

## WELLNESS AND SAFETY



***Wellness is a conscious commitment to staying healthy and safe—and it's a prerequisite to academic success at Ohio State. This section contains valuable information about the services and people at the university that place student wellness above all else.***

### Wellness Resources

In conjunction with academic growth in college, students need to be aware of changes in their lives that can affect their general wellness. Balancing the nine dimensions of wellness—social, physical, intellectual, career, emotional, spiritual, financial, environmental, and aesthetic—is necessary to obtain the optimal levels of health, growth, and well-being essential for students to focus on their academic success. Ohio State provides support through the following university offices to help students achieve this balance. Additional information for most of these resources can be located by consulting this publication's index to find the resource guide description.

#### ***Social Wellness***

The socially well person has a network of friends and family to whom he or she can turn for support, validation, and sharing of life experiences. These relationships are based on interdependence (rather than codependence), mutual trust and respect, equity of power, and cultural competence. The socially well student sees faculty, staff, students, and members of the community as individuals and develops a sensitivity and awareness to their feelings. He or she actively seeks contact with people, issues, and programs that differ from his/her own experiences and points of view.

#### **Resources**

- Community Connection
- Counseling and Consultation Service
- Disability Services
- Minority Affairs
- Multicultural Center
- Off-Campus Student Services
- Ohio Union
- Recreational Sports
- Student Wellness Center
- The Women's Place
- University Housing

#### ***Physical Wellness***

The physically well person eats when hungry and selects a varied and nutritionally balanced diet. He or she also gets an adequate amount of sleep, engages in moderate to vigorous exercise three to five times a week, gets routine medical check-ups when appropriate, and takes safety precautions. The physically well person is free of addictions, has the ability to identify physical and mental needs, and is aware of his/her body's limitations. He or she accepts his/her sexual orientation, engages in sexual relationships that are consistent with his/her values and development, and refrains from using sex to manipulate or influence others. In addition, he or she minimizes unwanted consequences through communication and protection.

#### **Resources**

- Campus Dining Services
- Counseling and Consultation Service
- Disability Services
- James Cancer Hospital "Kick It!" Tobacco Cessation Program
- Recreation and Physical Activity Center (RPAC)
- Student Health Services
- Student Safety: Escort Service
- Student Wellness Center
- University Public Safety

#### ***Intellectual Wellness***

The intellectually well person values education and engages in lifelong learning. He or she pursues activities that increase knowledge, develop moral reasoning, foster critical thinking, and expand world views. In addition, he or she appreciates the fine arts and values intuition, empathy, and understanding as forms of knowing.

#### **Resources**

- Academic Advancement Services
- Arts on Campus
- First Year Experience
- I Know I Can
- Libraries
- Student Advocacy Center
- Walter E. Dennis Learning Center
- Wexner Center for the Arts
- Younkun Success Center

### **Career Wellness**

Career wellness involves gaining personal satisfaction and enrichment of life through work that is both challenging and rewarding. The occupationally well person develops an attitude of commitment that shapes the framework of a successful career. He or she enjoys a role that is consistent with his or her beliefs, goals, lifestyles, personality, and values.

#### **Resources**

- Career Connection
- Career Exploration Office
- Career Services Resources (available in individual colleges and schools)
- University Career Services

### **Emotional Wellness**

The emotionally well person is able to appropriately express and manage the entire range of feelings, including anger, fear, happiness, and sadness. He or she possesses high self-esteem, a sense of humor, and a positive body image. This individual develops independence from parents/guardians and accepts responsibility for her/himself and her/his actions. This person also seeks support from a mental health professional when needed and gathers information in order to make informed value decisions.

#### **Resources**

- Anxiety and Stress Disorders Clinic
- The Center for Eating Disorders and Psychotherapy
- Counseling and Consultation Service
- Student Wellness Center

### **Spiritual Wellness**

The spiritually well person explores spiritual concepts of her/himself and others in the discovery of meaning and purpose in human existence. He or she develops an appreciation for the depth and expanse of life and the natural forces that exist in the universe. He or she recognizes the relationship between spirituality and identity in her/himself and others.

#### **Resources**

- Chadwick Arboretum and Learning Gardens
- University Interfaith Organization
- Student Wellness Center

### **Financial Wellness**

The financially well person develops a healthy budget, managing both income and expenditures. He or she develops a discipline of saving to prepare for short-term, long-term, and emergency expenses.

He or she manages credit cards and other consumer credit usage responsibly and develops the skills to manage resources.

#### **Resources**

- BuckID
- Office of the Treasurer
- Student Advocacy Center
- Student Financial Aid
- Student Health Insurance Program
- Student Wellness Center

### **Environmental Wellness**

Environmental wellness is about appreciating the external environment and understanding the role individuals play in it. Preserving, protecting, and improving the environment are also important. The environmentally well person recognizes that there are limits to controlling the environment and seeks a relationship where both environment and self can grow, function, and thrive.

