



SPRING BREAK

HAVE FUN BUT STAY SAFE

Adapted with permission from *The Bulletin*, a publication of The Association of Fraternal Leadership & Values

Here are some safety tips for students heading out on Spring Break trips:

1. Communicate the Details

Make sure family and friends know your departure and arrival times and phone numbers where you can be reached. Set regular check-in times over the trip. Always keep your hotel door locked and never open your door to strangers. Always carry identification, emergency contacts and important medical history (allergies to medicines, chronic illnesses) in your purse or wallet.

2. Drive Responsibly

If you're taking a road trip as part of your spring break plans, take turns behind the wheel, and always remember: Click It or Ticket. And whoever sits shotgun should stay awake and keep the driver company.

3. Hitting the Town

Follow the "buddy system" at all times but, ultimately, know you are responsible for your own personal safety. Trust your instinct if a situation just doesn't feel safe. Don't assume that acquaintances are looking out for your best interests. Go out with your friends; come home with your friends. It's as simple as that.

4. Know your Limits

Remember that "moderation" is the key to much in life, including alcohol for those of legal drinking age. Know your limit and stick to it. Use extra precaution while drinking in the sun or in a hot tub. Both affect the body in different ways when alcohol is involved. Less is more. Alcohol and water don't mix. Avoid swimming and boating while drinking.

5. Use Protection

Set your personal boundaries prior to your trip and stick to them. Don't do anything you're not comfortable with, and don't try to coerce others to do something they're not comfortable with. And always make sure protection is involved if that's the direction you choose. The best way to protect yourself against "date rape" drugs is to never leave your drink unattended at bars, night clubs and parties. Don't assume that acquaintances, and even friends, are looking out for your best interests.

6. ATM Usage

Visit the ATM during the day, use your hand to cover your PIN when punching it in, and find another ATM if it looks sketch. It's easy for hackers to insert a chip and collect account numbers and PINs. Your best bet is to use an ATM at a bank instead of a random ATM.



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