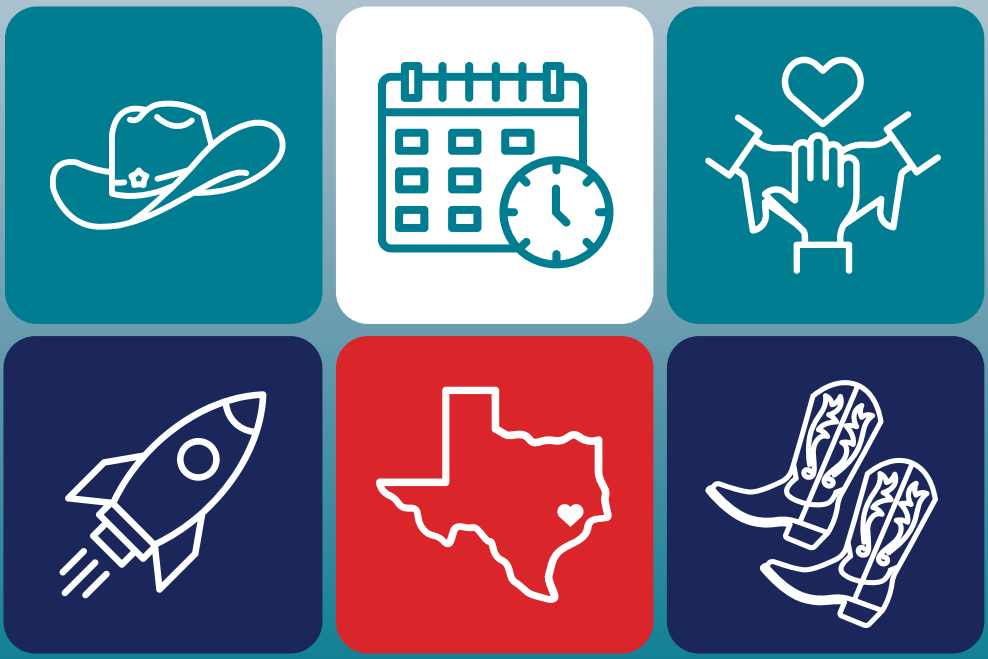
CRIME STOPPERS
CALL 713.222.TIPS
SAFE COMMUNITY INSTITUTE

sponsored by:

CHENIERE

2026 – 2027

ACADEMIC PLANNER



CRIME STOPPERS
CALL 713.222.TIPS

The History of Crime Stoppers

Crime Stoppers of Houston is Houston's top non-profit dedicated to public safety, and since 1980, has remained committed to its mission **to solve and prevent serious crime in the Greater Houston Area in partnership with citizens, media and the criminal justice system**.

The first-ever Crime Stoppers organization was founded in 1976 in Albuquerque, NM and was brought to Houston in 1980 by a group of concerned citizens.

We have been working steadily for over 44 years to solve and prevent serious crime. Since inception, we have solved over 37,000 felony cases through our anonymous Tip Line. Today, Crime Stoppers of Houston is leading the nation with innovative crime prevention programming that reaches millions each year.

As we evolve and respond to the needs of our community, we remain committed to advocating for the safety of all who call Houston and Texas home.

Scan to learn more about Crime Stoppers

TIP LINE PROGRAM

An Anonymous Reporting Tool

The Tip Line Program offers **cash rewards to anonymous individuals who provide tips that solve crimes and locate wanted fugitives** in the Greater Houston Area. Crime Stoppers may pay a cash reward up to $5,000 on felony crimes that happen in the Greater Houston Area and Harris County. To be eligible for a cash reward, you must report your tip directly to Crime Stoppers.

We have three different methods to report a tip:

How To Report a Tip:

Call 713.222.TIPS (8477)

Use our Mobile App
Download app name: Crime Stoppers Houston

Go to crime-stoppers.org

Scan to learn more about our Tip Line

Safe Campus, Safe Learning

College should be a fun and exciting time to learn new things, build life-long friendships, and prepare for a successful career. Unfortunately, that time of expected excitement can be quickly interrupted due to crime or victimization. In 2023, crimes reported on college campuses rose significantly. With this in mind, Crime Stoppers of Houston designed this resource specifically for students on college campuses. In addition to being a handy personal planner to help you stay organized, this booklet contains safety tips on some of the most pressing issues including sexual assault, situational awareness, substance use prevention, and mental health. This planner also includes a brief academic resource guide containing information on citations. We hope you use this resource to not only help yourself plan, set goals, and stay organized as a student, but also as a tool to increase your personal resilience and reduce your risk of becoming a victim of crime.

To learn more information about staying safe on your college campus, visit our resource center at crime-stoppers.org/resource-center.

TABLE OF CONTENTS

August **1**

Back To School/College Safety 3

September **15**

Active Shooter/Victim Services 17

October **33**

Domestic Violence/Sexual Assault 35

November **49**

Homelessness 51

December **63**

Seasonal Safety/Situational Awareness 65

January **79**

Human Trafficking 81

February **93**

Substance Abuse 95

March **107**

Financial Crimes 109

April **123**

Child Abuse/Animal Abuse 125

May **137**

Mental Health/Elder Abuse 139

June **153**

LGBTQIA+/Summer Safety 155

July **171**

Fire & Fireworks Safety 173

NOTES 183

ACADEMIC RESOURCE GUIDE 202

SAFETY GUIDE 206

AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
JULY S M Tu W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	SEPTEMBER S M Tu W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	28	29
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31		



THURSDAY	FRIDAY	SATURDAY
30	31	1
6	7	8
13	14	15
20	21	22
27	28	29

MONTHLY NOTES

Safety Awareness Tips

The beginning of a new school year is both an exciting and stressful time. As you begin your classes, meet your professors, and settle into the school year, keep an eye on yourself and your friends, and make sure that the pressures of the school year do not become too overwhelming.

From 2023 to 2024, College Campuses Saw:

From 2023 to 2024, incidents of **AGGRAVATED ASSAULT DECREASED** **43%**

(THE GLENDA GORDY RESEARCH CENTER)



From 2023 to 2024, reported incidents of **THEFT INCREASED** **16%**

(THE GLENDA GORDY RESEARCH CENTER)



32% of college students report moderate to severe **ANXIETY SYMPTOMS**

(HEALTHY MIND NETWORK)

40% **OF COLLEGE STUDENTS** with **SEVERE DEPRESSION OR ANXIETY** did not receive mental health treatment in the past year.

(HEALTHY MINDS NETWORK)



From 2023 to 2024, **WEAPON OFFENSE CASES ROSE** **46%** on college campuses



(THE GLENDA GORDY RESEARCH CENTER)

Statistic sources can be found at crime-stoppers.org
See Resource Guide for more Back to School safety Information

Prevention

If you suspect a friend may be struggling with their mental health, make a plan to check-in with them:

1. **Find an Appropriate Time & Place**
   Be persistent and let them know you are a safe, non-judgmental resource. Prioritize their comfort and privacy. Plan what you are going to say. Do some research if necessary.

2. **Share Your Concerns**
   - "Just wanted to check-in. How are you, really?"
   - "You haven't seemed yourself lately."
   - "You seem more withdrawn/isolated than usual. Is everything okay?"

3. **If You Suspect Suicidal Ideation**
   - Ask if there was a specific incident that led to suicidal thoughts.
   - Ask if they have a specific plan.
   - Ask them to describe what they are feeling and then validate those feelings.

4. **Listen & Follow-Up**

Take a Mental Test

Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

Use the following link to access an online screening tool for Depression, Anxiety, PTSD and other common mental health conditions:

August 2026

3 • Monday

4 • Tuesday

5 • Wednesday

6 • Thursday

7 • Friday

WEEKLY SAFETY TIP

If you witness a crime, submit an anonymous tip to Crime Stoppers at 713-222-TIPS (8477). You may be eligible for a cash reward of up to $5,000 if your tip leads to an arrest or suspect identification.

8 • Saturday

9 • Sunday

NOTES

August 2026

10 • Monday

11 • Tuesday

12 • Wednesday

13 • Thursday

14 • Friday

WEEKLY SAFETY TIP

Biking around campus? To best protect your property, always remember to lock and secure the bike frame to the bike rack. Staying alert while doing so can reduce your risk of being surprised.

15 • Saturday

16 • Sunday

NOTES

August 2026

17 • Monday

18 • Tuesday

19 • Wednesday

20 • Thursday

21 • Friday

WEEKLY SAFETY TIP

To ensure your safety when using a rideshare service, confirm the driver's ID and make sure the child locks are NOT engaged. When riding alone, always sit in the back passenger seat.

22 • Saturday

23 • Sunday

NOTES

August 2026

24 • Monday

25 • Tuesday

26 • Wednesday

27 • Thursday

28 • Friday

WEEKLY SAFETY TIP

Road rage incidents can lead to property damage and personal injury. If someone is aggressively tailgating you, pull aside and allow them to pass.

29 • Saturday

30 • Sunday

NOTES

September 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
AUGUST S M Tu W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	OCTOBER S M Tu W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1	2
6	7 Labor Day	8	9
13	14	15 National Hispanic Heritage Month Begins	16
20 Yom Kippur (Begins at Sunset)	21	22 First Day of Fall (Equinox)	23
27	28	29	30



THURSDAY	FRIDAY	SATURDAY
3	4	5
10 World Suicide Prevention Day	11	12
17	18	19
24	25	26
1	2	3

MONTHLY NOTES

Safety Awareness Tips

Active attack situations can happen anywhere and without warning. Because they are often over within 10 to 15 minutes, you must be prepared to respond not only to the active threat, but to also treat any injuries until first responders arrive.

IN AN ACTIVE ATTACK, YOU HAVE THREE OPTIONS:



#1 - AVOID: ***If there is an accessible escape path, evacuate the premises in a direction away from the attacker.***

- Have an escape route and plan in mind.
- Leave your belongings behind.
- Evacuate regardless of whether others agree to follow.
- Help others escape, if possible.
- Do not attempt to move the wounded.
- Prevent others from entering an area where the active shooter may be.
- Keep your hands visible.
- Call 911 when you are safe.



#2 - DENY: ***When getting away is impossible, find a safe place*** **to hide.**

- Hide in an area out of the shooter's view and lock door or block the door.
- Create barriers to prevent or slow down a threat
- from getting to you.
- Bring a self-defense tool with you and create a defense plan in case you are discovered.
- Silence your cell phone (including vibrate mode) and remain quiet.

#3 - DEFEND: ***As a last resort, and only if your life is in imminent danger, try to disrupt or incapacitate the shooter.***

- Act with as much physical aggression as possible.
- Improvise weapons or throw items at the active shooter.
- Commit to your actions. Your life depends on it.
- Attack from ambush and from multiple locations if in a group.
- Restrain and secure the attacker until law enforcement arrives.