#### **Resources**

- CampUShed
- Energy Services and Sustainability
- Off-Campus Student Services
- Office of Environmental Health and Safety
- Ohio Nemo
- Ohio Sea Grant Program
- Ohio State Shredding and Recycling
- School of Environment and Natural Resources
- STREAMS
- Students for Recycling

### **Aesthetic Wellness**

The aesthetically well person is able to evaluate works of art, theory, and matters of taste with visual, moral, ethical, and social standards. Aesthetic wellness also is the ability to use such criteria to reflect on the overall meaning and themes of those works.

#### **Resources**

- Advanced Computing Center for the Arts and Design
- College of the Arts
- Frank Hale Black Cultural Center
- Huntington Archive
- Institute for Collaborative Research and Public Humanities
- Jerome Lawrence and Robert E. Lee Theatre Research Institute
- Kirwan Institute for Race and Ethnicity
- Multicultural Center
- Snowden Galleries
- TangoOSU, Argentine Tango Organization
- Wexner Center for the Arts

## Student Health Services

■ [shs.osu.edu](http://shs.osu.edu)

Student Health Services, located in the Wilce Student Health Center, is an accredited outpatient facility providing a variety of health care services to the student population of The Ohio State University.

Medical services include the following:

- Primary care
- Dental care
- Sports medicine
- Preventive medicine
- Optometry, including a complete eye wear dispensary
- Gynecology
- Minor surgical procedures
- Allergy

Support services include radiology, laboratory, injection therapy, physical therapy/athletic training, and health education/health promotion.

The Wilce Student Health Center also has a full-service pharmacy with prescriptions and over-the-counter medications. The pharmacy is available to students and staff.

### Location and Hours

The Wilce Student Health Center is centrally located at 1875 Millikin Road, between Independence Hall and the Recreation and Physical Activity Center (RPAC). During the autumn, winter, and spring terms, the health center is open from 8 a.m. to 6 p.m. Monday through Thursday, from 8 a.m. to 5 p.m. Fridays, and from 9 a.m. to 1 p.m. on most Saturdays. (Saturday schedule is posted on the web site.) During breaks and summer term, the health center is open from 8 a.m. to 5 p.m. Monday through Friday and closed on Saturday. The health center is closed for all university holidays.

For after-hours or emergency care, students may use the emergency department at OSU Medical Center or a hospital/urgent care facility of their choice. Students will be responsible for any fees or charges associated with any care provided by these facilities. It is important that all students have their health insurance identification cards and provide them at the time of service to facilitate the billing process.

### Student Health Services Telephone and FAX Numbers

Administration	(614) 292-0110	
Appointments/Advice Nurse	(614) 292-4321	
Patient Relations/Billing	(614) 292-0113	Fax: (614) 247-6074
Pharmacy	(614) 292-0125	Fax: (614) 292-4790
Laboratory	(614) 292-0144	Fax: (614) 247-4791
Medical Records	(614) 292-0118	Fax: (614) 292-7042

Visit the Student Health Services web site at [shs.osu.edu](http://shs.osu.edu) or e-mail questions to [shs@osu.edu](mailto:shs@osu.edu).

### Who Is Eligible to Use the Health Center?

All enrolled students are eligible to use the Wilce Student Health Center. Ohio State University Student Health Insurance is not required for students to use our services. Non-enrolled Ohio State students may be eligible to be seen during an “off quarter,” provided they were enrolled and paid fees for the previous school term or have purchased off-quarter Ohio State Student Health Insurance.

### How Do You Use the Health Center?

Student Health Services provides most services on an appointment basis. However, injuries or sudden illnesses that require immediate attention may be seen on a same-day basis. Same-day services are by referral through our Advice Nurse. Medical services are provided by a physician, nurse practitioner, or physician assistant.

#### **Before the Appointment**

Students should plan to arrive at the health center on time for their appointment. The first part of the appointment includes check-in, completion of a health history form, and initial intake and vital signs (blood pressure, temperature, etc.) prior to seeing the provider. Please note: If you arrive more than 10 minutes after your appointment time, you may be asked to reschedule to assure we have adequate time to assess your medical problem. Generally, students should allow at least one hour for the appointment plus a stop at the pharmacy. Students should always bring their BuckID and medical or prescription health identification card with them.

#### **During the Appointment**

In order for Student Health Services to provide the most comprehensive care, it is important for the student to know and share his/her complete personal medical history, including the family health history of parents, grandparents, and other blood relatives. The student should also be prepared to provide other critical information such as immunization/vaccine updates, allergies (seasonal, prescription, or otherwise), and any past reactions to medication or other significant medical information.

Students are encouraged to ask questions of their providers concerning diagnosis, treatment, and prognosis. They have the right to fully participate in decisions regarding their health care. Students are encouraged to provide feedback on their experience at Wilce Student Health Center either in writing or verbally. Patient comment forms are available in the lobby at all times. Students may also express their opinions to the patient advocacy coordinator in person in the Patient Relations Office or call (614) 247-1834 or e-mail [shs@osu.edu](mailto:shs@osu.edu).

