



Online Safety

- Limit the amount of personal information you post on social media, including your address or information about your schedule. Quizzes, photos, and comments are often overlooked areas where scammers, hackers, and stalkers get easy access to your information.
- Look over your account settings. The default settings for most social media sites allow anyone to see your profile. You can customize these settings to be private.
- Do not accept friend requests from people you don't know, and be wary of a second request from a friend you already are connected with.
- Do not share your passwords with anyone.
- Engaging in activities that could elicit extortion is a common scam. Be suspicious of who you chat with and where they are from. Changes in tone or demeanor or requests to move to encrypted chat platforms are good indicators that they are planning to use your information or photos to extort or threaten you.
- Report any suspicious activity. Although each crime may not individually be able to be solved, collectively the FBI and cyber security teams use these reports to create safeguards and prosecute rings of criminal activity.

★ General Crime Prevention Tips

- Dial 911 in an emergency or when a crime is in progress. Reporting to police promptly is the difference between stopping the crime as it's happening versus dealing with a crime once it's over.
- Call the police immediately if you see or hear something suspicious.
- Always keep your possessions in sight. Unattended property gives someone the opportunity to take them from you.
- You keep what you lock.
- If you store any personal property inside lockers of athletic facilities, use your own lock on the lockers.
- Mark your property; place marks inside your books. Use Operation ID to mark all your valuable items. Use your driver's license number and the two-letter abbreviation for the state. Engraving tools are available from the University Police seven days a week, 24 hours a day.
- Keep a log of expensive items with make, model, and serial number some place safe.
- Don't leave objects plainly visible in your car; remove them or secure them in the trunk whenever possible. Be sure to hide cords and accessories to expensive electronic devices.
- Download the Safe Redbirds app and familiarize yourself with it's features.



CRIME PREVENTION AND PERSONAL SAFETY



**Illinois State University
Police Department**

Nelson Smith Building, Room 105
718 West College Avenue
Campus Box 9240
Normal, IL 61790-9240
Non-Emergency: (309) 438-8631
Fax: (309) 438-3029

**Illinois State University
Police Department**

(309) 438-8631
Police.IllinoisState.edu
Emergency Dial 911

Safety Programs

The University Police offers multiple programs that are available upon request in the following areas:

★ SELF-DEFENSE

Redbird AWARE (2 hours)

A self-defense introduction course for all genders. It includes prevention techniques and self-defense options that may reduce the risk of exposure to violence.

R.A.D. - Rape Aggression Defense (12 hours)

Realistic self defense for women (not a martial arts program). It provides women and young girls with an environment to nurture and develop positive skills, attitudes, belief in self, and physical fitness.

★ OTHER PROGRAMS

Personal Safety & Awareness
Drugs of Abuse and Misuse
The Law and You
Alcohol/DUI Awareness
Verbal Judo (2, 4, & 8 hour options)
Identity Theft

Emergency Phones

BEYOND 911...

There are two ways to contact Emergency Services while on ISU's campus:

- There are over 75 emergency phones located throughout campus. All emergency phones on the campus grounds and in parking ramps will have a blue light above them and are labeled EMERGENCY.
- The Safe Redbirds app, which is required to be downloaded to your mobile device to use, has a virtual blue light that allows you to speak with a police dispatcher on your personal phone and share your location with them in real time.

Developing Your Own Personal Safety Plan



WALKING

- It's a good idea to carry a cell phone, but avoid talking on the cell phone if it prevents you from being aware of your surroundings.
- Walk with a friend whenever possible.
- Take advantage of the Redbird Express and the Redbird Safe Walk programs available on campus. For Redbird Safe Walk escorts call (309) 438-WALK.
- Keep your head up. Do not look down or away. Make brief eye contact with people you walk by.
- Use public walkways and avoid shortcuts.
- Be aware of places along your path that could conceal someone (shrubbery, building recesses, alcoves, etc.).
- Make sure someone knows when you leave and when to expect you back. You can also use the Virtual Friend Walk on the Safe Redbirds app. This allows you to send your location in real time to a friend so they can watch you walk to your destination.
- Learn the location of emergency phones along your travel path. There is a map of phone locations on the Safe Redbirds app.
- If you think someone is following you, cross the street. Head for a well-populated and well-lit area at night, or a residence hall lobby.
- Wear comfortable shoes that will allow you maximum mobility if necessary to run. Be prepared to drop your valuable (heavy books, packages, etc.), since these can slow you down.

VEHICLES

- Never give rides to hitchhikers.
- Locking your car doors is a good deterrent from theft.
- If you believe someone is following you, drive to the nearest police station, fire station, open gas station, or other business. Choose an area that is well-lit.
- Check your surroundings before entering or exiting your vehicle.
- Look alongside, around, and underneath your vehicle. Check the interior before you open the door for someone who may be hiding inside.

JOGGING OR BIKING

- Vary your route and schedule.
- Avoid these activities at night. If unavoidable, wear bright clothing.
- Choose safe and well-traveled routes.
- Music should be at a level that still allows you to hear your surroundings.
- Apps that share your jogging or biking routes could threaten your safety.

ELEVATORS

- Try to stand near the doors and control panel. This allows quick exit for you in the event one is necessary.
- Listen to your instincts. If someone makes you uneasy, wait for the next available elevator.

FINANCIAL

- Protect your PIN number. Keeping your PIN near your card will allow anyone to access to your accounts.
- Scan your surroundings before using devices such as ATM's or gas pumps that allow you to make financial transactions. When it's safe to do so, quickly conduct your business and conceal your belongings.
- If it sounds too good to be true - it probably is. Research your payment apps before using them. Choose reputable sites that have encryption and fraud protection. Once they have your personal information, there is no going back.
- If you have to answer personal questions when using payment apps other than signing on - they should have your account information and never ask for a PIN, social security number or date of birth.
- Be aware of hyperlinks embedded in emails and text messages that are unexpected. When in doubt, delete.
- If you are unsure if your apps are secure or have been compromised - change your passwords.
- Be suspicious of urgent notices requiring you to give information or pay something. Urgency is a key hallmark of a scam. When in doubt, call the company directly at the publicly listed customer service line.

AT WORK

- Report suspicious activities to the police.
- Keep your office door closed and locked even when you are inside, especially after hours. If you leave your office for any reason, close and lock the door.
- Keep your wallet, purse, or other valuables with you or in a locked desk or file cabinet drawer. Thieves know all the right places to look.
- Always keep your personal keys and office keys with you. Never leave them exposed, unsecured, or unattended. It could compromise your safety at work and home.
- When using restrooms, try using one that has a lock on the outside door.
- Promptly report any needed repairs to your building manager (exterior doors that do not self-close, lights that are out, etc.).