When Law Enforcement Arrives

- Remain calm and follow instructions.
- Drop items in your hands (e.g., bag, jacket).
- Raise hands and spread fingers.
- Keep hands visible at all times.
- Avoid quick movements towards officers, such as holding on to them for safety.
- Avoid pointing, screaming, or yelling.
- Do not ask questions when evacuating.

Information to Provide to Law Enforcement:

- Location of active shooter.
- Number of shooters.
- Physical description of shooters (weight, height, gender, race, etc.).
- Number and type of weapons shooter has (handgun, rifle, knife).
- Number of potential victims in the area.

The first officers to arrive at the scene will not stop to help the injured. Until the area is secured, you may have to treat the injured as best you can. Remember basic first aid: For bleeding apply pressure and elevate. To apply pressure, use items such as clothing, paper towels, feminine hygiene products or newspapers.

* Note that responding officers do not necessarily know the identity of the shooter and may treat everyone they encounter as a possible suspect.

Being a victim of a crime is frightening for the millions of Americans who unfortunately experience it each year, but progress has been made to improve the rights of crime victims. Throughout the years, victims and their loved ones have transformed their victimization into a vehicle for ensuring that victims of crime receive justice, meaningful assistance and compassionate treatment.

What Happens After an Arrest?

The point of arrest for a defendant in a criminal case is only the beginning of the proceedings. Here are a few things that could happen after a defendant is arrested:

- **Probable Cause Hearing:** This is where the District Attorney's Office decides if there is enough evidence in a case to proceed with prosecution of the case.
- **Bond Hearing:** This is where a judge decides what bond is appropriate in the case presented. Bond rulings could range from PR bond (a zero-dollar bond) to a specific dollar amount, OR no bond could be awarded in certain violent offenses.
- **Plea Deal:** If the District Attorney decides to proceed with prosecution of the case, they may attempt to make a plea deal with the defendant. If the parties cannot agree to a plea deal, the case may move to trial.
- **If the case goes to trial:** The first phase of the trial will be held to determine whether the defendant is guilty or innocent. In this stage, you may attend the trial as the victim but will likely not have an opportunity to testify or give a statement. If the defendant is found guilty in the first phase of the trial, the second phase of the trial known as the sentencing phase will proceed. It is usually in this phase of the trial that you as the victim are able to give testimony.

Join Crime Stoppers for our annual events honoring victims of violent crime and lost loved ones:

- National Night of Remembrance: September
- Holiday Memorial Remembrance Tree Ceremony: December
- Parents of Murdered Children and Surviving Family Member of Homicide (POMC) Meetings: 2nd Tuesday of the Month

Crime Victim Rights

- As defined in the Texas Code of Criminal Procedure, Article 56, Subchapter A, a victim of a violent crime is someone who: (1) has suffered bodily injury or death as a result of criminally injurious conduct, or who has been the victim of a crime involving sexual assault, kidnapping, or aggravated robbery; (2) is the close relative (spouse, parent, brother, sister, or adult child) or (3) is the guardian of a victim. As a victim of violent crime, you have the right to:
- Receive adequate protection from harm and threats of harm arising from cooperation with prosecution efforts.
- Have your safety considered by the magistrate when setting bail.
- Be informed of relevant court proceedings and if those have been canceled or rescheduled.
- Information on procedures in the criminal investigation of your case by law enforcement officials and about general procedures in the criminal justice system including plea bargaining, restitution, appeals, and parole from the prosecutor's office.
- Receive information about the Texas Crime Victims' Compensation fund that provides financial assistance to victims of violent crimes and, if you so request, referral to available social service agencies that may provide additional help.
- Have a medical health provider pay for medical examinations and medical expenses for victims of sexual assault and domestic violence and on request, the right to counseling regarding AIDS and HIV infection and testing for sexual assault victims.
- Be notified of parole proceedings by the Victim Services Section of the Pardons and Paroles Division; to participate in the parole process by submitting extra information or a Victim Impact Statement detailing the impact the crime has had for consideration by the judge prior to sentencing and/or entry of a plea bargain and by the parole board prior to taking any parole action; to be notified of the inmate's release.
- Be present at all public court proceedings if the presiding judge permits.
- A separate or secure waiting area available before and during court proceedings.
- Prompt return of any property that is no longer required as evidence.
- Have the prosecutor notify your employer that the need for your testimony may involve your absence from work.
- The right of a tenant who is a victim of family violence to vacate a dwelling and terminate a residential lease.

September 2026

31 • Monday

1 • Tuesday

2 • Wednesday

3 • Thursday

4 • Friday

WEEKLY SAFETY TIP

If you fear your friend is impaired and unable to get home safely, offer them a ride home or accompany them if someone else is taking them home. Do NOT let them ride alone, even with a rideshare service.

5 • Saturday

6 • Sunday

NOTES

September 2026

7 • Monday

8 • Tuesday

9 • Wednesday

10 • Thursday

11 • Friday

WEEKLY SAFETY TIP

If you see the same person at multiple locations, they may be following you. If you feel like you are being followed, go to an open, public place or the closest police station. Do NOT go straight home.

12 • Saturday

13 • Sunday

NOTES

September 2026

14 • Monday

15 • Tuesday

16 • Wednesday

17 • Thursday

18 • Friday

WEEKLY SAFETY TIP

Mass shootings and terrorist attacks can happen anywhere, at any time. To prevent being a victim of a mass attack, identify all entry and exit points as you enter a room or building. Create a mental response plan that covers how you will escape, where you will hide, or how you will fight back against an attacker.

19 • Saturday

20 • Sunday

NOTES

September 2026

21 • Monday

22 • Tuesday

23 • Wednesday

24 • Thursday

25 • Friday

WEEKLY SAFETY TIP

Take time to become familiar with campus landmarks and streets so that you can navigate your way around or out of an area in an emergency.

26 • Saturday

27 • Sunday

NOTES

September 2026

28 • Monday

29 • Tuesday

30 • Wednesday

1 • Thursday

2 • Friday

WEEKLY SAFETY TIP

Most campus police departments offer a safety escort program for students that request one. If you feel unsafe walking on campus, contact your university police for a safe ride home.

3 • Saturday

4 • Sunday

NOTES

October 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
SEPTEMBER S M Tu W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	NOVEMBER S M Tu W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	29	30
4	5	6	7
11	12 Columbus Day (Indigenous People's Day)	13	14
18	19	20	21
25	26	27	28



THURSDAY	FRIDAY	SATURDAY
1	2	3
8	9	10 World Mental Health Day
15	16	17
22	23 Red Ribbon Week (10/23 - 10/31)	24
29	30	31 Halloween

MONTHLY NOTES

Safety Awareness Tips

Domestic violence is any harm or abuse that occurs in an intimate relationship, or within a shared household. Sexual assault is any type of sexual contact or behavior that occurs without the explicit consent of the recipient.

Anyone can be a victim of abuse at the hands of their partner, but victims of domestic violence are overwhelmingly women being abused by male partners or other male family members.



WOMEN AGES 18-24 experience the **HIGHEST RATES OF RAPE AND SEXUAL ASSAULT** than other age groups

(U.S. DEPARTMENT OF JUSTICE)



NEARLY EVERY MINUTE, someone in the U.S. is **SEXUALLY ASSAULTED**

(RAINN)



Texans were killed by **INTIMATE PARTNERS.**

(TEXAS COUNCIL ON FAMILY VIOLENCE)



43% of U.S. College women reported experiencing **ABUSIVE DATING BEHAVIORS**

(NATIONAL DOMESTIC VIOLENCE HOTLINE)

See Resource Guide for more information

DOMESTIC VIOLENCE MYTHS

- **MYTH:** It's easy to leave an abusive relationship.
- **FACT:** Victims of domestic violence stay in abusive relationships for a number of reasons. Many victims are being psychologically manipulated by their abuser and believe that the abuse is their fault. They may have children with their abuser and are unable to leave because that would put their children at harm. Other victims of domestic violence are being financially exploited by their partner, and may not have access to any money.
- **MYTH:** If a man was aroused, he wanted it to happen.
- **FACT:** Arousal and orgasm are physiological reactions to physical stimulation and do not necessarily indicate consent. Consent requires emotional and mental willingness, not just a physical reaction.
- **MYTH:** Domestic violence is usually a one-time, isolated incident.
- **FACT:** Domestic violence is a pattern of abusive behavior that happens over and over and escalates in severity/dangerousness over time.
- **MYTH:** Domestic violence is always physical.
- **FACT:** There are multiple forms of domestic violence, including physical, emotional, sexual, spiritual, and financial.

Preventing sexual assault and domestic violence requires being aware of potential red flags in our relationships. We must also be proactive in setting boundaries and discussing consent in our romantic and sexual relationships.

See Resource Guide for more information

Set Your Boundaries

DIGITAL:

- You never have to share your passwords or allow access to your accounts.
- You choose what you share on social media including your relationship status.
- You choose what texts and photos you want to share with your partner.

EMOTIONAL:

- You choose how to spend and prioritize your time.
- You choose when you want to talk to someone and if/when you say “I love you”.
- If someone is making you feel like you are to blame for abuse, you are experiencing gaslighting. This is abuse.

PHYSICAL:

- You choose if and when you want to engage in any sexual activity. Each and every time.
- Your personal space is yours. Your partner cannot force their way into your home.
- You choose if and when you want to use drugs and alcohol.





See Resource Guide for more information

Consent

Consent is an active and ongoing process where both you and your partner can freely communicate desires, limits, and boundaries without fear or coercion. Consent allows partners to feel safe, communicate what they want, and how they want to continue forward. You must have consent every time you engage in sexual activity, and you can change your mind at any time. Some examples of questions that can ensure consent throughout sexual activity include:

- "Are you comfortable?"
- "Is this okay?"
- "Do you want to slow down?"
- "Do you want to go any further?"

Reporting

If you or someone you know is a victim of domestic violence, contact your **local police department** or the **National Domestic Violence Hotline at 1-800-799-7233**.

This information is made possible by daya.

daya

EMPOWERING SOUTH ASIAN SURVIVORS OF ABUSE

See Resource Guide for more information

October 2026

5 • Monday

6 • Tuesday

7 • Wednesday

8 • Thursday

9 • Friday

WEEKLY SAFETY TIP

Texas VINE will automatically notify registered persons via a toll-free number and website of suspect/offender status and court event changes.

10 • Saturday

11 • Sunday

NOTES

October 2026

12 • Monday

13 • Tuesday

14 • Wednesday

15 • Thursday

16 • Friday

WEEKLY SAFETY TIP

Be Prepared. Learn self defense techniques, travel in groups and keep your cellphone charged and with you at all times.