#### **What about Fees and Charges?**

There are fees for all services performed at the Student Health Center. During your visit you will be evaluated by a provider who will make treatment decisions based on your signs, symptoms, and the results of diagnostic tests. There is a charge for the provider’s evaluation and management of your care called the “office visit fee.” You will also be billed for any laboratory tests, x-rays, office procedures, physical

exams, nutrition visits, physical therapy, injections, prescriptions, dental procedures, and eye exams.

If you have questions about the cost of a specific service, test, or procedure, please contact our Patient Relations Office at (614) 292-0113.

### **What about Payment?**

Payment using cash, check, BuckID, Visa, MasterCard, Discover, or American Express is accepted and can be made in person in the Patient Relations Department on the 3rd floor, by mail, or by calling (614) 292-0113.

If you have any outstanding balances, you will receive a statement mailed to the address we have on file. Review the information carefully, and if you notice that your insurance company has not paid for your services, contact your insurance company to determine the status of your claim. If you have any questions or concerns about your ability to meet your financial obligation, please contact our Patient Relations Office immediately. All outstanding amounts over 90 days are “turned over” to the Office of Accounts Receivable Collection Service. ARCS will place holds on class registration, grades, and transcripts and charge interest on owed balances, so it is important to pay bills on time.

### **What about Insurance?**

If you are covered as a student under the university-sponsored Student Health Insurance Plan or WilceCare, your claims will be automatically processed according to the benefits to which you are entitled under your plan. For benefit details, please visit the Student Health Insurance Plan web site at [shi.osu.edu](http://shi.osu.edu). Co-pay and co-insurance amounts for eye exams, dental visits, nutrition visits, and prescriptions are due at the time of service.

If you are covered as a dependent under the Ohio State Student Health Insurance Plan, or covered under another health insurance plan, we encourage you to contact your insurance company prior to your appointment to find out how or if your policy will cover your care and prescriptions provided in this facility. Student Health Services does not participate as a network provider under most commercial medical and dental policies, so you should ask your insurance company if your plan includes out-of-network benefits. When speaking with your insurance company, it is helpful to provide our tax ID number, 31-1657245 to differentiate our practice from other physician groups and medical facilities associated with The Ohio State University. This information will aid your insurance company in providing correct benefit information.

If you would like us to bill your medical insurance company directly, please stop by the Patient Relations Office on the 3rd floor on or before the day of your appointment, to register your medical insurance. Bring your insurance identification card, or a photocopy of the front and back of your card. You will also be asked to fill out an insurance release form. You will need to register your insurance once per year or sooner if you have changes in your insurance information.

If your insurance carrier does not send payment to Student Health Services within 60 days from the date of service, the full amount due becomes your responsibility.

Student Health Services participates with many pharmaceutical plans. Consult with our pharmacy at (614)292-0125 for a complete list and determination of your eligibility. Co-pay amounts for prescriptions are due at the time of service.

### **What about Patient Confidentiality?**

Student Health Services enforces strict policies to ensure that all medical information maintained on its patients is kept confidential. Confidential information includes, but is not limited to, facts pertaining to the student’s visit (diagnosis and/or treatment) and the service under which the patient was treated. The age of majority in Ohio is 18 years, and, therefore, confidential information will not be released to any party, including parents, without authorization by the student, except as required by law. The student has the right to approve or refuse the release of such medical information, except as provided by law.

## **Important Information about Vaccine-Preventable Illness and Student Health Services**

### **Meningococcal Meningitis**

Meningococcal disease is a potentially life-threatening bacterial infection that requires immediate treatment. The most common manifestation of this disease is meningitis, an inflammation of the coverings of the brain and spinal cord. Symptoms of this disease may include high fever and chills; headache; stiff neck and back; nausea and vomiting; arm, leg, or abdominal pain; rash; confusion; delusions or hallucinations; and coma. Death occurs in approximately 10 percent of cases.

### **Prevention**

The U.S. Centers for Disease Control and Prevention recommend that freshmen living in residence halls be vaccinated against meningococcal disease.

### **Human Papillomavirus (HPV)**

In June 2006, the U.S. Food and Drug Administration approved the first vaccine to protect against four strains of human papillomavirus. HPV is a virus that is common in the United States and around the world and can cause skin infections known as warts. There are more than 100 types of HPV. Some types more commonly infect the sexual organs. Genital HPV is spread through sexual contact and is the most common sexually transmitted infection in the United States. HPV is the major cause of cervical cancer in women and is also associated with several other types of cancer in both men and women.

### **Prevention**

The HPV vaccine is the first vaccine developed to prevent cervical cancer. This new vaccine is highly effective in preventing HPV infection in women who have not been previously exposed to the vaccine strains. The vaccine protects against four types of HPV,

including two that cause about 70% of cervical cancer and two types that cause 90% of genital warts. The vaccine does not stop an infection that has already occurred. However, it will still protect against any of the other types of HPV in the vaccine, if you have not been infected with those types.

