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## De-Escalation

A violence confrontation usually starts with one person verbally attacking the other; either by accusations, insults, or threats. The second person responds with a greater verbal attack. It goes back and forth until one of the combatants pushes the other and fists start flying. The purpose of this article is not to serve as a comprehensive training vehicle in the subject of conflict de-escalation, but to provide some information on different techniques and approaches to this problem set.

Many Self-defense instructors advocate that physical confrontation or violence should be avoided—something most people agree with. However, not too many instructors teach the necessary skills to deal with such situations other than advising one to “turn around and walk away;” Walking away may not always be as easy as it sounds, nor is it always the safest option. In order to be able to walk away from a potential fight, one must be able to first set the conditions.

So, how does one stop an argument or encounter from turning into a physical altercation?

### EFFECTIVE COMMUNICATION SKILLS

As mentioned before, one of the most important skills one can possess when attempting to de-escalate a crisis is communications skills. These skills will help establish dialogue by:

1. *Breaking the ice*: this will help the subject initiate dialogue and establish rapport—basic conversational things like introducing oneself can help accomplish this.
2. *Help listen for the total meaning of the words spoken by the individual*—this is critical in establishing dialogue.
3. *Help provide reflecting statements*—like ... Wow; I can see why you are so displeased and upset.
4. *Develop and use minimal encouragers*—short responses that let the other person know he or she is being listened to—comments like; I hear you, got it, I’m with you.
5. *Additional techniques such as using “I” statements, restating statements, reflecting, and summarizing or paraphrasing* are techniques that have been proven effective by de-briefers and psychologist specialized in crisis negotiations situations and isolating events.



Communication is not an individual sport. For communication to be effective, it must afford both parties the ability to exchange information. This exchange must create a climate of mutual understanding. The bottom line is that to be able to communicate effectively, one must be an “Active listener.”

Information in this article was gathered from an article by Luis Riveria, PhD titled [“De-Escalation; The Art of Avoiding Violence.”](#)

Click [here](#) for additional information on De-Escalation techniques

## 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

**Services Provided**

[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](#)



Veterans Day, observed annually on November 11, is a tribute to military veterans who have served in the U.S. Armed Forces. Not to be confused with Memorial Day, which honors those who died while in service, Veterans Day honors all military veterans, including those still with us.

**Veterans Day is Monday, November 11. Thank you to all who have served and who are currently serving.**

**November Calendar**

**November 8th**

6:00 P.M.– 9:00 P.M.

SIU Volleyball vs Valparaiso

**November 9th**

2:00 P.M.– 4:00 P.M.

SIU Football vs Missouri State

**November 9th**

5:00 P.M.– 8:00 P.M.

SIU Volleyball vs Loyola Univ

**November 16th**

2:00 P.M.– 5:00 P.M.

Women’s BBall vs Tennessee

**November 16th**

7:00 P.M.– 10:00 P.M.

Men’s BBall vs San Francisco

**November 20th**

12:00 P.M.– 3:00 P.M.

Women’s BBall vs Memphis

**November 23rd**

6:00 P.M.– 9:00 P.M.

SIU Football vs N Dakota St

**November 26th**

7:00 P.M.– 10:00 P.M.

Men’s BBall vs NC Central

**November 27th**

6:00 P.M.– 9:00 P.M.

Women’s BBall vs St. Louis

**The Rave Mobile Alert System**

RAVE is used to send emergency text messages to cellphones and to campus email addresses of students, faculty and staff. The message may alert you to an emergency situation, including university closures and safety alerts. The system provides weather warnings, including severe thunderstorm, tornado, flash flood, and winter storm.

To receive emergency text messages, students must have current contact information in [SalukiNet](#). For instructions on how to add or change a mobile phone number for the SIU Alerts, click [Here](#).



