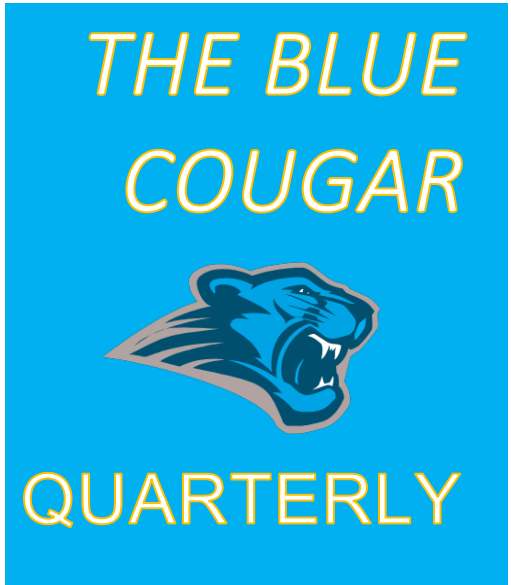


WELCOME TO THE BLUE COUGAR PUBLIC SAFETY ZONE!



by Kevin D. Behr, J.D. – Master Peace Officer & CBC Director of Public Safety



Second addition- 2st Quarter of 2018

IN THIS ISSUE;

The CBC Department of Public Safety (CBCDPS) provides the content of Blue Cougar Safety Quarterly. This publication is a collection of safety information for the use of students and employees. This periodical is updated each quarter to provide students and employees with material and suggestions concerning personal safety issues and information.

It is our intention to maintain a safe and positive atmosphere conducive to both learning and working in a collegiate environment. The content of this publication contains articles and information intended to provide the CBC Community with meaningful, helpful, and relevant facts and information. Topics will abound with info on various facets of safety and living a safe and healthy lifestyle.

The Blue Cougar will contain articles on Texas law, college policies, personal safety, workplace safety, and an occasional story on current events of interest.

The Blue Cougar will also include websites that can provide you with information on area events and services, as well as other tips and useful things to know. Topics will include Dating safety tips, tips to avoid financial scams, personal safety, state and local laws and ordinances, college policies.

Security on campus is an issue across many schools. Mishaps can occur when students aren't alert at night, or drink too much or make decisions under the influence. 1,825 students die each year from alcohol-related injuries alone. Furthermore, drug and alcohol

use can lead to academic issues or potentially dangerous situations.

Even in relatively low crime areas such as college campuses, students should know how to keep themselves safe when socializing and going out with friends. Each addition of the Blue Cougar will include college social life safety tips and ways to increase your security both on and off campus, as well as avoidance techniques to peer pressure to drink alcohol or take illegal drugs.

In closing I can assure you that your collegiate dream will be exciting and a true learning adventure. Be careful not to turn a dream into a nightmare.

Kevin D. Behr

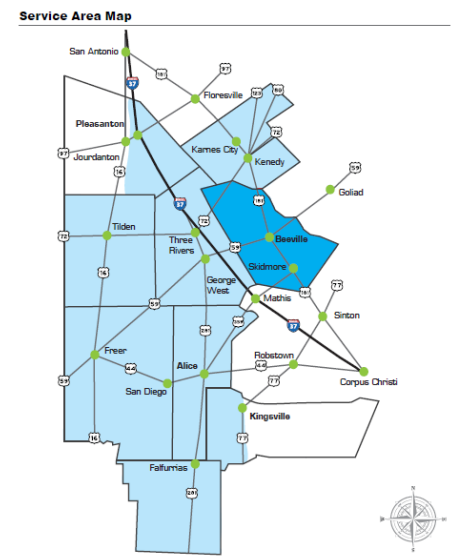
CBC Department of Public Safety Website
<http://coastalbend.edu/publicsafety/>

BLUE COUGAR TIPS

REMEMBER TO;

- **Be AWARE OF YOUR SURROUNDINGS**
- **Be AWARE OF YOUR LOCATION**
- **Be AWARE OF PEOPLE AROUND YOU**
- **HAVE AN ESCAPE STRATEGY**