17 • Saturday

18 • Sunday

NOTES

October 2026

19 • Monday

20 • Tuesday

21 • Wednesday

22 • Thursday

23 • Friday

WEEKLY SAFETY TIP

Be Alert. Exercise caution when drinking and never leave your drink unattended.

24 • Saturday

25 • Sunday

NOTES

October 2026

26 • Monday

27 • Tuesday

28 • Wednesday

29 • Thursday

30 • Friday

WEEKLY SAFETY TIP

Be vigilant. Look around, make eye contact with others and be aware of individuals that have had too much to drink or look uncomfortable.

31 • Saturday

1 • Sunday

NOTES

November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1 Daylight Savings Ends	2	3 Election Day	4
8	9	10	11 Veteran's Day
15	16	17	18
22	23	24	25
29	30	1	2



THURSDAY	FRIDAY	SATURDAY
5	6	7
12	13	14
19	20	21
26	27	28

Thanksgiving Day

3

OCTOBER

S	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

DECEMBER

S	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MONTHLY NOTES

Safety Awareness Tips

People without safe and/or stable housing are incredibly vulnerable and are more likely to be the victim of a violent crime especially if they are a woman, teen, or child.

In the Houston region,
50% OF HOMELESSNESS
is caused by an economic crisis

(COALITION FOR THE HOMELESS OF HOUSTON/HARRIS COUNTY))





In **JANUARY** 2025, there were
745,652
people experiencing
HOMELESSNESS in America.

(NATIONAL ALLIANCE TO END HOMELESSNESS)

In 2024,
NEARLY 25%
of adults living in homeless shelters were employed

(U.S. CENSUS BUREAU)



An estimated
150,000 YOUTH
experienced homelessness in 2024

(US DEPT. OF HOUSING AND URBAN DEVELOPMENT)



HOMELESSNESS MYTHS

- **MYTH:** People are homeless by choice.

- **FACT:** Homelessness is caused by many different factors. Sudden job loss or an unexpected medical emergency can drain people of their financial resources, leaving them unable to afford their mortgage or rent payment. Women may be trying to escape domestic violence and find themselves without a stable home to go to. Many struggle with mental illness, depression, post-traumatic stress or simply cannot cope with trauma in their lives. Poor choices can contribute to homelessness, but outside circumstances strongly influence those choices.

- **MYTH:** People who are homeless are violent, dangerous, and/or are lawbreakers.

- **FACT:** While a larger number of people experiencing homelessness have substance abuse disorders than the general population, a person who is homeless is no more likely to be a criminal than a housed person and is in fact more likely to be the victim of a violent crime, especially if they are a homeless woman, teen, or child.

- **MYTH:** Homeless people don't try hard enough to find a job or a place to live.

- **FACT:** 53% of people living in homeless shelters and 40% of unsheltered people are employed, either full or part-time (University of Chicago). Even with a job, there is no state in the US where a full-time minimum wage worker can afford a one-bedroom apartment. It is also difficult to maintain employment when you don't have a place to bathe, prepare meals, or electricity for an alarm clock.

November 2026

2 • Monday

3 • Tuesday

4 • Wednesday

5 • Thursday

6 • Friday

WEEKLY SAFETY TIP

In a potentially dangerous situation, do not hesitate to yell, scream, or otherwise draw attention to yourself. Keep a personal safety device in your room or backpack for emergencies.

7 • Saturday

8 • Sunday

NOTES

November 2026

9 • Monday

10 • Tuesday

11 • Wednesday

12 • Thursday

13 • Friday

WEEKLY SAFETY TIP

Learn simple self-defense techniques, like running away, yelling, and fighting back if necessary. If you need to fight, target vulnerable areas like the eyes, nose, throat, or groin.

14 • Saturday

15 • Sunday

NOTES

November 2026

16 • Monday

17 • Tuesday

18 • Wednesday

19 • Thursday

20 • Friday

WEEKLY SAFETY TIP

College students are often a target of identity theft and fraud. Keep personal financial information in a secure place in your home. When disposing of private documents, shred anything containing sensitive information.

21 • Saturday

22 • Sunday

NOTES

November 2026

23 • Monday

24 • Tuesday

25 • Wednesday

26 • Thursday

27 • Friday

WEEKLY SAFETY TIP

If you see someone being harassed in public, take action. Consider asking them if they need help, offer emotional support, invite them to join you, or call for help.

28 • Saturday

29 • Sunday

NOTES

December 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
NOVEMBER S M Tu W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JANUARY S M Tu W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1	2
6	7	8	9
13	14	15	16
20	21 First Day of Winter (Solstice)	22	23
27	28	29	30



THURSDAY	FRIDAY	SATURDAY
3	4 Hanukkah (Begins at Sunset)	5
10	11	12
17	18	19
24 Christmas Eve	25 Christmas Day	26 Kwanzaa
31 New Year's Eve	1	2

MONTHLY NOTES

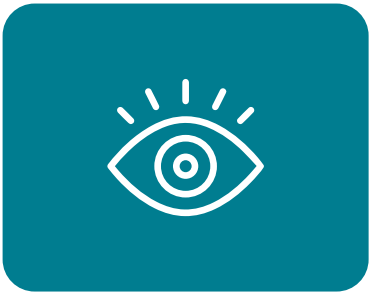
Safety Awareness Tips

The holiday season is always a special time of the year. Unfortunately, crimes of opportunity also tend to increase during this period. As you shop, please be mindful of the following safety tips to help keep your holiday shopping safe and joyous!

Prevention

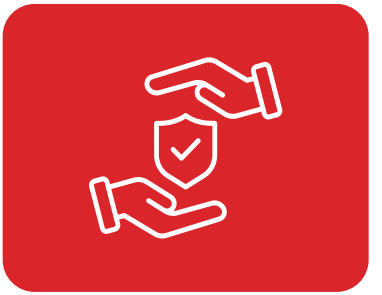
Practicing situational awareness can reduce your likelihood of being the victim of a surprise attack while out in public

Situational awareness means noticing people, places, and things in your vicinity. Learning to watch body language, assess different situations and make the best decision based on those assessments is a daily habit we can incorporate every day.









See Resource Guide for more information

*There are **five different** levels, or "**conditions**," of awareness*

CONDITION WHITE

- Unaware of surroundings.
- Easy target.
- Okay stage for when at home.

CONDITION YELLOW

- Relaxed state of alertness.
- Difficult to surprise
- Recognizes the possibility of an "attack".
- Ideal condition of awareness to be in.

CONDITION ORANGE

- Advanced level of awareness
- Is there a threat?
- Analyze and respond to a threat – seconds or minutes to move away?

CONDITION RED

- Life or safety is threatened
- Mentally prepared to fight or move
- If not "trained" you may freeze

CONDITION BLACK

- Actively applying justifiable force
- Firearm, pepper spray, taser, improvised defense
- May need to comply if being robbed or hurt

*www.prettyloaded.com

See Resource Guide for more information

December 2026

30 • Monday

1 • Tuesday

2 • Wednesday

3 • Thursday

4 • Friday

WEEKLY SAFETY TIP

Home package theft is on the rise. Utilize tracking services to monitor your delivery updates, consider having packages mailed to a work address if possible, or have a trusted neighbor or roomate hold the delivery for you to reduce the risk of it being stolen.

5 • Saturday

6 • Sunday

NOTES

December 2026

7 • Monday

8 • Tuesday

9 • Wednesday

10 • Thursday

11 • Friday

WEEKLY SAFETY TIP

During the holiday season, criminals often lurk in busy areas like shopping centers looking for potential targets to rob. If you suspect that you are being watched or followed, notify a store employee or security staff to request an escort off the premises.

12 • Saturday

13 • Sunday

NOTES

December 2026

14 • Monday

15 • Tuesday

16 • Wednesday

17 • Thursday

18 • Friday

WEEKLY SAFETY TIP

Be careful with your social media posts while on vacation. A criminal may be waiting for an opportunity for your home to be vacant. Post pictures after you return from your trip.

19 • Saturday

20 • Sunday

NOTES

December 2026

21 • Monday

22 • Tuesday

23 • Wednesday

24 • Thursday

25 • Friday

WEEKLY SAFETY TIP

There is safety in numbers. Do not walk alone, especially at nighttime.

26 • Saturday

27 • Sunday

NOTES

December 2026

28 • Monday

29 • Tuesday

30 • Wednesday

31 • Thursday

1 • Friday

WEEKLY SAFETY TIP

Stay alert when out and about. Keep your head up and acknowledge people as they walk by to show you are paying attention. Criminals prefer targets who are distracted and may not see them coming.

2 • Saturday

3 • Sunday

NOTES

January 2027

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
DECEMBER S M Tu W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	FEBRUARY S M Tu W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	29	30
3	4	5	6
10	11 National Human Trafficking Awareness Day	12	13
17	18 Martin Luther King Jr. Day	19	20
24	25	26	27
31			

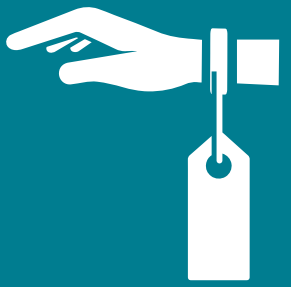


THURSDAY	FRIDAY	SATURDAY
31	1 New Year's Day	2
7	8	9 National Law Enforcement Appreciation Day
14	15	16
21	22	23
28 Data Privay Day	29	30

MONTHLY NOTES

Safety Awareness Tips

Human Trafficking involves the use of force, fraud, or coercion to obtain some type of forced labor, commercial sex, or both.



There are an estimated

79,000

youth **SEX TRAFFICKING** victims in Texas

(TEXAS HEALTH AND HUMAN SERVICES)

Trafficking rarely begins with kidnapping a stranger. **MOST VICTIMS KNOW AND TRUST THEIR TRAFFICKER**



(SEE RESOURCE GUIDE FOR MORE INFO)



Texas ranks **SECOND IN THE NATION** for reported cases of human trafficking.

(NATIONAL HUMAN TRAFFICKING HOTLINE)

See Resource Guide for more information

Prevention

Being informed about the signs of human trafficking can help you save a life. Be on the lookout for common indicators like:

- Person seems overly fearful, submissive, tense, or paranoid
- Person has physical injuries or branding such as name tattoos, or tattoos about sex or money
- Clothing is inappropriately sexual or inappropriate for weather.
- Identification documents are held by another.
- Person works long or excessive hours or is always available "on demand".
- Overly sexual for age or situation.
- Multiple phones or social media accounts.
- Signs of unusual wealth without explanation.

Keep in mind that most victims are not kidnapped; rather, they are groomed, manipulated, and lured over a long period of time prior to their eventual exploitation.

To avoid becoming a victim of trafficking, never share personal information online, be aware of fake social media profiles, and exercise extreme caution when meeting an online friend in person for the first time.

Prevention

If you suspect you or someone you know is being exploited, contact the National Human Trafficking Hotline at **1-888-373-7888** or **humantraffickinghotline.org**.