**What's in your emergency kit?**

With the changing climate, make sure you have an emergency kit available in both your vehicle and at home. These are items you may consider putting in your kit:

- ◆ Water & food
- ◆ Battery-powered radio & extra batteries
- ◆ First aid kit
- ◆ Flashlight
- ◆ Multi-purpose tool
- ◆ Whistle
- ◆ Moist towelettes
- ◆ Cell phone w/ charger
- ◆ Blankets





### 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

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### Meet An Officer



Captain John Allen

# Crime Prevention During the Holiday Season

Crimes such as burglaries and thefts tend to increase during the holiday season. In order to combat these issues, there are actions you can take to avoid becoming the victim of a crime. Always keep your doors and windows locked. Additionally, keep all personal information in a locked, fireproof safe or safety deposit box. This could include information such as birth certificates, social security cards, passports, etc. When you plan on taking a trip or leaving your home unattended, do not post your plans on social media sites or discuss your absence in public settings. While away on trips, keep lights on at your house to make it appear as though someone is home. Make sure to request a house watch from your local law enforcement agency during your absence as well.

While at school, there are actions you can take to avoid becoming the victim of a theft or burglary. First, never leave your property unattended. Even if you are studying in the library and need to take a restroom break, pack up your personal property and take it with you! Keep all doors to your dorm room locked, including the connecting bathroom doors. While you may have a great relationship with your roommates and suitemates, you may not know their guests. When you leave campus for an extended period of time (i.e. breaks), take your valuable belongings with you, such as laptops, tablets, gaming systems, etc.



The Department of Public Safety and Housing have partnered together to create a web-based form that stores information on student's personal valuables. This is the information police officers will need to assist you in the event that you become a crime victim.

Click here to access an [Electronic Valuables Information form](#) or [here](#) for a paper version.



Identity theft also tends to increase during this time of the year. With online shopping becoming more prevalent, make sure you are staying as protected as possible. Monitor your banking and credit card accounts, frequently. You can also keep a close watch on your credit report scores by using free online credit reporting companies. Be cautious when shopping online. Before putting in personal information, make sure your shopping site is secure.

Click [here](#) for more identity theft precautions!





# 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

## Tips to Stay Healthy During Flu Season

According to the Illinois Department of Public Health (IDPH), every year the flu sickens millions of Americans, hospitalizes hundreds of thousands, and kills tens of thousands.

Flu season runs from October through May. Catching the flu can be as easy as standing in line next to someone who has flu symptoms. Fortunately, protecting yourself against the flu is easy. The U.S. Centers for Disease Control and Prevention (CDC) recommend everyone over 6 months of age get a flu shot before the end of the month. It takes up to two weeks for protection to develop after the vaccination.

In addition to getting your flu vaccine, IDPH recommends following the 3 Cs: clean, cover, and contain.

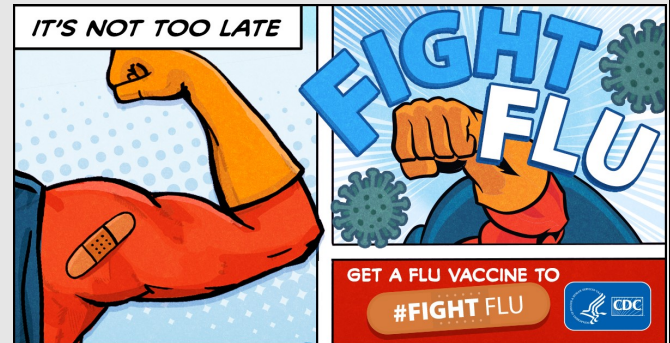
**Clean** – clean your hands frequently by washing your hands with soap and warm water.

**Cover** – cover your cough and sneeze.

**Contain** – contain your germs by staying home if you are sick.

Flu viruses spread when people with flu cough, sneeze, or talk. Flu usually comes on suddenly. People who have the flu often feel some or all of the following symptoms:

- fever or feeling feverish/chills
- cough
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- vomiting and diarrhea (more common in children than adults)



*(Article by Elizabeth Taylor WSIL3)*

You may go to the Jackson County Health Department to receive your immunization. Walk-in vaccination is available from 8:00 a.m. to 3:30 p.m. Monday through Friday, with extended hours on Tuesday evenings until 5:30 p.m. Visit their website at [www.jchdonline.org](http://www.jchdonline.org) or contact JCHD at 684-3143 for additional clinic dates and times.

#FIGHT FLU

[www.cdc.gov/flu](http://www.cdc.gov/flu)

