartment building.
- Being alert to strangers loitering around the building. If you see something suspicious and live on campus, call Public Safety. If you live off campus, call 911.
- Knowing your roommates, neighbors, and their friends.
- Never attaching your name and address or Identification card to your key ring. Your apartment or room key should be on a separate ring from your car key.
- Never leaving a spare key under a mat, above the door frame, or anywhere else that somebody can find it.
- Minimizing the amount of expensive jewelry and cash you keep in your apartment or room. Rent a safety deposit box in a bank or open a bank account as an alternative.

Understand that theft is often a crime of opportunity. When you eliminate the opportunity, you avoid the theft.

- Don't leave personal property (laptops, purses, backpacks, calculators, etc.) unattended in classrooms, study areas, or libraries.
- Identity theft is a serious issue. Protect your personal information. Don't give anyone your date of birth, Social Security number or other important personal information.
- Never give out personal information over the phone unless you initiate the call.
- Only carry cards and IDs you need and leave the rest at home.
- Look for strange charges on your bank or credit card statement.
- Shred important documents, such as bank statements, when you are finished with them.

SEXUAL ASSAULT AND DATE RAPE PREVENTION

College-aged women are at the highest risk of being victims of date rape (non-consensual sexual intercourse by a friend or acquaintance).

Alcohol or date rape drugs, which make it difficult or impossible to give consent or to fend off an aggressor, are often factors. Both men and women should be aware of the risks and take measures to protect themselves and their friends.

Remember that acquaintance rape is a crime. It is never acceptable to use force in sexual situations, no matter what the circumstances are. It is also never acceptable to have sex with someone who is unable to resist or consent because of the effects of alcohol or drugs, or because of any other physical or mental disability.

Listen carefully. Take the time to hear what your partner is saying. If you feel that your partner is not being direct or is giving you a "mixed message," ask for clarification.

NO means "NO."

If your partner says "no" to sexual contact, believe him or her and stop.

Be especially careful in situations involving the use of alcohol or drugs. Alcohol and drugs can interfere with your ability to assess your safety and to communicate effectively.

Don't make assumptions about your partner's behavior. Don't assume that just because your partner has had sex with you previously, he or she is willing to have sex with you again. Also, don't assume that a partner who consents to kissing or other sexual intimacies is therefore willing to have sexual intercourse.

Be especially careful in group situations. Be prepared to resist pressure from friends to participate in violent or criminal acts or to get involved in situations in which you do not feel comfortable or safe.

Know your sexual intentions and limits. You have the right to say "no" to any unwanted sexual contact.

If you are uncertain about what you want, ask your partner to respect your feelings.

Communicate your limits firmly and directly. If you say "no," say it like you mean it. Back up your words with a firm tone of voice and clear body language.

Don't assume that your partner will automatically know how you feel or will eventually "get the message" without your having to say it.

Remember that some people think that drinking heavily, dressing provocatively, or agreeing to be alone with them indicates a willingness to have sex. Be especially careful to communicate your limits and intentions clearly in such situations.

Attend large parties with friends you can trust. Agree to "look out" for one another. Try to leave with a group, rather than alone or with someone you don't know very well.

Don't be afraid to "make waves" if you feel threatened. If you feel you are being pressured or coerced into sexual activity against your will, don't hesitate to state your feelings and get out of the situation. A few minutes of social awkwardness or embarrassment is better than the trauma of a sexual assault.

How can I reduce my risk of sexual assault?

Don't leave your beverage unattended or accept a drink from an open container.

When you go to a party, go with a group of friends. Arrive together, watch out for each other, and leave together.

Be aware of your surroundings at all times.

Don't allow yourself to be isolated with someone you don't know or trust.

Think about the level of intimacy that you want in a relationship, and clearly state your limits.

There are many things men and women can do to help prevent sexual violence.

If you see someone in danger of being assaulted:

Step in and offer assistance. Ask if the person needs help. (But before stepping in, make sure to evaluate the risk. If it means putting yourself in danger, call Public Safety or local law enforcement instead)

Don't leave. If you remain present and are a witness, the perpetrator is less likely to do anything.

If you know the perpetrator, tell the person you do not approve of their actions. Ask the person to leave the potential victim alone.

Be an ally:

When you go to a party, go with a group of friends. Arrive together, check in frequently with each other and leave together.

Have a buddy system. Don't be afraid to let a friend know if you are worried about his or her safety.

If you see someone who is intoxicated, offer to help them home.

If someone you know has been assaulted:

Listen and be there for them. Don't be judgmental but do help to empower them. Be patient. Remember, it will take your friend some time to deal with the crime. Sexual assault is a crime that takes away an individual's power, it is important not to compound this experience by putting pressure on your friend or family member to do things that they are not ready to do yet.

Encourage your friend to report the rape to Public Safety or local law enforcement (call 911 in most areas). If your friend has questions about the process, there are a number of confidential resources on and off campus that can assist them. The **Counseling Center** is a confidential resource on campus that can be reached at **847-735-5240**. The Zacharias Center is also only one of several off campus resources who can be reached 847-872-7799.

If your friend is willing to seek medical attention or report the assault, offer to accompany them wherever they need to go (the hospital, the Health & Wellness Center, Public Safety, the Lake Forest Police station, etc.).

Encourage him or her to seek support and assistance, but realize that only your friend can make the decision to get help.

*For information about the Lake Forest College Sexual Misconduct Policy, please visit:
www.lakeforest.edu/about/administration/sexualmisconduct/index.php*



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