

Setting Boundaries

Set your own rules for how others treat you.

Speak up before it becomes a problem.

Have a plan if they don't stop.

That's not a good idea for me.

I don't think that's funny. Please stop.

I don't like being called that name.

I need you to respect what I said, or I'll have to leave.

That's something I don't talk about.

BACK OFF!

You're standing too close. Can you please back up?

"This isn't a productive conversation. I'm logging off now; don't message me again."

You may need to set boundaries with roommates, classmates, friends, even family members. If something makes you feel uncomfortable or resentful, it's time to step up and **set a boundary!**

Hint: If you need to, practice some of these out loud in front of the mirror!

Campus Emergency Kit

Every year emergencies happen on campus. Be ready! You may have to evacuate because of a fire. You may have to shelter in place after a storm. Utilities may be out. Build a basic kit to last you for 3 days. You will be safer and a lot more confident about making it through.

Have already packed so you can grab and go at a moment's notice:

- Water - 3 days' worth (3 gallons). Store separately.
- Food - ready to eat, pop top, nutritious (Don't forget a spoon!)
- Hygiene supplies – soap, paper towels, toilet paper, wipes, pads/tampons, toothbrush, etc.
- First Aid Kit – bandages, antibiotic and burn ointment, ibuprofen, etc.
- Your prescription medicines (Use and replenish often.)
- Extra pair of glasses and/or contacts
- Extra blankets/warm clothing (socks, hat, gloves)
- Flashlight, lantern, batteries
- Emergency AM/FM radio (battery, solar, crank)
- Cell phone, power bank, solar charger
- Large trash bags
- Knife, scissors, tape
- Tool kit – pliers, screwdriver, multi-tool
- Emergency contact names on paper (Your phone will die.)
- Extra car keys
- Personal ID; Some cash
- Optional security items for everyday: door wedge, door knob alarm, sliding door bar . Store separately.

Questions? Comments? Virginia@EmergencyPlanGuide.org