- **CBC response to Active Shooter events**
- **Active Shooter online Training**
- **Texas laws on Drug and Alcohol offenses**
- **Advice on Good study habits**
- **Workplace Safety Practices- Staying safe on the Job**
- **Bicycling Safety**
- **Carrying a Handgun on Campus**
- **Reporting Crime on Campus**
- **“Sobering Thoughts”- a reoccurring section of the Blue Cougar concerning alcohol and drug abuse**



CBC response to an Active Shooter Event

College campuses throughout the United States remain very safe, with crime rates well below that of the surrounding communities they serve. However the phenomena of armed persons entering onto college or K-12 campuses for the purposes of killing people has had a chilling effect throughout our society.

Active shooter incidents, in many cases, have no pattern or method to the selection of victims, which results in an unpredictable and evolving situation. In the midst of the chaos, anyone can play an integral role in mitigating the impacts of an active shooter incident.

While not to minimize the possibility of such actions, the chance of such a horrific act occurring on CBC campuses, or other college campuses for that matter, is very small. Having said that the CBC Community college district recognizes such a threat and has taken action to train and prepare our staff and faculty in what actions to take during such an event.

Protocols have been in place at CBC for some time and at the start of the Fall 2018 semester this training and education will be brought to our student body. Students on all campuses will be able to attend Active Shooter response training. This is being done, if for no other reason, to provide some comfort to those who are concerned over what they should do in the unlikely event that they should be involved in such an event.

The United States Department of Homeland Security (DHS) provides a variety of no-cost resources to the public and private sector to enhance preparedness and response to an active shooter incident. The goal of the Department is to ensure awareness of actions that can be taken before, during, and after an incident.

Active Shooter Preparedness Program DHS maintains a comprehensive set of resources and in-person and online trainings that focus on behavioral indicators, potential attack methods, how to develop emergency action plans, and the actions that may be taken during an incident.

Active Shooter Online Training

This one-hour online course (IS-907 Active Shooter: What You Can Do) provides an introductory lesson on the actions that may be taken when confronted by an active shooter, as well as indicators of workplace violence and how to manage the consequences of an incident.

To access this course, please visit the Federal Emergency Management Agency (FEMA) Emergency Management Institute online training website found at <http://www.training.fema.gov/is/crslist.aspx> and type **Active Shooter** in the search bar.

There are additional resources available online to inform students and other individuals on how to prepare for active shooter incidents.

These resources range from booklets and pocket guides, to a 90-minute webinar that explains the importance of developing an emergency action plan and the need to train employees on how to respond to an incident. To access these resources, please visit <http://www.dhs.gov/activeshooter>.



TEXAS STATUTES

Drug and alcohol offenses

Manufacture or delivery of controlled substances (drugs)

- Minimum Punishment: Confinement in jail for a term of not more than 2 yrs. or less than 180 days, and a fine not to exceed \$10,000
- Maximum Punishment: Confinement in TDC for life or for a term of not more than 99 years nor less than 15 years, and a fine not to exceed \$250,000

Possession of controlled substances (drugs)

- Minimum Punishment: Confinement in jail for a term of not more than 180 days, a fine not to exceed \$2,000 or both
- Maximum Punishment: Confinement in TDC for life or for a term of not more than 99 years nor less than 10 years, and a fine not to exceed \$250,000

Delivery of marijuana

- Minimum Punishment: Confinement in jail for a term of not more than 180 days, a fine not to exceed \$2,000 or both

- Maximum Punishment: Confinement in TDC for life or for a term of not more than 99 years nor less than 10 years, and a fine not to exceed \$100,000

Possession of marijuana

- Minimum Punishment: Confinement in jail for a term of not more than 180 days, a fine not to exceed \$2,000 or both
- Maximum Punishment: Confinement in TDC for life or for a term of not more than 99 years nor less than 5 years, and a fine not to exceed \$50,000

Driving while intoxicated (includes intoxication from alcohol, drugs, or both)

- Minimum Punishment: Confinement in jail for a term of not more than 180 days nor less than 72 hours, and a fine of not more than \$2,000
- Maximum Punishment: Imprisonment for a term of not more than 10 years nor less than 2 years, and a fine not to exceed \$10,000