The current vaccine was tested and approved in girls and women between the ages of 9-26 years. Further studies are now looking at women in other age groups and in men, to see if the vaccine is also effective for them. The only reasons one should NOT take this vaccine would be a life-threatening reaction to the vaccine in the past or a life-threatening reaction to yeast.

The Pap smear and other routine women's health screenings are still important to detect other health problems, including cancers that are not prevented by this vaccine. Routine screening recommendations for cervical cancer have not changed. Safer sex precautions and an effective birth control method are also still essential to reduce your risks of other infections and unintended pregnancy.

### **Other Vaccines**

While not required for most students entering Ohio State, general recommendations for up-to-date vaccinations against measles, mumps, rubella, tetanus, diphtheria, pertussis, hepatitis A and B, varicella (chickenpox), and other diseases should be followed. For more information, schedule an appointment with your primary care provider or make an appointment with one of our providers at Student Health Services. Student Health Services also offers counseling and vaccinations for international travel.

### **Campus Vaccine Programs**

*Immunizations at the Wilce Student Health Center* – Meningococcal, HPV, and most other vaccines are available year-round for enrolled students. Call (614) 292-4321 to schedule an appointment.

*Summer Orientation* – Student Health Services also provides these vaccines to incoming first-year students participating in the summer orientation programs. Since students at orientation are usually not registered for classes, this service is provided on a fee-for-service basis. We do supply the student with a standard claim form to submit to his/her insurance carrier, although not all health insurance covers vaccinations. For more information, call (614) 292-4321 or e-mail [shs@osu.edu](mailto:shs@osu.edu).

## **Student Wellness Center**

■ [swc.osu.edu](http://swc.osu.edu)

The Student Wellness Center is committed to promoting the wellness of Ohio State students and their communities. Wellness is defined as an active, ongoing process which involves becoming aware of and taking steps towards a healthy, happy, successful life.

The Student Wellness Center is located in the Recreation and Physical Activity Center (RPAC) and evolved from a variety of health education and outreach efforts on campus. The center strives to

make wellness an integral part of the environment at Ohio State by educating students about good health. Staff members design programs, hold one-on-one sessions, conduct policy reviews, and serve on campus and community task forces to enhance the wellness experience at Ohio State. Using these strategies, students learn how to do the following:

- Improve nutritional habits, body image, and self-esteem
- Make low-risk choices in regard to alcohol and other drug use
- Build healthy relationships
- Assess health risks
- Manage stress
- Develop responsible spending habits and credit management
- Address sexual health issues, such as HIV/AIDS and other sexually transmitted infections, safer sex, and sexual assault

The center's list of services continues to grow to meet the needs of students. Financial education and counseling, added in 2002, has experienced a surge of student interest in recent years. This program is designed to help students develop responsible spending habits, credit management, and, if necessary, help them set up a workable plan to repay credit card debt as well as plan ahead for student loan repayment. The financial wellness program works closely with parents, helping them prepare students for the responsibility of having and using credit cards and to limit student borrowing for a college education to actual needs, not wants.

Another initiative on the list of services for students to enjoy is Late Night programming. Each year, 30,000 students attend the more than 50 alcohol-free late night events offered at the RPAC. Students report that they do not drink, or drink less, on the nights they attend these activities.

The center's services empower students to take charge of their health and well-being and provides opportunities to get involved in the community through student leadership roles, service learning, and peer education programs. The activities and programs challenge students to examine their own abilities and behaviors in order to maintain an optimal state of health.

Contact the Student Wellness Center at (614) 292-4527.

## **Counseling and Consultation Service**

■ [ccs.osu.edu](http://ccs.osu.edu)

First year students will encounter many new and different, sometimes very challenging, experiences. Counseling and Consultation Service (CCS) provides a full range of counseling and mental health services to help students with issues and difficulties relating to the following:

- Academic concerns
- Adapting to campus life
- Cultural differences
- Depression, anxiety and stress
- Family relational issues

- Eating disorders and body image
- Substance abuse issues
- Racial identity and sexual concerns

In counseling, students develop more personal awareness and skills needed to overcome these issues and problems. The CCS is here to help students grow and develop in ways that allow them to take full advantage of the educational opportunities offered at Ohio State.

Services include the following:

- Individual, couples, and group counseling
- Crisis intervention
- Skill enhancement workshops
- Psychiatric consultation
- Nutrition consultation
- Psycho-educational outreach

Counseling services are provided at no cost to enrolled students. Psychiatric services and extended counseling are offered at a modest fee to students with OSU Comprehensive Student Health Insurance. Initial intake appointments may be scheduled by calling or visiting CCS. Urgent appointments are also available for students in crisis. These appointments may be made by calling or coming directly to our office. Consultation is also available for faculty, staff, or students who are concerned about the welfare of student.

