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Sexual Assault Awareness Month

SIU is committed to fostering an environment in which all members of our campus community are safe, secure, and free from sexual misconduct of any form, including but not limited to, sexual assault, dating violence, domestic violence, and stalking. These standards apply to all regardless of gender, sexual orientation, or gender identity of any of the individuals involved.

REPORT incidents to the Department of Public Safety, the Title IX Coordinator, and/or Student Rights and Responsibilities. All University employees are obligated to report sexual misconduct of which they become aware, unless they have a legally recognized confidentiality privilege such as physicians and counselors. Although the University strongly encourages all members of its community to report violations of this policy to law enforcement, it is the victim's choice whether or not to make such a report.

RESOURCES are available to victims of sexual assault, dating violence, domestic violence, and/or stalking through the Department of Public Safety, University Health Center, Psychological and Counseling Center, or any SIU Campus Security Authority. Victims should consider seeking medical attention and/or law enforcement assistance as soon as possible.

PREVENT attacks at night by using the [Brightway Path](#), the [Night Safety Transit](#) or the [Safe Walk App](#). Take a self defense class and learn ways to defend yourself. Always know real names, addresses, and phone numbers of who you are dating. Tell a trusted friend or family member when and where you are going on a date so someone knows your location. If you feel unsafe at any time—trust your gut and leave! For more information or ways to get involved, click the logo below.

Sexual Assault
Awareness Month

SIU Campus Resources

[SIU Police](#)

618-453-3771

[Parking Division](#)

618-453-5369

[Counseling Center](#)

618-453-5371

[Wellness Center](#)

618-536-4441

[Student Health Services](#)

618-453-3311

[Night Safety Transit](#)

618-453-2212

Carbondale Resources

[Carbondale Police](#)

618-457-3200

[Women's Center](#)

618-529-2324

[Memorial Hospital](#)

618-549-0721

[Crime Prevention & Programs](#)

[Report Suspicious Activity](#)

[Campus Emergency](#)

[Response Guide](#)

[Night Safety Transit](#)

[Campus Map](#)

[Parking Map](#)

[Daily Crime Log](#)

[FOIA Request Form](#)

[SIU Campus Crime Report](#)

[Safety Awareness Facts and Educations](#)

SEVERE WEATHER PREPAREDNESS: TORNADOS

Watches and Warnings

- A severe weather **watch** means that conditions are right for severe weather to occur during the watch period.
- A severe weather **warning** means severe weather is imminent. Seek shelter right now.



You are outside with no shelter

- Immediately get into a vehicle, buckle your seat belt, and try to drive to the closest sturdy shelter.
- Take cover in a stationary vehicle. Put the seat belt on and cover your head with your arms and a blanket, coat, or other cushion if possible.
- Lie in an area noticeably lower than the level of the roadway and cover your head with your arms and a blanket, coat, or other cushion if possible.
- Do not get under an overpass or bridge. You are safer in a low, flat location.

You are in a structure (e.g. residence, small building, school, or high-rise building)

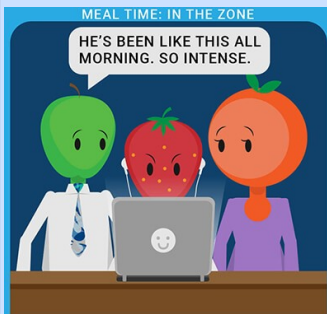
- Go to a pre-designated area such as a safe room, basement, storm cellar, or the lowest building level. If there is no basement, go to the center of a small interior room on the lowest level (closet, interior hallway) away from corners, windows, doors, and outside walls. Put as many walls as possible between you and the outside. Get under a sturdy table and use your arms to protect your head and neck.
- In a high-rise building, go to a small interior room or hallway on the lowest floor possible.
- Put on sturdy shoes.
- Do not open windows.

To receive alerts via text message or at a non-siu.edu email address, you must make sure your information is in the system.