See Resource Guide for more information

January 2027

4 • Monday

5 • Tuesday

6 • Wednesday

7 • Thursday

8 • Friday

WEEKLY SAFETY TIP

Beware of fake profiles when using social media. Online predators often use fake profiles to target and gain the trust of their victims, grooming them over time. Check a user's account history, posts, comments, and friends to help verify their identity.

9 • Saturday

10 • Sunday

NOTES

January 2027

11 • Monday

12 • Tuesday

13 • Wednesday

14 • Thursday

15 • Friday

WEEKLY SAFETY TIP

Verify job offers. Be cautious of job offers that seem to good to be true, especially those abroad or with vague details.

16 • Saturday

17 • Sunday

NOTES

January 2027

18 • Monday

19 • Tuesday

20 • Wednesday

21 • Thursday

22 • Friday

WEEKLY SAFETY TIP

Be aware of recruitment tactics. Traffickers may pose as friends, romantic interest, or employers.

23 • Saturday

24 • Sunday

NOTES

January 2027

25 • Monday

26 • Tuesday

27 • Wednesday

28 • Thursday

29 • Friday

WEEKLY SAFETY TIP

Watch for isolation attempts. Avoid anyone who tries to cut you off from friends, family or support systems.

30 • Saturday

31 • Sunday

NOTES

February 2027

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
31	1	2	3
			National Missing Persons Day
7	8	9	10
Ramadan (Begins at Sunset)		Mardi Gras	Ash Wednesday
14	15	16	17
Valentine's Day	President's Day		
21	22	23	24
28	1	2	3



THURSDAY	FRIDAY	SATURDAY
4	5	6 Chinese New Year
11	12	13
18	19	20
25	26	27

MONTHLY NOTES

4

JANUARY

S	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

MARCH

S	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Safety Awareness Tips

Teen dating violence includes various types of abuse such as physical, emotional, sexual, and psychological harm, often used by one partner to gain power or control over the other. Early exposure to dating violence increases the risk of future relationship problems and mental health issues such as anxiety, depression, and low self-esteem.



1 IN 4
college students report **ACADEMIC CONSEQUENCES** related to alcohol use.

(NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM)

ONLY **2 MG. OF FENTANYL,** only the equivalent of **2 GRAINS OF SALT**, can kill you.



(DRUG ENFORCEMENT ADMINISTRATION)



NONMEDICAL USE OF PRESCRIPTION STIMULANTS such as Adderall occurs among college students, with national estimates generally ranging from about

4% TO 7% ANNUALLY

(FDA; PUBLISHED RESEARCH)

MARIJUANA VAPING

is most common among young adults aged **18–25**.



(SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION, NATIONAL SURVEY ON DRUG USE AND HEALTH)

See Resource Guide for more information

Prevention

The reckless use of substances could pose serious threats to your well-being and hinder your future opportunities. By understanding the life-threatening hazards and legal ramifications associated with it, you can proactively make decisions that safeguard your physical and mental health. Equip yourself with knowledge, support, and resources to prevent substance misuse and create a safer, more successful college experience.

BE PREPARED & PRACTICE PREVENTION

- Have a blood pressure cuff on hand to test their blood pressure in case of emergency.
- If someone is severely under the influence of drugs or alcohol, be sure to drink plenty of water to prevent dehydration.
- Ensure you have NARCAN Nasal Spray on hand at all times.

LEARN HOW TO ADMINISTER NARCAN NASAL SPRAY

Once administered, NARCAN Nasal Spray binds to opioid receptors and can block or reverse the effects of the opioid consumed. You can purchase NARCAN Nasal Spray at most pharmacies or email **scp@crime-stoppers.org** to receive FREE NARCAN Nasal Spray.

WHEN ADMINISTERING REMEMBER TO

1. Move the person to their back.
2. Tilt their head and support their neck with your hand.
3. Place nozzle into either nostril and apply entire dose.
4. Stay near them until medical help arrives.

See Resource Guide for more information

February 2027

1 • Monday

2 • Tuesday

3 • Wednesday

4 • Thursday

5 • Friday

WEEKLY SAFETY TIP

Have a plan: if you go out, know how you'll get home and what your boundaries are.

6 • Saturday

7 • Sunday

NOTES

February 2027

8 • Monday

9 • Tuesday

10 • Wednesday

11 • Thursday

12 • Friday

WEEKLY SAFETY TIP

Avoid mixing substances: alcohol and drugs can be dangerous and even deadly.

13 • Saturday

14 • Sunday

NOTES

February 2027

15 • Monday

16 • Tuesday

17 • Wednesday

18 • Thursday

19 • Friday

WEEKLY SAFETY TIP

Narcan nasal spray (Nalaxone) can reverse the effects of an opioid overdose and can be purchased at most pharmacies. Consider keeping some in your backpack or room for use in an emergency. Email scp@crime-stoppers.org for a free kit.

20 • Saturday

21 • Sunday

NOTES

February 2027

22 • Monday

23 • Tuesday

24 • Wednesday

25 • Thursday

26 • Friday

WEEKLY SAFETY TIP

Don't be afraid to say No! It's your body and your choice.

27 • Saturday

28 • Sunday

NOTES

March 2027

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
28	1	2 Texas Independence Day	3
7	8 International Women's Day	9	10 Eid al-Fitr (Begins at Sunset)
14 Daylight Savings Time Begins	15	16	17 St. Patrick's Day
21 Palm Sunday	22	23	24
28 Easter	29	30	31



THURSDAY	FRIDAY	SATURDAY
4	5	6
11	12	13
18	19	20 First Day of Spring (Equinox)
25	26 Good Friday	27
1	FEBRUARY S M Tu W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	APRIL S M Tu W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

MONTHLY NOTES

Safety Awareness Tips

Financial crimes threaten the safety of financial systems worldwide. Identity theft, credit card fraud, and cyber scams are some of the most common financial crimes that threaten American citizens everyday.



Most payment fraud is committed via **BANK CHECKS**

(TRUIST BANK))

In 2024, **individuals 20-29** reported losing nearly **$430 MILLION TO FRAUD**

(FEDERAL TRADE COMMISSION))





In 2024, **individuals 19 and under** reported losing nearly **$55 MILLION TO FRAUD**

(FEDERAL TRADE COMMISSION))

See Resource Guide for more information

Prevention

College students and young adults are often the victims of identity theft and fraud. Incorporating the following safety tips into your daily life can help reduce your risk of victimization:

- Review credit card and bank statements often.
- Never provide credit card information over the phone unless you trust the business or person.
- Shred any documents with personal or financial information.
- If anyone tries to pressure you to send money on a very quick timeline, it is likely a scam.
- If you receive a message or phone call from an unknown source asking you for personal information, verify the authenticity of the phone number or email address by looking it up on a search engine.

Reporting

- If you believe you have been the victim of a financial crime, submit a report with the Internet Crime Complaint Center at www.ic3.gov.
- If you notice suspicious or unauthorized purchases on your bank cards, contact the company immediately so they can close or suspend your account. You are not liable for charges made after you report the card lost or stolen.
- Contact one of the three credit bureaus (Equifax, Experian or TransUnion) to have a fraud alert placed on your account.

See Resource Guide for more information

March 2027

1 • Monday

2 • Tuesday

3 • Wednesday

4 • Thursday

5 • Friday

WEEKLY SAFETY TIP

Pause, verify, and then act. A few minutes of caution can prevent fraud, identity theft, and financial loss.

6 • Saturday

7 • Sunday

NOTES

March 2027

8 • Monday

9 • Tuesday

10 • Wednesday

11 • Thursday

12 • Friday

WEEKLY SAFETY TIP

Protect your personal information. Never share your pin, passwords, or student pin number.

13 • Saturday

14 • Sunday

NOTES

March 2027

15 • Monday

16 • Tuesday

17 • Wednesday

18 • Thursday

19 • Friday

WEEKLY SAFETY TIP

Use strong passwords – mix letters, symbols, and numbers – change them regularly. Use two factor identification when possible.

20 • Saturday

21 • Sunday

NOTES

March 2027

22 • Monday

23 • Tuesday

24 • Wednesday

25 • Thursday

26 • Friday

WEEKLY SAFETY TIP

Avoid phishing scams. Do not click on suspicious links in emails or text messages. Always verify the sender.

27 • Saturday

28 • Sunday

NOTES

March 2027

29 • Monday

30 • Tuesday

31 • Wednesday

1 • Thursday

2 • Friday

WEEKLY SAFETY TIP

Verify scholarships and loans. Only use trusted sources when applying for student aid or scholarships.

3 • Saturday

4 • Sunday

NOTES

April 2027

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
MARCH S M Tu W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MAY S M Tu W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	30	31
4	5	6	7
11	12	13	14
18	19	20	21 Passover
25	26	27	28



THURSDAY	FRIDAY	SATURDAY
1	2	3
April Fool's Day		
8	9	10
15	16	17
Tax Day		
22	23	24
Earth Day		
29	30	1

MONTHLY NOTES

CHILD ABUSE

Safety Awareness Tips

Child abuse is any act or failure to act on the part of a parent or caretaker (including a babysitter, nanny, or camp counselor, etc) which results in death, serious physical or emotional harm, sexual abuse or exploitation; or an act or failure to act which presents an imminent risk of serious harm.

Discipline vs. Abuse

Texas state law says that parents and individuals acting in place of parents have a legal right (and responsibility) to discipline their children as long as the discipline is reasonable and does not cause significant harm to the child. There are certain instances where a parent's attempt at discipline can become abusive, including:

- striking a child above the waist.
- using a foreign object such as wire, a belt, shoes, or rope.
- when the force used causes a "bruise, welt, swelling, or requires medication."

Reporting

You can report any suspected cases of child abuse to the Texas Department of Family and Protective Services Abuse Hotline at **www.txabusehotline.org or 1-800-252-5400**.





See Resource Guides for more information

Safety Awareness Tips

Animal cruelty is the deliberate abuse, neglect, or simple failure to take care of an animal.

Prevention

It is important to know the laws around responsible pet ownership. Review the laws below to make sure you know how to identify a pet that is being mistreated, neglected, or abused.

Section 42.09 “Cruelty to Livestock Animals” and Section 42.092 “Cruelty of Non-Livestock Animals” of the Texas Penal Code prohibits a person from intentionally or knowingly cruelly treating an animal. For example,

- torturing an animal.
- failing to provide adequate food, care, or shelter.
- abandoning an animal.
- seriously overworking an animal.
- causing an animal to fight with another.

Section 42.10 of the Texas Penal Code defines dog fighting as “any situation in which one dog attacks or fights with another dog” and deems offensive such activities as attending a dog fight as a spectator, or participating in the earnings or operation of a dog fighting facility. Dog fighting can be judged a felony or a misdemeanor.