CCS has a culturally diverse professional staff of licensed psychologists, social workers, counselors, psychiatrists, and graduate/post-graduate students completing advanced professional training in a variety of mental health disciplines. All services are confidential.

Counseling and Consultation Service is located on the fourth floor of the Younkin Success Center at 1640 Neil Avenue. During autumn, winter, and spring quarters services are offered Monday through Thursday from 8 a.m. to 8 p.m. and on Fridays from 8 a.m. to 5 p.m. Hours vary during summer quarter and during breaks. Please call (614) 292-5766 for more information.

## Student Health Insurance Program

■ [shi.osu.edu](http://shi.osu.edu)

As a condition of enrollment, students attending The Ohio State University (Columbus campus) are required to have health insurance that fulfills the following:

- Provides coverage of a network provider and hospital facility within 20 miles of Columbus
- Provides at least 60% coverage of hospitalization fees
- Provides at least 60% coverage of professional fees (e.g. lab tests, x-rays, doctor visits, etc.)
- Provides at least 30 days coverage of inpatient mental health and substance abuse services
- Has prescription drug coverage
- Has a pre-existing condition waiting period of less than or equal to three months

- Has an annual deductible of no more than \$500 for inpatient services
- Has a minimum of \$500,000 in lifetime benefits
- Offers worldwide coverage for the above services

Each year, students are required to document that they have comparable coverage and are asked to provide their insurance plan information. **If the student does not provide such documentation by the published deadline, they are automatically defaulted into the university-sponsored Comprehensive Student Health Insurance Plan.** Information provided is subject to periodic audits by the university.

Students are required to remain in their initial plan and coverage choice for each term the student remains enrolled at the university (autumn, winter, spring and summer quarters). Late enrollment in the university plans due to involuntary discontinuation of coverage (i.e. a parent's plan drops dependent coverage at age 23) or a change in plan choice (i.e. needs spouse coverage due to marriage) must be petitioned within 31 days of the qualifying event.

A plan called WilceCare is also available for students to purchase and is designed to supplement private insurance. See below for details.

For more detailed information about the plans, enrollment deadlines, and premium rates, visit [shi.osu.edu](http://shi.osu.edu).

## Annual Online Student Health Insurance Selection

Upon their first enrolled term, and then each subsequent autumn term, students are required to confirm their health insurance coverage status. Enrollment in the Student Only Comprehensive Student Health Insurance Plan is automatic for eligible students, and the health insurance fee will post to students' statements of account if they do not complete the online waiver process through BuckeyeLink. The deadline for students to confirm their selection or waiver status for the plan year beginning autumn 2009 is September 15, 2009.

## University-sponsored Student Health Plans

The Student Health Insurance Program currently offers two plans that are designed by the Student Health Insurance Advisory Committee and approved by the Board of Trustees.

### **WilceCare Supplemental Plan**

Students who are already insured under another plan may be eligible to purchase WilceCare. **WilceCare is not an insurance plan.** It is designed to supplement health insurance that a student already has by providing prepaid coverage for medical care delivered exclusively at the Wilce Student Health Center.

WilceCare has been designed to meet the needs of students with other health insurance plans that only provide regional coverage for basic care services or provide coverage subject to high deductibles and/or co-pays. With WilceCare and the services of the Wilce Student Health

Center, a student's minor medical needs may be taken care of without the need to find a covered provider or pay any deductibles.

WilceCare is for students only (no dependents) and covers illness or injury-related medical services and prescriptions. Preventive medical, vision, or dental services are not covered.

Students choose to enroll in WilceCare at the same time they complete the online Student Health Insurance Selection/Waiver process via BuckeyeLink. Coverage is billed at a flat rate, once per year. Coverage extends from September 16, 2009, through September 15, 2010, during each quarter/semester term the student is enrolled in classes and/or eligible to receive services provided by Student Health Services.

### **Comprehensive Student Health Insurance**

The Comprehensive Student Health Insurance Plan offers excellent benefits at an economical cost. It is designed to provide students access to high quality health-care providers, to promote wellness, and to minimize unanticipated out-of-pocket expenses. Coverage includes inpatient and outpatient medical and mental health care, prescriptions, immunizations, allergy therapy, routine dental and vision exams, minor dental restorations, 24-hour nurse line assistance, global emergency medical assistance, and repatriation benefits.

There is a three-month pre-existing condition waiting period for any condition that was diagnosed or for which medical treatment/advice was received within three months immediately prior to the effective date of continuous coverage under the plan. The pre-existing condition waiting period does not apply to services covered under the Student Health Services or Counseling Consultation portion of the plan. Other exclusions and limitations apply.