[View Student Instructions](#)

[View Employee Instructions](#)

April Comic Strip



Picture and information from <https://www.ready.gov/tornadoes>



Additional Resources

[Office of Equity and Compliance](#)

618-453-4807

[Dean of Students](#)

618-453-2461

[Student Rights and Responsibilities](#)

618-536-2338

[Saluki Cares](#)

618-536-2338

[Salukis on Your Side](#)

618-453-3311

[Veteran Services](#)

618-453-1335







[The Clinical Center](#)

618-453-2361

Meet An Officer



Officer Heather Pendley

		
GET HELP NOW	FILE A REPORT	AVAILABLE RESOURCES
		
STAY SAFE ON CAMPUS	CONSENT	POLICY INFORMATION

Safety, Awareness, Facts and Education

The **S.A.F.E** website was created as a resource for students, faculty, staff and visitors that contains information about campus resources, crime reporting, crime prevention, and safety. The SIU Campus Crime Report, Clery and

Violence Against Women Act reporting is also available on this website. Additional information is available on the university reporting structure for incidents related to sexual violence, domestic and dating violence, stalking and sexual harassment.

Alcohol Awareness Month

Alcohol Awareness Month is a public health program organized by the National Council on Alcoholism and Drug Dependence as a way of increasing outreach and education regarding the dangers of alcoholism and issues related to alcohol. The program was started in April 1987 with the intention of targeting college-aged students who might be drinking too much as part of their newfound freedom. It has since become a national movement to draw more attention to the causes and effects of alcoholism as well as how to help families and communities deal with drinking problems.

A big part of the work of Alcohol Awareness Month is to point out the stigma that still surrounds alcoholism and substance abuse in general. For many, denial is a common trait among those [struggling with alcoholism or alcohol abuse](#). They often underestimate the amount they drink, the duration of their drinking problem, the impact it has had on their life, or overestimate their ability to control their drinking or to quit. Denial is also common among friends and family members who are uncomfortable acknowledging the gravity and reality of the situation.

Article by [Nicolle Monico at Alcohol.ORG](#)

Newsletter ideas or topics

If you have a topic or idea you would like us to consider for a future newsletter please email the idea to Sgt. Allan Willmore at allanw@dps.siu.edu.



Follow Us!

Please "like" our Southern Illinois University- Carbondale Department Facebook page. You can also follow us on Twitter at [SIUC Police](#). We provide information regarding local events, safety tips and press releases for major incidents. You can also send us your questions through private messages and tips on any recent crimes that have taken place.

[Facebook.com/siuc.dps](https://www.facebook.com/siuc.dps)

[Twitter @SIUC Police](https://twitter.com/SIUC_Police)

Managing Stress Associated with the COVID-19 Outbreak

The COVID-19 (coronavirus) outbreak has the potential to increase stress and anxiety, both because of the fear of catching the virus and also because of uncertainty about how the outbreak will affect us socially and economically. There are practical steps you can take to improve your wellbeing.

Dealing with stress reactions caused by the COVID-19 virus outbreak can improve your health, quality of life, and wellbeing. The following evidence-informed principles have been shown to be related to better outcomes in many adverse situations. There are key actions within each element that might be especially helpful for those affected by the COVID-19 outbreak. It's not necessary to have all elements in place but implementing some of the following suggestions may help you deal with the stress caused by the COVID-19 virus.

Reduce anxiety with healthy actions that make you feel safer. The [Centers for Disease Control and Prevention \(CDC\)](#) and other experts suggest the following good hygiene habits to limit the risk of infection:

- Wash hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Properly dispose of used tissues.
- Cough or sneeze into your upper sleeve, arm, or elbow if you don't have a tissue.
- Clean your hands after coughing or sneezing.
- Stay at home if you are sick.
- Avoid contact with those who are sick.
- Clean and disinfect objects or surfaces that may have come into contact with germs.
- Make plans for what will happen if someone in the home becomes ill or if quarantine or shelter-in-place measures are ordered.
- [Read more about prevention on the CDC website.](#)

Information from National Center for PTSD

Do you know the signs of stress?



Agitation



Hopelessness



Self-neglect



Personality Change



Withdrawal