ONLINE SAFETY

The Internet was built for sharing, not for anonymity or security. Be familiar with each website's privacy and security settings. There are billions of people online but, how many of them do you want to know where you live, where you work, or who your family and friends are. You can try and maintain a degree of privacy, but ultimately what you do online is similar to what you do in public like driving in your car or walking through campus. Below are some tips for staying safe online:

Do not post anything you would not be comfortable explaining in the future.

Keep personal and work/organization/department accounts separate. Use separate email addresses, phone numbers, and devices, if possible.

Don’t accept friend requests from strangers. When available, use features that limit who may send a friend request or see your profile.

Use two-factor authentication whenever possible.

Don’t post your travel plans where people who want to find you (e.g. stalkers) or people who want to avoid you (e.g. burglars) will see them.

Don’t identify where you work on a personal account: your friends and family already know, and strangers don’t need to know.

Holiday are a time to think about others that are in great need. This year, Covid restrictions have stopped fundraising and gatherings, and made it difficult for organizations to raise funds and collect items to distribute to those in need. The SIU Police Department has been challenged by the Carbondale Police Department and Carbondale Fire Department to join together and help. Each department will accept donations for three organizations. Toys for Tots, Susie Toliver’s Coat Drive, and the Good Samaritan House Food Drive. Donations will be collected over the next few weeks. By placing your name on your donated items, you will be entered into a drawing at the end of the collection period. Names will be placed into a bowl and from each box, one name drawn for a prize.

⇒ TOYS For Tots—Bring in a new, unwrapped toy (for a boy or girl). Tape a piece of paper on it with your first and last name for the drawing.

⇒ COAT- Bring in a new or gently used (and laundered) coat (for a boy or girl). Pin a piece of paper with your first and last name on it in the collar area for the drawing.

⇒ FOOD- Bring in canned food items or non-perishable item(s). Tape a piece of paper on the item with your first and last name for the drawing—several food items equals one entry into the drawing.
CRIME OR INCIDENT REPORTING

There are several reporting options available for victims of crime. Criminal incidents including, but not limited to theft, burglary and drug or alcohol use should be reported to law enforcement. For incidents of sexual assault, dating violence, domestic violence and stalking, individuals have additional reporting options.

Some individuals may pursue justice through the legal system, while others are interested in personal restoration. The options for reporting sexual assault, dating violence, domestic violence and stalking are available at any time, although reporting is encouraged as soon as possible following an incident. You are not required to select just one option – you may choose multiple options because each option may offer a different type of resolution. The links below will help to identify the options that best meet your needs.

1. Report to Law Enforcement
2. Report to the University
3. Seek Confidential Support

If it’s an emergency, dial 911 for immediate assistance and view the quick reference guide.

SAFETY, AWARENESS, FACTS AND EDUCATION

The SAFE website, www.safe.siu.edu, has been updated. SAFE was created as a resource for students, faculty, staff and visitors that contains the most current information about campus resources, crime reporting, crime prevention and safety. Please review this website to use as a resource in the future. The SIU Campus Crime Report, Clery and VAWA reporting is also available on this website.
WEATHER PREPAREDNESS 101

Winter weather is upon us, and living in Illinois brings with it various weather patterns. It is not unlikely to have seasonably warm days in January, followed by heavy rain, and possible tornados. Did I mention ice and snow tend to fall during the first few months of the new year? So what do all the weather words the forecasters use mean...

**WARNING**

A warning is issued when a hazardous weather event is occurring, imminent or likely to occur. A warning means weather conditions pose a threat to life or property. Those in the path of the storm need to take protective actions.

**WATCH**

A watch is when the risk of a hazardous weather event has increased significantly, but its occurrence, location or timing is still uncertain. A watch means the weather is possible, and people in the path should have a plan of action in case the storm threatens their locations.

**ADVISORY**

An advisory is issued when a hazardous weather event is occurring, imminent or likely to occur. Advisories are issued for less serious conditions than warnings, these events may cause a significant inconvenience on those in the path. Caution should still be taken.

**OUTLOOK**

An outlook is issued when a hazardous weather event is possible in the next week. Outlooks are intended to raise awareness of the potential for significant weather.

**Car Tips for Winter Driving Cold Weather Safety**

It’s peak season for traveling, and for some that means heading out for a trip on wintry roads. Don’t let your trip be ruined by car problems. Below are some simple tips to get your car ready for cold weather.

1. **Add Antifreeze** Antifreeze can help protect your engine from extreme temperatures and help keep fluids from freezing as cold weather sets in.
2. **Check Tire Pressure** When temperatures fall, air inside tires contracts and causes the pressure inside to drop, which can make tires susceptible to damage.
3. **Change Oil** Colder temperatures can cause motor oil to thicken, which can cause starting problems. Change your oil just before winter to help keep oil flowing easily through your engine.
4. **Replace Wiper** It is important to have properly fitted wiper blades to help keep your windshield clear when driving in bad weather conditions.
5. **Pack an Emergency Kit** Be prepared for emergency situations. Keep these essential items in your vehicle: gloves, ice scraper, shovel, salt or sand, warm clothes, a blanket, jumper cables, emergency signals (flares/road flags) and a first aid kit.
Normal Arguments or Dating Violence?

The end of the semester can be a challenging time for students dealing with final exams, research projects, and final papers. Juggling a heavy work load, strict deadlines, and lack of sleep can increase tension in dating relationships. Emotions are often heightened at the end of the semester over concerns about keeping the relationship going while separated over the break period.

What is dating violence?

According to the US Department of Health & Human Services, dating violence is physical, sexual, emotional, or verbal abuse from a romantic or sexual partner. It happens to many women of all races and ethnicities, incomes, and education levels. It also happens across all age groups and in heterosexual and same-sex relationships. Some people call dating violence domestic abuse, especially when you live with your partner.

Keep the communication open

- Recognize that you both may be going through a tense period.
- Take care of yourself; remember to eat healthy and get enough sleep.
- Avoid alcohol or other intoxicants to reduce stress.
- Schedule some private time for each of you.
- Recognize triggers for arguments in your relationship and avoid them.

Arguments are a normal part of relationships, but there is a difference between a verbal disagreement and intimate violence. Look for signs of controlling behavior:

- Not letting you hang out with your friends.
- Calling you frequently to find out who you are with and what you are doing.
- Telling you what to wear.

Signs of verbal and emotional abuse include, but are not limited to:

- Your partner calls you offensive names or degrades you.
- Threatens to hurt you, your family, your friends, or him or herself.
- Your partner belittles you and is constantly jealous.

Signs of physical and sexual abuse are usually easier to identify. Signs of physical abuse may include shoving, punching, or pulling hair; whereas, signs of sexual abuse may include unwanted touching, forcing you to have sex, or not allowing you to utilize birth control or other contraception.

Call 911 immediately if the situation becomes violent.

Additional resources include Counseling and Psychological Services, the Office of Equity and Compliance, Saluki Cares, and the Women’s Center.

For more information on this or other topics, visit the Office of Women’s Health.