The plan uses a PPO (Preferred Provider Organization) model with network providers/facilities throughout Ohio, and nationwide. Use of a network of providers offers better benefits for the insured, with nominal co-pays and 90% coverage of eligible expenses. Most non-network services are subject to deductible and higher coinsurance. There is also an enhanced tier of benefits available to the insured student only (no dependents) through Student Health Services, located at the Wilce Student Health Center, and through Counseling and Consultation Service, located at the Younkin Success Center, with many eligible expenses covered at 100%.

Participation in the Comprehensive Student Health Insurance Plan automatically includes autumn, winter, spring, and summer term coverage as long as the student remains enrolled in eligible classes each term. Coverage is billed each term of enrollment. Students should continue their coverage during a term they are not taking classes (off-term) to prevent lapses in coverage which could result in claims being denied due to lack of coverage or having to fulfill a new pre-existing condition waiting period. Off-term coverage (typically summer term) is optional and must be elected through BuckeyeLink. Off-term coverage is available once per year for students who were covered by the plan and enrolled in eligible courses the preceding school term.

## **University Public Safety**

■ [dps.osu.edu](http://dps.osu.edu)

Ohio State is committed to providing a safe environment for its students and other members of the university community. Students play a vital part in assuring that the campus is a safe place to live and work by being aware of and actively participating in the university's safety policies and procedures.

While the university attempts to provide the most secure surroundings possible, each person must take responsibility for his/her own personal safety. To assist in this, the following is a description of university and community safety resources and personal safety tips.

### **University Police**

■ [dps.osu.edu/police](http://dps.osu.edu/police)

The Ohio State University Police Division's community-oriented policing combines close personal involvement between officers and the community, an emphasis on student ownership, and problem solving.

The primary objective of community-oriented policing is to enhance the nature of police service through personalized contact, commitment, and continuity. Community-oriented policing is a philosophy of caring, working with students, and helping people. This often means helping people informally when the formal systems do not seem to work.

Officers are responsible for problem solving, not just handling incidents. They strive to promote the "human touch" by which police officers and students get to know each other on a first-name basis as human beings. The goal is to share information, develop trust and communication, and increase citizen support.

In addition to practicing good crime prevention, students are encouraged to get to know the community police officers of the area in which they reside and/or work. Students should feel free to openly communicate their concerns with the officers and give what effort they can when asked to help solve community problems. Community-oriented policing relies on the input and involvement of students. If students have a problem or just wish to speak with a community police officer, they should call the following numbers:

**IF STUDENTS HAVE AN EMERGENCY,  
THEY SHOULD CALL 9-1-1**

**IF STUDENTS NEED TO CONTACT  
UNIVERSITY POLICE, THEY SHOULD  
CALL (614) 292-2121**

## Security Awareness and Crime Prevention Programs

The university offers a multitude of programs and resources to address personal safety concerns and reduce crime. Since the programs' hours, services, and missions tend to be dynamic, students should request specific information about any program in which they are interested. Some of the crime prevention programs offered by University Police include bicycle registration, the "Citizen-Rider" program, personal safety seminars, "Operation Identification and Theft Prevention," sexual assault prevention, and alcohol/drug awareness programs. Program announcements and other information may be found on the University Police web site at [police.osu.edu](http://police.osu.edu).

In addition to these programs, other campus offices are actively involved in crime prevention programming. The "Sexual Violence Education and Support" program provides an array of nationally recognized programs on self-defense, rape and sexual assault prevention, and survivor support.

## Sexual Violence Education and Support in the Student Wellness Center

■ [swc.osu.edu/for-students/sexual-violence-education-and-support-sves/](http://swc.osu.edu/for-students/sexual-violence-education-and-support-sves/)

Sexual Violence Education and Support (SVES) is a comprehensive program designed to educate women and men on issues of sexual violence, including sexual assault, sexual harassment, stalking, and intimate partner abuse. The goal of SVES is to improve student's personal safety and wellness and to encourage all members of the university community to examine their own behaviors, attitudes, and beliefs about sexual violence.

SVES staff is available to inform and support students who have been victimized by sexual violence as they make decisions about accessing medical, legal, and university resources. SVES offers assistance through Student Judicial Affairs and criminal court processes and collaborates with the local rape crisis center to offer advocacy to students on campus and in area hospitals through the Campus Advocacy Program. For more information, call (614) 292-4527 or e-mail [sves@osu.edu](mailto:sves@osu.edu).

## Student Escort Service

The University Police Student Safety and Escort Service was developed to provide safe transportation during the evening and early morning hours for students in the campus area. Trained uniformed student employees walk or drive students to and from their destinations within the service area. The escorts carry two-way radios providing direct communication with University Police. This service is free.

To arrange an escort, students should call (614) 292-3322 and provide the following information: full name, pick-up location, destination, number in party, and time escort is desired. Note: escort times fill up fast. Students should call early if they know an escort is needed. For more information and hours of operation, visit the Safety Service web site at [dps.osu.edu/ss](http://dps.osu.edu/ss).

