



## In This Issue

PG 1: COVID 19 @  
SIU Carbondale /  
Burglary  
Prevention Tips

PG 2: Identity Theft  
Prevention

PG 3: Dating Abuse

PG 4: Managing Stress  
Associated with  
COVID-19

## 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

## Coronavirus Disease Information

The [Coronavirus](#) website was created as a resource for students, faculty, staff and visitors, and contains the most up to date information about SIU Carbondale's response to this disease. Information ranging from Campus Contact Information, Travel Advisory updates, to the most recent message from the Chancellor can all be found at this location. If your question is not addressed by the FAQ's on the main page, questions can be submitted to [pandemicinfo@siu.edu](mailto:pandemicinfo@siu.edu).

## Burglary and Theft Prevention Tips

Many theft and burglary incidents reported to the Department of Public Safety can be avoided by following these safety tips.

- ⇒ Lock your doors (Both residence and vehicle)
- ⇒ Store valuables out of sight
- ⇒ Lock desk drawers and filing cabinets that contain valuable items or information
- ⇒ Keep a record and serial numbers for electronic items
- ⇒ Report suspicious persons or activity immediately to police
- ⇒ Do not prop open exterior doors
- ⇒ Do not let people into buildings after hours that do not have a security pass
- ⇒ Close windows, blinds, and curtains before leaving
- ⇒ Park in busy, well-lit areas

### Most Common Items Stolen from an Office

Loose change and cash, backpacks, textbooks, electronic items, jewelry, wallets and purses, anything of value.

If you have a topic or idea you would like us to consider for a future newsletter please email the idea to Cpl. Carrie Keith at [carries@dps.siu.edu](mailto:carries@dps.siu.edu). Questions submitted may be featured in future newsletters. The person submitting the question will not be identified.

[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](#)



### Identity Theft—Don't Be a Victim

Identity Theft continues to be one of the fastest growing crimes in the United States. Identity Theft occurs when someone steals your personal information and uses it without your permission. It's a serious crime that can affect your finances, credit history, and reputation. Restoring your identity can take time, money, and patience to resolve. This site provides information about Identity Theft, ways to guard against Identity Theft, and what to do if you become a victim of Identity Theft.

#### IT CAN HAPPEN TO YOU!

#### WHAT DO THEY STEAL?

- Name
- Address
- Date of Birth
- Social Security Number
- Driver's License Number
- Bank Account Numbers
- Credit Card Numbers
- Passwords
- Cell Phones

-To learn how to guard yourself from Identity Theft click [here](#).

- Think you have been a victim of Identity Theft, click [here](#).

#### HOW DO THEY GET IT?

- Purses or wallets
- Go through your mail
- Go through your garbage
- Buy or steal information from stores, restaurants, hotels, or banks
- Insecure internet sites
- Scam phone calls or emails

#### WHAT DO THEY DO WITH IT?

- Open new bank accounts or credit cards in your name
- Charge purchases to your credit line
- Obtain loans: personal, auto, home, etc.
- Change mailing addresses for existing accounts and use them without your knowledge

#### EMPTY YOUR BANK ACCOUNT AND RUIN YOUR CREDIT

Check us out on Facebook and "like" our [Southern Illinois University—Carbondale Police Department](#) Facebook page. You can also follow us on Twitter at [SIUC Police](#).

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

[twitter.com/SIUC\\_Police](https://twitter.com/SIUC_Police)

### September Events



**Salukis**

vs

**Flyers**

**Sept. 18 @ 6PM**



Click [here](#) for the full Saluki Schedule!



### 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 Dylan Pyron



## Normal Arguments or Dating Abuse?

### What is dating abuse?

Dating abuse (also known as dating violence, intimate partner violence, or relationship abuse) is a pattern of abusive behaviors -- usually a series of abusive behaviors over a course of time -- used to exert power and control over a dating partner.

Every relationship is different, but the things that unhealthy and abusive relationships have in common are issues of **power and control**. Violent words and actions are tools an abusive partner uses to gain and maintain power and control over their partner.

Any young person can experience dating abuse or unhealthy relationship behaviors, regardless of gender, sexual orientation, socioeconomic standing, ethnicity, religion or culture. It does not discriminate and can happen to anyone in any relationship, whether it's one that is casual or serious.

Dating abuse is more common than you think. There are some warning signs that can help you identify if your relationship is unhealthy or abusive, including the examples below. Remember, the abuse is never your fault, and [asking for help](#) is nothing to be ashamed of.

### What does dating abuse look like?

**Physical Abuse:** Any intentional use of physical force with the intent to cause fear or injury, like hitting, shoving, biting, strangling, kicking or using a weapon.

**Verbal or Emotional Abuse:** Non-physical behaviors such as threats, insults, constant monitoring, humiliation, intimidation, isolation or stalking.

**Sexual Abuse:** Any action that impacts a person's ability to control their sexual activity or the circumstances in which sexual activity occurs, including rape, coercion or restricting access to birth control.

**Digital Abuse:** Use of technologies and/or social media networking to intimidate, harass or threaten a current or ex-dating partner such as demanding passwords, checking cell phones, cyberbullying, non-consensual sexting, excessive or threatening texts or stalking on social media.

**Stalking:** Being repeatedly watched, followed, monitored or harassed. Stalking can occur online or in person, and may or may not include giving unwanted gifts.

**Financial Abuse:** Exerting power and control over a partner through their finances, including taking or withholding money from a partner, or prohibiting a partner from earning, or spending their money.

**Call the POLICE immediately if the situation becomes violent.**

More information can be found at the [Breaking the Cycle](#) website.

Additional resources include [Counseling and Psychological Services](#), the [Office of Equity and Compliance](#), [Saluki Cares](#), and the [Women's Center](#).



## 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.
- 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.](#)

### Do you know the signs of stress?



Agitation



Hopelessness



Self-neglect



Personality Change



Withdrawal