



## Review- Safety Week Spring 2025

### A. Sexual Assault Prevent:

#### WHAT SHOULD I DO IF I'VE BEEN SEXUALLY ASSAULTED?

The primary concern for survivors of sexual violence is safety and addressing medical issues related to physical injury, sexually transmitted infections, and/or pregnancy. The secondary concern is evidence collected to aid in possible police investigations.

Get to a safe place immediately. Go to your apartment/home, residence hall, or the residence of a trusted friend. DO NOT change your clothing or shower. Preservation of physical evidence is of the utmost importance. If you change your clothes, it is important that they are kept in a bag to preserve evidence. DO NOT apply medication to any injuries that have been sustained unless absolutely necessary. DO NOT drink or chew gum or disturb anything in the location where the assault occurred.

Get medical attention as soon as possible. Go to a local hospital's emergency department. Medical attention at the local hospital is required in order to preserve valuable evidence should you decide to seek prosecution through the criminal justice system; however, it should be noted that you can receive a medical forensic exam without having to file a criminal complaint. If you suspect that you were given a predatory drug, let the hospital staff know. A urine sample can be collected within 72 hours of a sexual assault for predatory drug testing.

Seek free, confidential counseling at the Office of Counseling and Disability Services. Call 713-525-2169. Help is available for both the survivor and any UST students helping the survivor of sexual assault.

Utilize campus resources. The Office of Student Affairs may be able to assist with changes in the survivor's academic schedule if reasonable adjustments are deemed appropriate.

### B. Personal Safety:

Below are some forms that will assist you in keeping you and your personal items safe.

- [Personal Safety Guidelines and Identity Theft](#)  
Outlines general safety tips everyone needs to know to protect themselves on campus or off.
- [Safety Protocol](#)  
This form outlines the guidelines you will need to use if you encounter an armed subject or disruptive individual.
- [Property Inventory Form](#)  
This form will allow you to register your personal property (for example: TV, iPhone, etc.) with USTPD. If it is stolen, the police department will have all the necessary information to find it.

### C. Alcohol and Drug Safety:

#### 10 Signs of Alcohol Abuse:

1. Temporary memory loss and blackouts
2. Drink to cheer up
3. You've tried to quit drinking but can't

4. You drink to be "Normal" or "Fit in"
5. Flushed skin/broken capillaries in the face
6. Temporary memory loss or blackouts
7. Problems with family members as a result of drinking
8. Drinking in secret or lying about your alcohol intake
9. Anxiety, insomnia, nausea when you stop drinking
10. Drinking in the morning

**Drugs Statistics:**

- According to the U.S. Department of Education, 35% of the new freshmen population will comprise the bulk of *new drug users and potential drug abusers* on college campuses.
- 43% of the overall college student body has either tried or is currently addicted to at least one of the **top ten drugs found on college campuses.**

**D. Vehicle Safety:**

**Automotive Preparation:**

1. Check tire pressure on tires and spares  
Every vehicle has a specific tire pressure that will give you the best gas mileage, handling, and tire life for the car, and this is written right on the door of the car.
2. Check oil, coolant, and windshield fluid  
It is critical that you check the owner's manual for the correct type of fluid that is recommended for your specific vehicle.
3. Consider changing your oil for long trips  
Most vehicle manufacturers recommend changing the oil every 7,500 miles in passenger cars and light truck gasoline engines.
4. Consider checking with a professional mechanic
5. Wash and Vacuum  
Engineer Tom Wagner, Jr. reported to Stretcher.com (as in stretching your dollars) a 7-percent improvement in fuel economy, from 15 to 16 mpg, during a 1,600-mile road trip when vehicle is washed and vacuumed.
6. Make sure you have proof of insurance

**E. Emergency Management:**

1. **RUN:** When an active shooter is in your vicinity
2. **HIDE:** If evacuation is not possible, find a place to hide.
3. **FIGHT:** as a last resort, and only if your life is in danger

**Remember:**

**USTPD working with the UST community to make a safer campus.**



**University of St. Thomas Police Department**

713-525-3888

[police@stthom.edu](mailto:police@stthom.edu)