



# The Other Way Martial Consulting

Where understanding and applying  
principles create greater skill

## Campus Safety Checklist

### Campus Safety

- Lock doors and windows in your dorm/apartment, even when stepping out briefly.
  - Document valuables (take photos of laptops, phones, and jewelry for insurance).
  - Save campus security's number in your phone and set as a speed-dial contact.
  - Locate emergency blue-light phones on campus and note their positions.
  - Use the buddy system for late-night library sessions or events.
- 

### Commuting & Travel

- Plan well-lit routes for walking/jogging and avoid shortcuts through isolated areas.
  - Share your location with a trusted friend when using ride-shares (Uber, Lyft).
  - Keep headphones volume low while walking to stay aware of surroundings.
  - Wait in populated areas for buses/trains, especially after dark.
- 

### Digital Safety

- Enable two-factor authentication on all accounts (email, social media).
  - Avoid public Wi-Fi for banking, shopping, or accessing sensitive data.
  - Review social media privacy settings and avoid posting real-time location updates.
- 

### Social Situations

- Never leave drinks unattended at parties or cafes.
  - Plan a sober exit strategy before attending events (e.g., designate a driver).
  - Code word with friends to discreetly signal discomfort or danger.
-

## Emergency Preparedness

- Save emergency contacts: Campus security, local police, roommate, family.
  - Carry a mini first-aid kit in your backpack (bandages, antiseptic, pain relievers).
  - Learn basic self-defense moves or attend a campus workshop.
- 

## Mental Health & Wellness

- Bookmark campus counseling services and crisis hot-lines.
  - Set boundaries for study hours, socializing, and rest to avoid burnout.
- 

## Safety Tools & Apps

- Install safety apps:
    - Noonlight (emergency panic button).
    - Life360 (location sharing with family).
    - bSafe (virtual walk-home companion).
  - Carry a portable phone charger to avoid dead batteries during commutes.
- 

## Bonus Tips

- Keep a whistle or personal alarm on your key-chain.
  - Check local laws about pepper spray/tasers and carry if permitted.
  - Attend a campus safety seminar (often free for students!).
- 

## Notes Section

Trusted Contacts:

1. \_\_\_\_\_ (Campus Security: \_\_\_ - \_\_\_ - \_\_\_)
2. \_\_\_\_\_ (Local Police: \_\_\_ - \_\_\_ - \_\_\_)
3. \_\_\_\_\_ (Roommate/Family Member)

Emergency Meeting Spot: \_\_\_\_\_

**Share with peers:** *"Stay safe and prepared! Download this free checklist to protect yourself on campus and beyond."*