## Off-Campus Safety

Community Crime Patrol (CCP) employs patrollers to walk the streets of the university area each night to offer assistance or report crimes, suspicious incidents, or hazards. Patrollers are trained by police officers and use two-way radios to report problems to the CCP office. Police officers respond to calls from patrollers. For information, call (614) 292-2279.

## Protect Self and Property

Students can most affect safety and security. If students follow the recommendations listed below, they can greatly reduce their chances of being the victim of a crime.

### When Walking

- Be alert! Know the surroundings. Be aware of other people in the area.
- Avoid shortcuts.
- At night, do not walk alone unless absolutely necessary.
- Walk near curbs, away from bushes and buildings, and in well-lit areas of well-traveled roads.
- Keep money and credit cards in a pocket. Carry as little cash as possible. Carry keys in hand so they are ready to use when arriving at a destination.

### At Home, Residence Hall, or Apartment

- Keep doors and windows secured. Do not prop doors open.
- Keep doors locked even if going away only for a short time.
- Do not hide spare keys—burglars may find them.
- Do not let strangers in without asking for proper identification.
- Lock money, jewelry, and important papers in a footlocker, trunk, or other secure place. Keep as few valuables around as possible.
- Place only initials on a mailbox.

### On the Telephone

- Hang up on unidentified callers.
- Do not give out personal information over the phone.
- Use initials instead of a first name in the telephone book or request an unlisted number.

### Protecting Property

- Do not leave property unattended or unsecured.
- Do not leave items visible in a car.
- Engrave all valuable items with name and social security number. Engravers are available at residence hall desks and at the University Police Division.
- Make a list of all valuables. List model number, serial number, and a description of each item.
- Make sure insurance will cover losses that occur away from home.
- Books can be marked by placing a code number on several pages with corresponding numbers throughout the book, preferably on the inside margin.
- Credit card numbers should be included on an inventory list for fast reference in case cards are lost or stolen.

## Identity Theft and Internet Safety

Cybercrime is a constant concern for the university and students. Taking steps to protect one's identity and personal information can reduce the chances of becoming a victim.

### Identity Theft

A concern across campus, identity theft occurs when someone uses someone else's personal identification information to commit fraud or other crimes. For example, identity thieves may open bank or credit accounts, apply for loans, charge utilities, rent apartments, receive medical services, or apply for a job all under an assumed identity. Identity theft is a serious crime that can cost hundreds of dollars and countless hours to completely resolve. Being aware, use of caution, and common sense can reduce risk and help protect from identity theft.

Some suggestions to help reduce the threat of identity theft:

- Don't leave personal items such as your purse or backpack unattended.
- Shred all personal identification information before throwing it away in the trash. This is especially true for pre-approved credit card offers.
- Monitor bank, credit card, and bills for suspicious activity.
- Check personal credit history reports once a year.
- Never respond to "phishing" e-mails and never supply personal and confidential information through e-mail. (Information about fraudulent e-mails and other scams can be found on the University's Department of Public Safety's Personal Safety Tips web page at [dps.osu.edu/police/safety\\_tips](https://dps.osu.edu/police/safety_tips).)
- Don't share account passwords or other personal identification information with anyone, and make sure to properly log out of online transactions at public computing sites.

Learn more about how students can deter and detect identity theft on the OIT Safe Computing Identity Theft page at [buckeyesecure.osu.edu](https://buckeyesecure.osu.edu).

### Internet Safety

Information technology presents new challenges to personal safety. Below are just some suggestions to be aware of when sending and receiving information via personal or public computers and other electronic devices:

- **Passwords:** Create strong, robust passwords, change them frequently, and don't share them with anyone.
- **Online shopping:** Never submit information on an unsecured site (look for an SSL certificate or a URL that begins with "https:").
- **Online harassment and stalking:** Don't send or post threatening messages. Students and other university community members who receive harassing messages that threaten their personal safety should first contact University Police. Call 911 for emergencies and (614) 292-2121 for non-emergency situations.
- **Social networking sites:** Keep personal information to yourself (e.g., social security number, address, and phone number), don't share information with strangers, and remember when posting pictures or videos online that anyone (including potential employers) may see it.

- **Spam:** Activate spam filters to block unwanted e-mails. It is also important to remember when signing up for products or online services, providing an e-mail address means that the address may be sold to spammers.

For more information on these topics, as well as other Internet safety tips, please visit the OIT Safe Computing web site at [buckeyesecure.osu.edu](https://buckeyesecure.osu.edu).

### Silent Witness

■ [dps.osu.edu/police/silent\\_witness](https://dps.osu.edu/police/silent_witness)

If a student sees a crime that occurs on campus and would like to report it, the university provides two ways to do so. Students can call (614) 247-TIPS or fill out the online form at the above web site. Students will remain anonymous and should not hesitate to call or fill out the online form. All information is sent securely and anonymously to the proper investigators.

