Resilience Factors

- Take Care of Yourself
- Active Problem Solving
- Maintain a Positive Outlook
- Social Support
- Meaning and Purpose
Welcome To Eugene

Pop. 171,210

Track Town U.S.A.
POLICE IN THE UNITED STATES
PROTECTING YOURSELF AGAINST THEFT

- Be mindful in public
  - Don’t flash them in public, especially branded items
  - Keep valuable items in your front pocket, zipped bag, or where you can see them
  - Don’t leave your important possessions unattended – bag, computer, phone, keys

- Bike theft is most common – get a U-Lock for bike
  - Buy a used bike or very inexpensive new bike (Walmart)
  - Park near cameras when you can
PROTECTING YOURSELF AGAINST THEFT

- Lock your car and home always – both when you are at home and when you leave
  - Report damaged doors, windows, locks to your landlord immediately (renter’s insurance)
  - If you are gone for a long time, leave some lights on
  - Do not announce your trips on public social media posts – this includes tagging your photos if people you do not know can see them
  - Do not leave a pet unattended for a long period of time

- Keep immigration documents together at home
  - Go to the DMV to get a state ID even if you do not apply for a driver’s license
  - Always keep a copy of your certified documents. A copy is better than nothing
IDENTITY THEFT & SCAMS

- NEVER give your personal information (home address, social security number, immigration details) to unknown or untrusted people – especially phone calls you receive.
- The US Government, UO, police, banks will NEVER ask you “for a small fee” or money because “you are deported” “you are in trouble” etc.

WHEN IN DOUBT, GO TO ISSS (3rd floor of Oregon Hall)
PROTECTING YOURSELF AGAINST THEFT

ONE OF THE LARGEST SCAMS INVOLVES GIFT CARDS

NO ONE WILL ASK TO BE PAID IN GIFT CARDS
Who to contact?

Stolen/lost passport ➔ Embassy, Police and ISSS

Stolen/lost I-20 ➔ ISSS

Stolen/lost credit card ➔ Credit card company/bank - Police

Identity theft/phishing/scam ➔ Police

Anything stolen or robbed ➔ Police
Help
911 for any emergency or use the E-Phone
541-346-2919 to report a crime or any suspicious activity
541-346-2974 to anonymously report a crime or any suspicious activity
http://police.uoregon.edu/
CONCLUSION:

- MAKE A PLAN WITH FRIENDS BEFORE GOING TO PARTIES
  - SOBER DRIVER?
  - GOING HOME TOGETHER?
  - MEET NEW PEOPLE OR SPEND TIME WITH EACH OTHER?
- TALK TO FRIENDS AT PARTIES ABOUT ANY CHANGES IN PLAN
- MAKE RESPONSIBLE DECISIONS THAT DO NOT HURT YOURSELF OR OTHERS
  - WATCH OUT FOR YOUR FRIENDS
- KNOW YOUR SERVICES, RESOURCES AND OPTIONS

HAVE FUN!
WHAT DOES IT MEAN TO MAKE SMART DECISIONS?

- WHAT IS THE LEGAL DRINKING AGE?
- WHAT IS LEGAL SMOKING TOBACCO AGE?
- IS IT LEGAL TO SMOKE MARIJUANA ON CAMPUS?
- WHAT IS A DESIGNATED DRIVER?
- IS IT OKAY TO SAY NO IN THE U.S.?
541-346-SAFE (7233)
541-346-7433 (DUCK RIDES)
541-346-2919 (UO POLICE)
911 – EMERGENCIES ONLY
THANK YOU!!!