

The College Students Complete Guide To Selfprotection

D'Arcy Rahming

The College Students Complete Guide To Selfprotection:

The College Student's Complete Guide to Self-protection D'Arcy Rahming, 1991 A College Student's Guide to Self Protection D'Arcy Rahming, 1991-01-01 This common sense book tells college students how to protect their most vital investment Topics include How to evaluate campus security How to choose off campus housing How to say no mean it How to evaluate martial arts schools self defense seminars Organizations to write for help How to use your environment for protection And much more Over 100 illustrations The Ultimate Guide to College Safety Peter J. Canavan, 2018-08-29 New college students are led to believe that sharing personal information and freely expressing their opinions on social media is expected and their right to free speech What they fail to understand is that any information they reveal may be used to steal their identity prevent them from being hired and possibly even get them hurt or killed It is well known that college is a time for learning experiencing and growing as a person but it is little understood that it is also the point in time when students form relationships political beliefs attitudes and habits that will shape them for the rest of their lives The influence of their friends teachers and the social and political climate on campus are huge factors in their development both good and bad Understanding and learning can help parents assist their sons and daughters avoid future pitfalls and grow up to be successful productive members of society There is nothing more important than your personal safety and the safety of your family Safety has become the highest priority for students parents educators and administrators However the educational tools and reference guides that contain this essential information for them is lacking since most safety material focuses on the school itself and public safety professionals not the individual Today's college students face threats to their personal safety that generations before did not have to deal with New problems exist in both the digital world and the physical world and can be harmful or even deadly Thinking a problem won t happen to you will not make it any less likely The solution is to be aware of what threats exist learn how to protect yourself and know what steps to take should a problem arise to you or around you You can give your child the most comprehensive resource ever compiled about how to stay safe in both the physical world and digital world This will help ensure that students are made aware of the various threats to their personal safety that exist both online and offline so they will ultimately be safer during their college years and beyond The author has worked as an information technology consultant since 1995 a self defense instructor for over 20 years and is a former university public safety professional He is fully qualified to educate students and others based on decades of knowledge that has been distilled into this comprehensive book Topics include defining safety concerns safety awareness establishing personal boundaries routines comfort zones problem roommate s bullying cyberbullying hazing the dangers of mixing alcohol and energy drinks cyber security online safety social media cell phone safety phishing scams identity theft active shooter preparedness defensive actions viruses malware and ransomware physical threat self defense safe dating sexual harassment alcohol drugs and prescription medication abuse party bar club safety caffeine and energy drinks travel safety both on

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