Section 42.105 of the Texas Penal Code defines cockfighting as “any situation in which one cock attacks or fights with another cock” and can be judged a felony or misdemeanor crime.

Reporting

Animal cruelty or neglect can be reported to your local police agency, animal control, or the SPCA of Texas at www.spca.org. You can also report to the Harris County Animal Taskforce: **832-927-PAWS or 927paws.org**.

April 2027

5 • Monday

6 • Tuesday

7 • Wednesday

8 • Thursday

9 • Friday

WEEKLY SAFETY TIP

Report any instances of animal abuse or neglect to the SPCA of Texas at www.spca.org. Animal cruelty correlates strongly with other crimes and reporting it early can prevent further violence against other animals, people, or property.

10 • Saturday

11 • Sunday

NOTES

April 2027

12 • Monday

13 • Tuesday

14 • Wednesday

15 • Thursday

16 • Friday

WEEKLY SAFETY TIP

Know the signs of animal abuse. Watch for injured animals, poor living conditions, or signs of starvation.

17 • Saturday

18 • Sunday

NOTES

April 2027

19 • Monday

20 • Tuesday

21 • Wednesday

22 • Thursday

23 • Friday

WEEKLY SAFETY TIP

Stay safe. Never confront an animal abuser directly. Report it to the proper authorities.

24 • Saturday

25 • Sunday

NOTES

April 2027

26 • Monday

27 • Tuesday

28 • Wednesday

29 • Thursday

30 • Friday

WEEKLY SAFETY TIP

Don't ignore animal cruelty. Even the smallest signs of animal abuse can lead to serious harm. Take them seriously.

1 • Saturday

2 • Sunday

NOTES

May 2027

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
APRIL S M Tu W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JUNE S M Tu W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	27	28
2	3	4	5 Cinco De Mayo
9 Mother's Day	10	11	12
16 Eid al-Adha (Begins at Sunset)	17	18	19
23	24	25	26
30	31 Memorial Day	Missing Children's Day	



THURSDAY	FRIDAY	SATURDAY
29	30	1
6	7	8
13	14	15 Armed Forces Day
20	21	22
27	28	29

MONTHLY NOTES

Safety Awareness Tips

Mental health refers to your emotional, psychological, and social well-being. It affects how you think, feel, and act, especially when managing stress, making decisions, or building relationships. In college, where students face academic pressure, life transitions, and social changes, maintaining good mental health is essential for staying balanced and focused.

ABOUT 40%
of college students have considered withdrawing from college, with **EMOTIONAL STRESS** being the leading reason.



(NEA)

1 IN 8
college students experienced serious **PSYCHOLOGICAL DISTRESS**



(AMERICAN COLLEGE HEALTH ASSOCIATION)

IN A 30 DAY PERIOD

76% of students reported feeling stressed

40% felt lonely

17% had suicidal thoughts

1% attempted suicide



(AMERICAN COLLEGE HEALTH ASSOCIATION)

See Resource Guides for more information

Prevention

Taking care of your mental health means checking in with yourself regularly, staying connected with friends and family, and using campus resources when needed. Many colleges offer counseling services, workshops, and student support programs to help you manage stress and stay resilient.

Seeking help is a smart, proactive step – not a sign of weakness. When your mental health is strong, it supports your academic performance, relationships, and overall college experience.

- **ESTABLISH A ROUTINE:** Build a daily structure that includes classes, meals, exercise, downtime, and social time.
- **STAY ACTIVE:** Aim for at least 30 minutes of physical activity most days – it reduces stress and boosts mood.
- **EAT WELL & HYDRATE:** Fuel your body with balanced meals, whole foods, and enough water.
- **STAY CONNECTED:** Prioritize meaningful connections with friends, family, and roommates, join clubs or organizations to combat isolation and build community.
- **KNOW THE SIGNS:** Watch for changes in your mood, energy, appetite, or sleep.
- **USE CAMPUS RESOURCES:** Visit your college's counseling center - many offer free or low-cost therapy, crisis intervention, and workshops.
- **ASK FOR HELP EARLY:** Don't wait for a crisis - reach out to a friend, RA, professor, or counselor if you're struggling.
- **EMERGENCY SUPPORT:**
  - Crisis Text Line – Text "HELLO" to 741741 (24/7)
  - National Suicide & Crisis Lifeline – Dial 988 (24/7)

Safety Awareness Tips

Elder abuse often goes unreported and a critical component of elder abuse prevention is community engagement. Elder abuse occurs amongst older adults 60 and older. The different types of abuse include physical, emotional, and sexual abuse, as well as financial exploitation, neglect, and abandonment. If you suspect elder abuse, please report!

There were more than

1.5 MILLION

reports of **ELDER ABUSE AND NEGLECT** reported to Adult Protective Services in 2023.



(NATIONAL ADULT MALTREATMENT REPORTING SYSTEM)



1 IN 10 ADULTS

60+ that live at home experience abuse, neglect, or exploitation.

(CENTERS FOR DISEASE CONTROL AND PREVENTION)



Rates of elder abuse are high in institutions like **NURSING HOMES** and **LONG-TERM CARE FACILITIES** with **2 in 3** staff reporting that they have **COMMITTED ABUSE** in the past year.

(WORLD HEALTH ORGANIZATION)

Prevention

Knowing the signs of potential abuse can help you intervene when a loved one is in danger. Signs of elder abuse can include:

- **Physical:** bruises, sores, burns, broken bones, abrasions.
- **Emotional:** withdrawal/isolation, low self-esteem, hopelessness, fear, self-injury, change in eating or sleeping habits.
- **Sexual:** injuries to the genital area, difficulty moving or sitting.
- **Neglect/Abandonment:** unkept appearance, unsanitary living conditions, untreated injuries or illnesses, weight loss, insect infestations, malnutrition.
- **Financial Exploitation:** missing cash or valuables, forged signatures, false promises in exchange for money, unauthorized credit card charges, sending large amounts of money to someone online or over the phone.

Empowering our elderly population to use their voice to express any concerns is paramount. Maintaining open and consistent communication can help you keep them safe.

Ask your loved one:

- Is there anyone or anything currently making you feel uncomfortable?
- Are you receiving appropriate care and treatment?
- Are you in need of any resources?

Reporting

If an older adult is in immediate, life-threatening danger, call 911. Anyone who suspects that an older adult is being mistreated should contact a local Adult Protective Services office (**+800-252-5400 or txabusehotline.org**), Long-Term Care Ombudsman, or police.

May 2027

3 • Monday

4 • Tuesday

5 • Wednesday

6 • Thursday

7 • Friday

WEEKLY SAFETY TIP

Sleep matters! Aim for 7-9 hours per night to keep your mind sharp and mood stable.

8 • Saturday

9 • Sunday

NOTES

May 2027

10 • Monday

11 • Tuesday

12 • Wednesday

13 • Thursday

14 • Friday

WEEKLY SAFETY TIP

Move your body. Regular Exercise reduces stress and boosts mood.

15 • Saturday

16 • Sunday

NOTES

May 2027

17 • Monday

18 • Tuesday

19 • Wednesday

20 • Thursday

21 • Friday

WEEKLY SAFETY TIP

Move your body. Eat real food. Balanced meals help regulate energy and focus.

22 • Saturday

23 • Sunday

NOTES

May 2027

24 • Monday

25 • Tuesday

26 • Wednesday

27 • Thursday

28 • Friday

WEEKLY SAFETY TIP

Keep an emergency kit in your home and car at all times. The kit should include first aid items, a flashlight, basic tools (pliers, screwdriver, utility knife, duct tape), cell phone charger, cash, medications, important documents, and any other essential items.

29 • Saturday

30 • Sunday

NOTES

June 2027

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
MAY S M Tu W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	JULY S M Tu W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1	2
6	7	8	9
13	14 Flag Day	15	16
20 Father's Day	21 First Day of Summer (Solstice)	22	23
27	28	29	30



THURSDAY	FRIDAY	SATURDAY
3	4	5
10	11	12
17	18	19 Juneteenth
24	25	26
1	2	3

MONTHLY NOTES

Safety Awareness Tips

People that identify as LGBTQIA+ are nearly five times more likely to experience violent forms of victimization, including rape, sexual assault, and aggravated assault compared to non-LGBTQIA+ individuals.

While we can never fully understand another person's life experiences, we can do our best to learn about them and how we can support them.

Many of us refrain from talking about sexual orientation and gender identity or expression because it feels taboo, or because we're afraid of saying the wrong thing. Reviewing the terms listed below can help us become more informed on LGBTQIA+ issues, and more prepared to intervene in potentially harmful situations.

Definitions taken from Human Rights Campaign:

ASEXUAL: Often called "ace" for short, asexual refers to a complete or partial lack of sexual attraction or lack of interest in sexual activity with others.

BISEXUAL: A person emotionally, romantically or sexually attracted to more than one sex, gender or gender identity though not necessarily simultaneously, in the same way or to the same degree. Sometimes used interchangeably with pansexual.

CISGENDER: A term used to describe a person whose gender identity aligns with those typically associated with the sex assigned to them at birth.

GAY: A person who is emotionally, romantically or sexually attracted to members of the same gender. Men, women and non-binary people may use this term to describe themselves.

GENDER IDENTITY: How individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth.

GENDER EXPRESSION: External appearance of one's gender identity, usually expressed through behavior, clothing, body characteristics or voice, and which may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine.

LESBIAN: A woman who is emotionally, romantically or sexually attracted to other women.

LGBTQIA+: An acronym for "lesbian, gay, bisexual, transgender, intersex, queer/questioning, and asexual" with a "+" sign to recognize the limitless sexual orientations and gender identities used by members of the community.

NON-BINARY: An adjective describing a person who does not identify exclusively as a man or a woman. Non-binary people may identify as being both a man and a woman, somewhere in between, or as falling completely outside these categories.

PANSEXUAL: Describes someone who has the potential for emotional, romantic or sexual attraction to people of any gender though not necessarily simultaneously, in the same way or to the same degree. Sometimes used interchangeably with bisexual.

QUEER: A term people often use to express a spectrum of identities and orientations that are counter to the mainstream. This term was previously used as a slur, but has been reclaimed by many parts of the LGBTQIA+ movement.

TRANSGENDER: An umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth.

Reporting

If you or someone you know is victimized due to their sexual orientation or gender identity, please report it immediately to your local police department, or to the FBI at tips.FBI.gov.

See Resource Guide for more information

Safety Awareness Tips

Summer is a great time for college students to relax, travel, work, or take classes—but it's also important to stay safe. Whether you're spending time outdoors, attending events, or going on trips, be mindful of heat exposure, stay hydrated, use sunscreen, and wear appropriate gear for activities like biking, swimming, or hiking.