Public intoxication - Class C misdemeanor

Minimum Punishment: A fine not to exceed \$500

Purchase of alcohol by a minor

Minimum Punishment: A fine not to exceed \$500

Consumption or possession of alcohol by a minor

Minimum Punishment: A fine not to exceed \$500

Providing alcohol to a minor - Class A misdemeanor

Punishment: A fine not to exceed \$4000 or confinement in jail for a term not to exceed one year or both

Good Study Habits = Good Grades

As finals are coming fast upon us, it can be difficult to settle into the routine of higher education for the first time or even if you are returning to school, especially when you choose an accelerated curriculum or balance classes with a full-time job. Luckily, old habits and new distractions don't have to stand in the way of your college degree. Incorporate these top ten effective study habits for college students into your daily routine, and watch yourself blossom into a capable, disciplined college student. They are easy to follow and implement and require only a commitment on your part to follow through.

1. Take & review thorough notes while in class

Whether you're sitting through a lecture or doing an assigned reading, always take notes. You'll absorb key terms and ideas more quickly by writing them down immediately. Don't be afraid to ask classmates for a refresher if you miss a lecture.

2. Eliminate lifestyle distractions

Technology offers unprecedented ways to access new information. However, it also creates distractions that prevent you from concentrating on your research. Stick to academic websites, silence your phone, and turn off your wireless connection as soon as you have enough information to write.

3. Schedule your study time

Instead of squeezing study sessions in between classes, naps, and other responsibilities, treat studying like any other class or commitment. Pick a specific location that's quiet, peaceful, and will give you plenty of room to work. Then set a specific appointment with yourself each week, and stick to it.

4. Organize your class materials

Instead of keeping one bulky binder or a backpack of loose paper, organize your notes and handouts into separate folders. This

makes it easier to find what you need for each exam, keep your homework together, and prevent overwhelming clutter. Color-coding can also help you keep different topics separate.

5. Take every extra opportunity to study

If a professor or offers an after-class study session or extra credit opportunity, try to fit it into your schedule. This doesn't just give you a stronger safety net in case you make a mistake in the future; it also shows your initiative as a student.

6. Take care of yourself first - Get plenty of rest!

Your brain needs to recharge regularly in order to process and absorb new information. Sometimes all-nighters are inevitable, but don't let it become a habit, because sleep-deprivation can prevent you from learning or thinking critically. Give yourself permission to make up for lost sleep, too.

7. Study with a group or partner

Study groups usually meet before big tests, but many students have realized how helpful it is to help one another throughout the school year. You can exchange notes, quiz each other, and most importantly, hold each other responsible for showing up to each session.

8. Exercise to release stress

Instead of succumbing to anxiety or pressure until studying seems impossible, find a productive outlet to express your frustration. Physical activity releases endorphins that reduce stress and depression, and it's completely free.

9. Take care of yourself first - Eat well

Nutrition plays a huge role in your ability to learn. Instead of depending on sugar and caffeine -- and weathering the crashes that follow -- drink plenty of water and make sure you get enough fruits and vegetables. A well-

rested, well-nourished, hydrated body is capable of staying awake and alert without help from chemicals.

10. Don't be afraid to ask for help

Don't be afraid to reach out to tutors, professors, and classmates if you think you're falling behind. Whether you have trouble understanding a new concept or just need help managing your time, college is full of people who know exactly what you're going through.

Workplace Safety Practices

1) Be Aware Of Your Surroundings

This step requires knowing the particular hazards of your job or workplace. Once you've learned these risks, you are able to keep clear of potential hazardous areas, and potential hazardous situations. Also, always be alert of machinery.

2) Keep Correct Posture To Protect Your Back

If you work at a desk, keep your shoulders in line with your hips to avoid back problems. If you're picking things up, use correct form so your back doesn't get hurt. Avoid stooping and twisting. If possible, always use ergonomic designed furniture and safety equipment so everything you need is within easy reach.