Prevention

- **Protect Against Heat & Sun Exposure:** Wear sunscreen (SPF 30 or higher), sunglasses, and light-colored clothing.
  - Take frequent breaks in the shade or indoors if you're working or exercising outside.
  - Know the signs of heat exhaustion (dizziness, fatigue, headache) and take breaks in the shade or air conditioning. Avoid intense physical activity during peak heat hours (usually 10 AM–4 PM).
- **Stay Hydrated:** Drink plenty of water throughout the day, especially in hot or humid weather.
  - Limit sugary drinks and alcohol, which can increase dehydration risk.
- **Practice Water Safety:** Never dive into unfamiliar water, and avoid swimming under the influence of alcohol or drugs.
  - Lakes and rivers are unpredictable, depths, currents, and underwater hazards make them especially hazardous.
  - Natural bodies of water account for most college-related drownings.

- **Travel Safely:** Research destinations ahead of time and avoid risky areas, especially at night.
    - Let someone know your travel plans and check in regularly.
    - Keep copies of important documents and emergency contacts.
    - Familiarize yourself with local scams that are used on foreigners.
    - Keep valuables with you at all times or locked away out of sight.
- **Use Digital Awareness:** Don't overshare travel or location details publicly on social media.
    - Keep a healthy balance between activity and rest. Burnout can still happen in summer.
    - Stay connected with supportive friends and family, especially if you're away from campus.
    - Reach out to mental health resources or hotlines if you're feeling overwhelmed.
    - By planning ahead and staying alert, college students can enjoy a fun, safe, and healthy summer—whether they're working, traveling, or relaxing.





June 2027

31 • Monday

1 • Tuesday

2 • Wednesday

3 • Thursday

4 • Friday

WEEKLY SAFETY TIP

If you experience harassment or discrimination, document what happened and report it to campus officials or your Title IX office if appropriate

5 • Saturday

6 • Sunday

NOTES

June 2027

7 • Monday

8 • Tuesday

9 • Wednesday

10 • Thursday

11 • Friday

WEEKLY SAFETY TIP

People that identify as LGBTQIA+ are at increased risk of assault and other forms of victimization. If you are the victim of a hate crime, contact your local police.

12 • Saturday

13 • Sunday

NOTES

June 2027

14 • Monday

15 • Tuesday

16 • Wednesday

17 • Thursday

18 • Friday

WEEKLY SAFETY TIP

Know your campus resources. Find your Schools LGBTQIA+ center, counseling services, or inclusive student groups.

19 • Saturday

20 • Sunday

NOTES

June 2027

21 • Monday

22 • Tuesday

23 • Wednesday

24 • Thursday

25 • Friday

WEEKLY SAFETY TIP

Stay connected. Build a network of trusted allies.

26 • Saturday

27 • Sunday

NOTES

June 2027

28 • Monday

29 • Tuesday

30 • Wednesday

1 • Thursday

2 • Friday

WEEKLY SAFETY TIP

Take care of your mental health. Seek LGBTQIA+ affirming therapists or support groups if needed.

3 • Saturday

4 • Sunday

NOTES

July 2027

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
JUNE S M Tu W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	AUGUST1 S M Tu W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	29	30
4 Independence Day	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28



THURSDAY	FRIDAY	SATURDAY
1	2	3
8	9	10
15	16 World Artificial Intelligence Day	17
22	23	24
29	30	31

MONTHLY NOTES

Safety Awareness Tips

Fireworks and celebrations go hand-in-hand, but reckless use of fireworks endangers children, their families, homes, and their communities. If used improperly, fireworks can cause severe burns and other bodily injuries, and can even spark deadly fires.



Fireworks start more than

31,000

FIRES EACH YEAR.

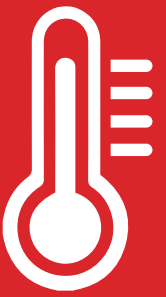
(NATIONAL SAFETY COUNCIL)

Sparklers can **BURN** at temperatures of about

2,000° F

which is hot enough to melt gold.

(NATIONAL SAFETY COUNCIL)





In 2024, an estimated

14,700 PEOPLE

were injured by firework-related injuries in the U.S.

(U.S. CONSUMER PRODUCT SAFETY COMMISSION)



Sparklers accounted for

29%

of fireworks injuries for children under age 5 in 2022

(NATIONAL FIRE PROTECTION ASSOCIATION)

Prevention

The safest way to view fireworks is by attending a fireworks display. In the case that you and your loved ones utilize fireworks, consider the following:

KNOW THE LAW

- The Bureau of Alcohol, Tobacco, Firearms and Explosives (ATF) is responsible for regulating explosives, including fireworks, to prevent the mishandling and illegal use of explosives materials.
- Each year ATF investigates explosives accidents involving the manufacture of illegal explosives devices. These accidents often involve serious injury or death and extensive damage to property.
- Parents/Guardians are responsible for the illegal possession and/or use of fireworks by minors.
- Regardless of where you live, it is illegal to use fireworks near churches, hospitals, licensed childcare centers, and schools (unless you have written permission).
- Check with your local fire department for more information on firework laws in your area and check to see if a burn ban is in place before using fireworks.

STAY SAFE

- Only buy labeled fireworks - any unlabeled fireworks are illegal.
- Store fireworks in a cool, dry place.
- Keep cigarettes away from fireworks.
- Always use fireworks outside and have a bucket of water and a hose close by.
- Keep pets indoors to reduce the risk injury, animals have sensitive ears and can become extremely frightened with the sound of fireworks.
- Do not wear loose clothing when lighting fireworks!
- Light fireworks one at a time and remember to point and shoot fireworks away from people.
- Soak any used fireworks in a bucket of water before throwing them away.

Reporting

Any illegal use of fireworks can be reported to your local police department.

See Resource Guide for more information

July 2027

5 • Monday

6 • Tuesday

7 • Wednesday

8 • Thursday

9 • Friday

WEEKLY SAFETY TIP

Never use fireworks indoors. Fireworks should only be set off in open, outdoor areas away from buildings and trees.

10 • Saturday

11 • Sunday

NOTES

July 2027

12 • Monday

13 • Tuesday

14 • Wednesday

15 • Thursday

16 • Friday

WEEKLY SAFETY TIP

Keep a safe distance from fireworks. Stay at least 20 feet away after lighting. Never lean over them.

17 • Saturday

18 • Sunday

NOTES

July 2027

19 • Monday

20 • Tuesday

21 • Wednesday

22 • Thursday

23 • Friday

WEEKLY SAFETY TIP

Have water nearby. Keep a hose or a bucket of water handy in case of fire or malfunction.

24 • Saturday

25 • Sunday

NOTES

July 2027

26 • Monday

27 • Tuesday

28 • Wednesday

29 • Thursday

30 • Friday

WEEKLY SAFETY TIP

Should you choose to utilize fireworks, create a safe launching zone. Find a flat, open area away from buildings trees and other flammable materials to launch your fireworks.

31 • Saturday

1 • Sunday

NOTES

SafeText
Title Sponsor PHILLIPS 66

Safety At Your Fingertips

901-4SAFETY

Instant Access to Free Resources on 100+ Safety Topics

1. Text "Hi" or "Hola" to 901-472-3389
2. Visit the Menu of Services
3. Search by audience and topic

Search Examples:

*I'm a **parent** looking for **mental health** resources.*

*I'm an **educator** looking for **bullying prevention** tools.*

*I'm a **community member** looking for **upcoming event**.*



Citation Guide (scribbr.com)

IN-TEXT CITATIONS:

- Both **MLA** and **APA** use parenthetical citations to cite sources in the text. However, they include slightly different information.
- An **APA in-text citation** includes the author's last name and the publication year. If you're quoting or paraphrasing a specific passage, you also add a page number.
- An **MLA in-text citation** includes the author's last name and a page number.
- When there are two authors, APA Style separates their names with an ampersand (&), while MLA uses "and." For three or more authors, list the first author followed by "et al." in both styles.

	APA	MLA
1 AUTHOR	(Taylor, 2018, p. 23)	(Taylor 23)
2 AUTHORS	(Taylor & Kotler, 2018, p. 23)	(Taylor and Kotler 23)
3+ AUTHORS	(Taylor et al., 2018, p. 23)	(Taylor et al. 23)

Each in-text citation must correspond to a full reference in the list of Works Cited.

FORMATTING A WORKS CITED PAGE

- Title the page Works Cited, centered and in plain text (no italics, bold, or underline).
- Alphabetize the entries by the author's last name.
- Use left alignment and double line spacing (no extra space between entries).
- Use a hanging indent on entries that run over onto additional lines.

ELEMENTS OF A WORKS CITED

- **Author –** Invert the author's name. In MLA format, if there are two authors, add the second author (not inverted). If there are three or more authors, use "et al." after the first author's name. In APA format, list all authors.

  If there is no author, alphabetize the source based on the title of the work. Ignore articles (the, a, and an) for the purposes of alphabetization. If a title begins with a number, alphabetize it as you would if the number was spelled out.
- **Title of Source –** Use quotation marks if the source is part of a larger work (e.g. a chapter of a book, a web page or a journal article). Use italics if the source is a self-contained whole (e.g. an entire book or movie).
- **Title of Container –** The container is the larger work that the source appears in. It is always italicized. For a book chapter, short story or poem, the container is a book. For an article, the container is a journal, newspaper, or magazine. For a web page, the container is a website.
- **Other Contributors –** Add any other relevant contributors, such as editors, translators and directors.
  - translated by Laura B. Reynolds
  - edited by Bas Swaen
- **Version/Number –** If there are different editions, issues, or volumes of the container (like magazine and journals), specify the number here.
  - 2nd ed.

  - Director's cut
  - Vol. 68, no. 15
  - Season 2, episode 7
- **Publisher –** For books and movies, specify the publisher; for websites, newspapers and journal articles, don't add a publisher.
- **Publication Date –** Always include the publication year. Include the month (abbreviated) and day if available and relevant.
- **Location –** The location of your source depends on the type of source you are citing. For example: Page range of an article or chapter, DOI of a journal article, or URL of a website.

EXAMPLES

- Book (MLA): Author's Last Name, First Name. Title of Book. Edition, Publisher, Year of Publication.

  Smith, Thomas, and Barbara Michelle Williams. The Citation Manual for Students: A Quick Guide. 2nd ed., Wiley, 2020.

- Book (APA): Author's Last Name, First Name. (Year of Publication). Title of book (Edition ed.). Publisher.

  Smith, T., & Williams, B. M. (2020). The citation manual for students: A quick guide (2nd ed.). Wiley.

- Book Chapter (MLA): Author last name, First name. "Chapter Title." Book Title: Subtitle, edited by Editor name, Publisher, Year, pp. Page range.

  Nussbaum, Martha C. "Legal Reasoning." The Cambridge Companion to the Philosophy of Law, edited by John Tasioulas, Cambridge University Press, 2020, pp. 59–77.