3) Take Regular Breaks

So many work-related injuries and illnesses occur because a worker is tired, burned out and not alert to their surroundings. Taking regular breaks helps you stay fresh on the job. One trick to staying alert is to schedule the most difficult tasks when your concentration is best, like first thing in the morning.

4) Use Tools and Machines Properly

Take the proper precautions when using tools, and never take shortcuts. Taking shortcuts is one of the leading cause of workplace injury. It's a huge safety risk to use scaffolding as a ladder or one tool in place of another for a specific job. Using tools the right way greatly reduces the chance of workplace injury.

5) Keep Emergency Exits Easily Accessible

In case of an emergency, you'll need quick, easy access to the exits. It's also

recommended to keep clear access to equipment shutoffs in case you need to quickly stop them from functioning.

6) Report Unsafe Conditions To Your Supervisor

Your supervisor needs to be informed about any workplace safety hazards or risks. They are legally obligated to ensure their employees have a safe working environment and will take care of the unsafe conditions and make them safe for you and your coworkers.

7) Use Mechanical Aids Whenever Possible

Instead of attempting to carry or lift something that's really heavy in an attempt to save a sliver of time during your workday, take the extra minute to use a wheelbarrow, conveyor belt, crank or forklift. Too many injury risks are involved with trying to lift something that weighs too much.

8) Stay Sober

Around three percent of workplace fatalities occur due to alcohol and drugs. When a worker's ability to exercise judgment, coordination, motor control, concentration or alertness is compromised, this leads to any number of risks for workplace injury and fatalities.

9) Reduce Workplace Stress

Stress can lead to depression and concentration problems. Common causes of workplace stress include long hours, heavy workload, job insecurity and conflicts with coworkers or managers. Take your concerns about workplace stress to your supervisor to see how they might help you address them.

10) Wear the Correct Safety Equipment

If you're not wearing the correct safety equipment for a task, you may get injured. Depending on the job, equipment like earplugs, earmuffs, hard hats, safety goggles, gloves or a full-face mask greatly reduce the risk of workplace injury.



Bicycling Safety

Biking has quickly become the budget and environmentally friendly go-to means of transportation for college students. The National Safety Council estimates that there are about 120 million bikes currently in use in the US. As more and more cities and college campuses become bike-friendly, it's important that students learn how to stay safe when riding a bicycle. Before you hit the road, read the following bicycle safety tips from Protection 1 and become an expert in bicycle safety.

One of the most important bicycle safety tips for anyone riding a bike is to always follow the rules of the road. This is especially important to bicyclists because you have to be cognizant of not only other cyclists, but motorists as well. Some rules of the road that all bicyclists should follow in order to practice proper bicycle safety include the following:

Always

- Check the weather forecast before riding, and avoid extreme weather conditions when possible.
- Know your neighborhood's bike-friendly routes.
- Ride with the flow of traffic.
- Use hand signals when turning.
- Ride defensively and stay alert.
- Stay at least a car-door-width away from parked vehicles.
- Thoroughly check your brakes before riding your bike. Keep your hands on the brakes at all times during your ride.
- Utilize lights anytime visibility is poor (nighttime, foggy conditions, in the rain, before sunrise).
- Lock your bike.
- Make eye contact with drivers when possible.

Safety gear and clothing

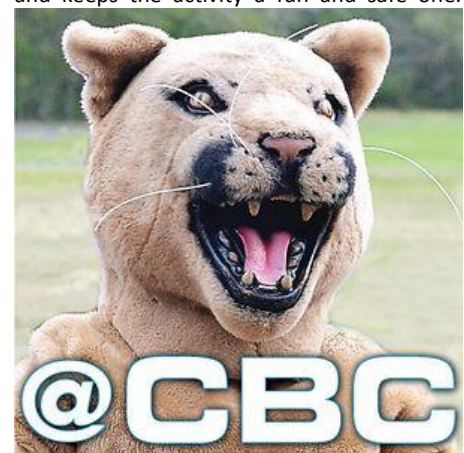
According to the Centers for Disease Control and Prevention, wearing a helmet can reduce the risk of bicycle-related head injuries by 80 percent. Always wear a helmet that properly fits your head to avoid serious injuries.

Wear bright, bold colored clothing so that you can easily be spotted by motorists. At night, always wear a headlamp and reflective gear.

Protect Your Bike from Theft

Bicycles are a true investment. Protect your bike from theft by registering your bike with The American Center for Bicycle Registration (ACBR).

By registering your bike, it can be quickly identified and you can easily prove ownership. It's important to understand and use these bicycle safety tips whenever riding your bike. Bicycle safety helps prevent injury to yourself and keeps the activity a fun and safe one.



Handguns and Carrying a Handgun on Campus

The Coastal Bend College District (the College) is committed to providing a safe environment for students, employees, district affiliates, vendors, and visitors while at the same time respecting the right of individuals licensed by the State of Texas to carry a handgun. Individuals licensed to carry may do so on our campuses and sites except in locations and at activities prohibited by law or policy.

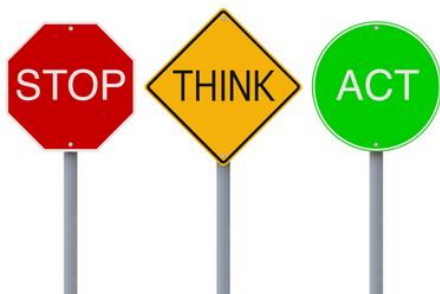
The carrying of any handgun by an unlicensed person is not permitted in any place owned or operated by the District. In addition the [Texas Penal Code, Section 46.035 \(a-1\)](#) strictly prohibits license holders from Open Carry of a handgun at institutions of higher education including Coastal Bend College.

<http://coastalbend.edu/handgunpolicy/>

Reporting Crime on Campus

<http://coastalbend.edu/reportingcrime/>

Your information can remain anomalous



SOBERING THOUGHTS

COLLEGE DRINKING -
CHANGING THE CULTURE



Myths about Alcohol

Myth 1

I can drink and still be in control

Fact 1

Drinking impairs your judgment, which increases the likelihood that you will do something you'll later regret such as having unprotected sex, being involved in

date rape, damaging property, or being victimized by others.

Myth 2

Drinking isn't all that dangerous

Fact 2

Among college students, alcohol contributes to deaths from alcohol-related unintentional injuries, as well as assaults, sexual assaults or date rapes, and poor academic performance.

Myth 3

I can sober up quickly if I have to

Fact 3

It takes about 2 hours for the adult body to eliminate the alcohol content of a single drink, depending on your weight. Nothing can speed up this process - not even coffee or cold showers.

Myth 4

It's okay for me to drink to keep up with my boyfriend

Fact 4

Women process alcohol differently. No matter how much he drinks, if you drink the same amount as your boyfriend, you will be more intoxicated and more impaired.

Myth 5

Beer has less alcohol than hard liquors

Fact 5

A 12-ounce bottle of beer has the same amount of alcohol as a standard shot of 80-proof liquor (either straight or in a mixed drink) or 5 ounces of wine.

Myth 6

I'd be better off if I learn to hold my liquor

Fact 6

If you have to drink increasingly larger amounts of alcohol to get a "buzz" or get "high", you are developing tolerance. Tolerance is actually a warning sign that you're developing more serious problems with alcohol.

Myth 7

I can manage to drive well enough after a few drinks

Fact 7

The effects of alcohol start sooner than people realize, with mild impairment (up to .05 BAC) starting to affect speech, memory, attention, coordination, and balance. And if you are under 21, driving after drinking *any* amount of alcohol is illegal and you could lose your license. The risks of a fatal crash for drivers with positive blood alcohol content (BAC) compared with other drivers (i.e., the relative risk) increase with increasing BAC, and the risks increase more steeply for drivers younger than age 21 than for older drivers.

THINK BEFORE YOU DRINK

INFORMATION SOURCES

<http://coastalbend.edu/>

<http://coastalbend.edu/reportingcrime/>

<http://coastalbend.edu/publicsafety/>

<http://coastalbend.edu/handgunpolicy/>

<http://www.training.fema.gov/is/crslist.aspx>

<http://www.dhs.gov/activeshooter>

<https://www.collegedrinkingprevention.gov/>