- Book Chapter (APA): Author last name, Initials. (Year). Title of chapter. In Editor initials. Last name (Ed. or Eds.), Book title: Subtitle (pp. Page range). Publisher.

  Nussbaum, M. C. (2020). Legal reasoning. In Tasioulas, J. (Ed.), The Cambridge companion to the philosophy of law (pp. 59–77). Cambridge University Press.

- Journal Article (MLA): Author's Last Name, First Name, and Author's First Name Last Name. "Title of Article." Title of Journal, vol. Volume, no. Issue, Year of publication, pp. Pages, URL.

  Andreff, Wladimir, and Paul D. Staudohar. "The Evolving European Model of Professional Sports Finance." Journal of Sports Economics, vol. 1, no. 3, 2000, pp. 257–76, www.journal-of-sports-economics.com/european-model-finance.

- Journal Article (APA): Author's Last Name, Initial(s). (Year of publication). Title of article. Title of Journal, Volume(Issue), Pages. https://URL

  Andreff, W., & Staudohar, P. D. (2000). The evolving European model of professional sports finance. Journal of Sports Economics, 1(3), 257–276. https://www.journal-of-sports-economics.com/european-model-finance

- Video (MLA): Author's Last Name, First Name. "Title of Video." Website, uploaded by Uploader, Day Month Year of publication, URL

  Liu, Jessica. "Develop a Theoretical Framework in Three Steps." YouTube, uploaded by Scribbr, 20 Aug. 2020, www.youtube.com/watch?v=4y1BAqOnhMM.

- Video (APA): Last Name, Initial(s). [Channel]. (Year, Month Day of publication). Title of video [Video]. Website. https://UR

  Liu, J. [Scribbr]. (2020, August 20). Develop a theoretical framework in three steps [Video]. YouTube. https://youtu.be/4y1BAqOnhMM

- Website (MLA): Author's Last Name, First Name. "Title of Work." Website, Day Month Year of publication, URL.

  Slat, Boyan. "Whales Likely Impacted by Great Pacific Garbage Patch." The Ocean Cleanup, 10 Apr. 2019, www.theoceancleanup.com/updates/whales-likely-impacted-by-great-pacific-garbage-patch.

- Website (APA): Author's Last Name, Initial(s). (Year, Month Day of publication). Title of work. Website. https://URL

  Slat, B. (2019, April 10). Whales likely impacted by Great Pacific garbage patch. The Ocean Cleanup. https://www.theoceancleanup.com/updates/whales-likely-impacted-by-great-pacific-garbage-patch/

SMART Goals (corporatefinanceinstitute.com)

Setting a SMART goal will help you understand exactly what you need to do (and when you need to do it) to achieve your desired outcome.

What Does the SMART Acronym Stand For?

S – SPECIFIC

- Goals that are specific have a significantly greater chance of being accomplished. To make a goal specific, the five "W" questions must be considered:
- Who: Who is involved in this goal?
- What: What do I want to accomplish?
- Where: Where is this goal to be achieved?
- When: When do I want to achieve this goal?
- Why: Why do I want to achieve this goal?

M – MEASURABLE

- What metrics are you going to use to determine if you meet the goal? This makes a goal more tangible because it provides a way to measure progress. If there are no criteria, you will not be able to determine your progress and whether or not you are on track to reach your goal. To make a goal measurable, ask yourself:
- How many/much?
- How do I know if I have reached my goal?
- What is my indicator of progress?

A – ACHIEVABLE

- A SMART goal must be achievable and attainable. Think about how to accomplish the goal and if you have the tools/skills needed. If you don't currently possess those tools/skills, consider what it would take to attain them. Ask yourself:
- Do I have the resources and capabilities to achieve the goal? If not, what am I missing?
- Have others done it successfully before?

R – RELEVANT

- Relevance refers focusing on something that makes sense with your broader goals (graduation, employment, successful completion of a course). For example, if the goal is to get an internship, it should be in a field that aligns with your ultimate career goals.
- How does the goal align with broader goals?
- Why is the result important?

T – TIME-BOUND

- Anyone can set goals, but if it lacks realistic timing and target dates, chances are you're not going to succeed. A SMART goal must be time-bound in that it has a start and finish date. If your goal is long-term, ask yourself what smaller goals can be accomplished along the way to advance your ultimate goal. Ask yourself:
- Does my goal have a deadline?
- By when do you want to achieve your goal?

EXAMPLES

- **Weak Goal:** I'm going to get an internship.
- **SMART Goal:**
  - **Specific:** I am going to get a paid summer internship with a financial institution.
  - **Measurable:** I need to apply to at least 3 businesses per month from now until May.
  - **Achievable:** I have the necessary qualifications and experience for this internship, and there are corporations around me that are accepting summer interns.
  - **Relevant:** My major is finance, and I would like to pursue a career in banking.
  - **Time-Bound:** It is December now; I need to have the internship secured by May.

Now that you have your SMART goal determined, you can break it into smaller steps that can be achieved as you pursue the larger goal. These smaller goals may include updating your resumé, securing professional references, and researching potential companies.

Resources

Sexual Assault

PARTNERS & RESOURCES:

Local

- Forensic Center of Excellence is a 24/7 victim service center offering a variety of services, including medical forensic exams, advocacy, adult forensic interviews and legal support. Visit: www.forensiccenterofexcellence.com or call **281-306-6893.**

National

- The National Sexual Assault Hotline can connect victims with a trained staff member from a sexual assault service provider in your area. Call **1-800-656-4673 or visit www.rainn.org.**
- RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline. Visit **www.rainn.org** for resources.
- For more information about obtaining a forensic exam and how to support a friend through the process see page 209-210.

Sexual Assault Forensic Exam

A sexual assault medical forensic exam is an empowering way for survivors to seek justice and make sure their body is safe. This exam is performed by specially trained medical professionals to treat you for trauma and possible infections as well as collect evidence, should you choose to report your assault.

WHAT TO EXPECT:

- Immediate medical care will be provided.
- A detailed medical history will be taken during a talk with your nurse.
- Forensic evidence will be collected.

HOW TO PREPARE:

- Call for an exam as soon as you can after the assault.
- Avoid bathing/showering, combing your hair, or using the restroom (to the extent possible).
- Avoid changing your clothes or place the clothes you were wearing in a paper bag.

YOUR RIGHTS:

- You may obtain this FREE exam and have evidence collected while you consider whether you want to report the assault. You do not need to call the police to have the exam.
- If you experience pain during the exam, you should tell your nurse who is there to help.
- Your health matters. An exam can help you make sure your body is safe, get the treatment you deserve, and be connected to other supportive services.

Suicide Prevention / Mental Health

- If you suspect a friend may be suicidal, ask these three questions:
  1. Ask if there is/was a specific incident that led to suicidal thoughts.
  2. Ask if they have made a specific plan for suicide.
  3. Ask them to describe what they are feeling and then validate those feelings.

Local

- Crisis Intervention of Houston provides an emergency hotline, crisis counseling, educational resources, and support groups.
- www.crisishotline.org or call **(832) 416-1200.**
- Menninger Clinic offers treatment for children and adults, as well as resources for families and clinicians. **www.menningerclinic.org**
- Mental Health America of Greater Houston provides mental health education and advocacy. **www.mhahouston.org**

National

- 988 Suicide & Crisis Lifeline provides 24/7 service to anyone in suicidal crisis or emotional distress. **www.988lifeline.org or call 988.**
- Mental Health First Aid provides general mental health resources, information on various disorders, and access to support groups.
- **www.mentalhealthfirstaid.org/mental-health-resources**

Domestic Violence

PARTNERS & RESOURCES:

Local

- Houston Area Women's Center (HAWC) has worked to help survivors affected by domestic and sexual violence build lives free from the effects of violence: **713-528-2121 or www.hawc.org**
- Bay Area Turning Point is a social service agency providing services to individuals impacted by family violence and sexual assault. 24 Hour Hotline Bay Area Turning Point: **281-286-2525** or **www.bayareaturningpoint.org**
- Women's Center of Brazoria County provides services to victims of domestic violence and sexual assault. Reach the 24hr Crisis Hotline at **800-243-5788 or www.bcwomenscenter.com**
- Aid to Victims of Domestic Abuse (AVDA) offers services while promoting violence-free, equitable relationships and creating the social changes necessary to end domestic and dating violence. Call or text to reach the 24-hour crisis hotline on **1-800-355-8547** or **www.avdaonline.org/hotline**
- Children's Assessment Center provides a safe haven to sexually abused children and their families. www.cachouston.org or **713-599-5687**
- DAYA empowers South Asian survivors of domestic and sexual violence through culturally specific services and to educate the community in an effort to end the cycle of abuse. **www.dayahouston.org**

National

- National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse. **Call 1-800-799-7233, Text start to 88788, or visit www.thehotline.org**

- RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operated the National Sexual Assault Hotline. Visit **www.rainn.org** for resources.
- National Center on Elder Abuse provides the latest information regarding research, training, best practices, news and resources on elder abuse, neglect and exploitation to professionals and the public. Find more information at **www.acl.gov**
- National Teen Dating Abuse Hotline can connect users with an advocate who is trained to offer education, support, and advocacy to those involved in dating abuse relationships as well as concerned friends, siblings, parents, teachers, law enforcement members and service providers. Call **866-331-9474**, **Text – LOVEIS to 22522** , or visit **www.loveisrespect.org** for resources today.

Road Rage

PARTNERS & RESOURCES:

Local

- Houston Police Department Vehicular Crimes Division responds to and investigates crashes and road rage incidents. **www.houstontx.gov/police/divisions/vehicular_crimes**
- Harris County Motorist Assistance Program is a free program designed to assist stranded motorists on all Harris County area freeways. **www.harriscountyso.org/Services/MOTORISTASSISTANCEPROGRAM**
- Texas Department of Transportation provides motorists with vital information and resources to keep them safe on the road. **www.txdot.gov/driver/safety/aggressive-drivers.html**
- Report aggressive drivers in Houston TX by calling **311**. Include vehicle description, location, license plate number and direction of travel.

National

- National Safety Council is one of the leading safety advocates on various safety topics including safe driving. Visit **www.nsc.org/road to find articles, statistics, and facts related to safe driving**.
- AAA has a long history of public service and provides a look into important safety, consumer, automotive and travel issues. Find aggressive driving tips today at **www.exchange.aaa.com/safety/driving-advice/aggressive-driving**.

Situational Awareness

PARTNERS & RESOURCES:

Local

- Krav Haganah offers situational awareness and self-defense training in the Houston area. ***www.israeliselfdefense.net***

National

- Pretty Loaded provides situational awareness and personal safety training for parents, children, teens, and groups. **www.prettyloaded.org**

LGBTQIA+

PARTNERS & RESOURCES:

Local

- LGBT Switchboard Houston is a 24-hour helpline that has been in the community since 1982. It offers resources, counseling services, and information to those in need. Call at **713-529-3211.**

- The Montrose Center empowers the community – primarily lesbian, gay, bisexual, transgender, and queer (LGBTQ) individuals and their families – to live healthier, more fulfilling lives by providing behavioral health and support services, adult primary care and psychiatry, and free wellness programs that empower individuals to proactively participate in their own care. **www.montrosecenter.org or call 713-529-0037.**
- The Trevor Project is committed to their mission to end suicide among lesbian, gay, bisexual, transgender, queer & questioning young people. Utilize them to find a counselor near you, explore their resource center, and stay updated on current research trends at **www.thetrevorproject.org.**

Financial Crimes

PARTNERS & RESOURCES:

Local

- Houston Police Department Cyber & Financial Crimes Division Unit investigates criminal activity carried out through the use of technology and modern telecommunication networks. **www.houstontx.gov/police/divisions/cyber_&_financial_crimes/index.htm or call (713) 884-3131.**
- Harris County Sheriff's Office Financial Crimes Unit educates the community on financial crime prevention and investigates financial crimes. Visit **www.harriscountyso.org/Services/BURGLARYANDFINANCIALCRIMES** for resources today or call **713-221-6000**.

National

- FBI's Internet Crime Complaint Center is the central tool for reporting complaints on internet related crimes. File a complaint if you have been the victim or on behalf of another person you believe has been victimized. **www.ic3.gov**
- United States' Federal Trade Commission is a convenient way to report fraud, scams, and bad business practices. **www.reportfraud.ftc.gov/#/assistant**
- United States Office of the Comptroller of the Currency helps to regulate and supervise financial institutions operating in the United States. Offers educational resources for financial institutions and consumers. **www.occ.gov/topics/consumers-and-communities/community-affairs/resource-directories/financial-literacy/index-financial-literacy-resource-directory.html**

Human Trafficking

PARTNERS & RESOURCES:

Local

- United Against Human Trafficking offers education, prevention, direct services, and survivor empowerment. Visit **www.uaht.org or call 713-874-0290** for more information.
- Elijah Rising is a Houston based non-profit whose mission is to end sex trafficking through prayer, awareness, intervention, and restoration. Find out what they can offer the community and visit their online Sex Trafficking Museum today at **www.elijahrising.org**
- City of Houston Mayor's Office of Human Trafficking and Domestic Violence is an active place that shows how dedicated the City of Houston is to ending Human trafficking and Domestic Violence today. Find response tool kits, immediate help, and schedule more training on the topics at **www.houstontx.gov/humantrafficking/index.html**
- Demand Disruption - Demand Disruption is a buyer-informed, anti-sex trafficking non-profit organization that reduces the demand for sex trafficking through community engagement programs. Find more ways to get involved: **www.demanddisruption.org**
- National Human Trafficking Hotline connects victims and survivors of sex and labor trafficking with services and support to get help and stay safe. Call the **24-hour Hotline**

at 888-373-7888 or visit www.humantraffickinghotline.org

- National Center on Sexual Exploitation (NCOSE) is a leading organization exposing links between all forms of sexual abuse and exploitation. **www.endsexualexploitation.org or call 202-393-7245.**
- Love146 is a worldwide resource that journeys alongside children impacted by trafficking today and helps to prevent the trafficking of children tomorrow. Visit **www.love146.org or call 203-298-8788.**

Animal Cruelty

WHERE TO REPORT

Local

- Harris County Animal Cruelty Taskforce: 832-927-PAWS or www.927paws.org
- Houston SPCA: 713-869-7722 or **www.houstonspca.org**
- Houston Police Department (non-emergency dispatch number): 713-884-3131 or **www.houstontx.gov/police**

National

- Contact your local animal control agency or **911** If you witness animal cruelty
- Contact the Humane Society of The United States Animal Rescue and Response Team at **www.americanhumane.org/what-we-do/rescue-and-protect/disaster-response/**

PARTNERS & RESOURCES:

Local

- PetSet is an organization dedicated to ending homelessness of companion animals and alleviate suffering. **www.pet-set.org**
- BARC Animal Shelter & Adoptions is the City of Houston's Animal Shelter and Adoption Facility **www.houstontx.gov/barc.**
- Harris County Public Health-Animal Shelter is resourced by Harris County Public Health, offers a safe haven to hundreds of lost, neglected and abandoned animals. **publichealth.harriscountytx.gov/About/Divisions/Veterinary-Public-Health-Division/Adopt_A_Pet**
- Houston Humane Society is a non-profit Pet Rescue, Pet Adoption, and Animal Shelter servicing the Houston, TX area. **www.houstonhumane.org.**
- To learn about the Texas civil and laws regarding animal cruelty, please visit Texas State Law Library's Animal Law page

National

- The American Society for the Prevention of Cruelty to Animals (ASPCA) is a nonprofit that has been working to prevent animal cruelty since 1866. **www.aspca.org.**
- Humane Society of the United States is a nonprofit that promotes the humane treatment of all animals. **www.humanesociety.org.**
- American Veterinary Medical Association are leaders in promoting best practices in Veterinary medicine and advocating for improvement of animal and human health. **www.avma.org/resources-tools**
- Center for Disease Control is a national resource that shares information, safety tips, and research for living a happy and healthy life. **www.cdc.gov/healthypets.**

SAFE COMMUNITY INSTITUTE RESOURCES

Substance Use Prevention

- Fentanyl is a synthetic opioid similar to morphine that is 50 to 100 times more potent. It is highly addictive and can kill you in minutes. Fentanyl is being laced in recreational substances like marijuana, vapes, and pills.



Scan to view: ***Drugs in a Snap: Our 5 Step Fentanyl Poisoning Prevention Plan***

PARTNERS & RESOURCES:

Local

- The Council on Recovery resources for individuals and families whose lives have been impacted by alcoholism, drug addiction, and co-occurring mental health disorders. **www.councilonrecovery.org**

National

- Drug Enforcement Agency is the federal organization in charge of enforcing the controlled substances laws of the United States. Their online resource page contains drug information, data, statistics, and recovery resources. **www.dea.gov/resources**
- National Institute on Drug Abuse is the primary federal agency for scientific research on drug use and its consequences. **www.nida.nih.gov**
- National Harm Reduction Coalition's mission is to promote the health and dignity of individuals and communities affected by drug use by providing information on fentanyl use and overdose prevention. **www.harmreduction.org**

Supporting Survivors

- Every 68 seconds, an American is sexually assaulted and almost 3 million women in the U.S. experienced rape-related pregnancy during their lifetime.

BEST PRACTICES TO SUPPORT SURVIVORS THAT CONFIDE IN YOU:

- If someone reaches out to talk to you about their abuse, your job is to be as supportive and non-judgmental as possible while honoring your own boundaries. Support can mean providing resources, helping survivors connect to services, and listening.

Scan to download: ***College Safety Awareness Brochure***

USE SIMPLE AND POWERFUL STATEMENTS OF SUPPORT:

- I believe you.
- It's not your fault.
- You are not alone.
- I care about you and am here to listen or help in any way I can.
- You didn't deserve this.
- I'm glad that you are sharing this with me, it takes a lot of courage.

BE A SAFE PERSON FOR SURVIVORS TO SHARE THEIR STORY WITH:

- Leave out "why" questions and don't try to investigate.
- Remind the survivor, more than once, that they are not to blame.
- Do not push the survivor to take actions or share information if they are not ready.
- Check in periodically. The event may have happened a long time ago, but that doesn't mean the pain is gone.
- Help the survivor identify people and organizations they can trust.
- Know your resources and honor your boundaries. If you feel overwhelmed, communicate with the survivor, and help them locate a professional for help.

daya
EMPOWERING SOUTH ASIAN SURVIVORS OF ABUSE

SAFE COMMUNITY INSTITUTE RESOURCES

Bullying

PARTNERS AND RESOURCES

National

- David's Legacy Foundation is a non-profit organization whose mission is to eliminate cyber and other bullying, of children and teens, through education, legislation, and legal action. **www.davidslegacy.org**
- Stopbullying.gov provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying. **www.stopbullying.gov**
- The Center for Safe Schools is committed to preventing and reducing the incidents of bullying in schools through technical assistance, training, evaluation, and research. **www.safeschools.info**

Back-to-School

PARTNERS AND RESOURCES

National

- Mental Health America (overall wellness, including prevention services for all), 24-hour Crisis Center – **988 or text MHA to 741741 or visit www.mhanational.org**
- U.S. Department of Education – Title IX Resources: Find more information on what Title IX can do to ensure equal access to education for all students and protects them against discrimination on the basis of sex. **www.ed.gov/titleix**

Firework Safety

PARTNERS AND RESOURCES

Local

- Report fire **911** in emergency situations
- Houston Fire Department: Reports, Statistics, Safety & Public Education: **www.houstontx.gov/fire/reportsandstats/**
- Harris County Fire Marshal's Office: Responsible for ensuring buildings in Harris County are maintained to prevent fire and life safety hazards. Find details on the Fire Code, Annual reports, and Safety tips at **www.hcfmo.net/Resources**

National

- Report fire 911 in emergency situations
- National Fire Protection Association: Public Education, Trainings, News & Research: **www.nfpa.org or call 1-800-344-3555**
- U.S. Fire Administration: Prevention, Data, & Trainings: **www.usfa.fema.gov**

Need More Resources?

We are committed to keeping you safe by providing you with resources and safety tips. Take advantage of monthly safety tips, safety hot topic videos, podcast episodes, and additional safety topics in our Resource Center.

Scan to the QR Code for More Information

Did You Know?

Crime Stoppers of Houston facilitates digital or in-person presentations covering many safety topics for schools and/or groups in your community. If you're interested in having Crime Stoppers facilitate a safety presentation for your group, check out our Menu of Services QR code, which is a menu of all presentations, trainings and conversations we offer.

Once you've chosen a presentation, you can submit a Presentation Request using the QR code below. It will take you to our online form.

Our team is available to present on more than 20 different topics, including Cyber Safety, Active Shooter, Situational Awareness, Mental Health and more.

Scan to Download our Menu of Services

Scan to Submit a Presentation Request

CRIME STOPPERS
CALL 713.222.TIPS

CRIME STOPPERS
CALL 713.222.TIPS
SAFE COMMUNITY INSTITUTE

The Safe Community Institute is a division of Crime Stoppers of Houston.

@CrimeStopHOU

CrimeStoppersOfHouston

CrimeStopHouston

@crimestoppersofhouston

crime-stoppers-of-houston

www.crime-stoppers.org • info@crime-stoppers.org
(713) 521-4600 • Tip Line: (713) 222-TIPS