### If Students Are the Victims of Crime

Using the suggested crime prevention techniques will reduce the chances of becoming a victim. However, if confronted with a threatening situation, students will have a better chance of not being harmed if they have considered possible reactions: Will they be able to scream? Are they capable of using physical force? What items do they normally carry (e.g., keys, pens, umbrellas) that could be used to defend themselves?

Keeping property is not worth endangering one's life. If a student is confronted by an armed person or someone who claims to be armed and who demands money or property, the student should give it up. A student who believes that his/her life is in immediate danger should do anything possible to escape (e.g., kick, poke, scream).

At the first opportunity, call 911 to report the incident.

### In an Emergency

The university encourages prompt, accurate reporting of crimes or suspicious incidents. Crimes or suspicious incidents may be reported on either of two campus emergency telephone systems.

All law enforcement agencies in Franklin County are part of the 911 emergency telephone system. Dial 911 from any telephone to be connected with the appropriate dispatch center for police, fire, or medical emergencies. Calls originating on campus are routed to University Police. 911 is also available from any public telephone without a coin.

The university maintains a network of over 100 emergency phones located across campus. Emergency phones can be located by looking for the blue lights on top of black posts marked "Police, Fire, Medical Emergency." These telephones may be used by anyone to report police, fire, or medical emergencies directly to University Police. No need to dial; just push the button and police officers are sent to that

area immediately. Students should learn where the phones are before they need them.

Everyone is strongly encouraged to use the emergency phones or to call 911 to report any of the following:

- a seriously injured or ill person
- a fire or smell of smoke
- something or someone suspicious
- someone hurting someone
- someone stealing something
- someone needing emergency help for any reason

## Buckeye Alert System

The Ohio State University has created a text message alert system for the public to stay informed of potential emergencies on campus. These text message warnings allow faculty, staff, students, and parents, no matter where they are located, to learn of emergency situations as soon as possible. All that is needed is a cell phone.

The Buckeye Alert System will be activated only in the event of a true emergency or when one is imminent that has the potential of placing the safety and security of the entire campus community at risk. If an emergency situation should occur, text messages will be sent out with information of the situation and instructions to help protect the community. The system will not be used as an early warning system for potentially severe weather or for notification of campus events. It will only be used when public safety and campus officials have determined that the campus community must take immediate action to remain safe and secure. In order to ensure that the system continues to work properly, it will be tested once or twice a year. During a test, subscribers will receive a test message, but besides the testing, subscribers will receive messages only in the event of an emergency.

There are no costs to sign up for the Buckeye Alert System, but there may be costs involved with receiving text messages depending on wireless service plans and providers. (Please check your wireless plan to determine whether or not you will be charged for text message services. The Ohio State University is not responsible for any costs involved with your cellular service plan or cellular provider.)

To sign up for the Buckeye Alert System or for answers to additional questions, go to [buckeyealert.osu.edu](http://buckeyealert.osu.edu).

## Sexual Assault, Stalking, Sexual Harassment, and Intimate Partner Abuse

Sexual violence—including sexual assault, stalking, sexual harassment, and intimate partner abuse—is a serious problem on college campuses and is taken very seriously by the university.

In a recent survey of college women who had been raped or sexually assaulted, nine of ten offenders were known to the victim (boyfriend, ex-boyfriend, classmate, friend, acquaintance, or co-worker).<sup>1</sup>

**It is important to realize that forced sexual conduct, regardless of the relationship between individuals, is rape and a crime.**

At least half of sexual assaults among college students involve alcohol use.<sup>2</sup> In Ohio, sexual conduct with a person whose judgment or control is substantially impaired by alcohol or other drugs is a crime and can be defined as rape or sexual battery.

There is a strong link between stalking and other forms of violence—such as physical and sexual assault—in intimate relationships.<sup>3</sup> Because stalking is not one event but rather a series of behaviors, campus stalking may be difficult to identify. What may appear to be simply bothersome attention, such as repeatedly asking for dates or frequently making unwanted phone calls, may escalate into physical or sexual violence. Four in five victims know their stalkers; most frequently the stalker is a boyfriend, ex-boyfriend, classmate, acquaintance, friend, or co-worker.<sup>4</sup>

Sexual harassment, like sexual assault, can involve many types of behavior, including unwanted displays of sexually explicit material, suggestive looks or gestures, sexual teasing or comments, exposure, or deliberate touching or physical closeness.<sup>4</sup>

**To reduce the risk of sexual violence:**

- Be assertive in setting boundaries for relationships.
- Make decisions about your own sexual boundaries and communicate them clearly to your partner.
- Pay attention to the way you feel about the way people interact with you.
- Trust your feelings about social interactions, both with strangers and with people you know.
- Watch out for friends who might be in potentially dangerous situations.
- Speak up to friends who are engaging in offensive or abusive behavior towards others.

1. Bonnie S. Fisher, Francis T. Cullen, and Michael G. Turner, *The Sexual Victimization of College Women* (Washington D. C. : U. S. Department of Justice, 2000), 24.

2. Antonia Abbey, et al. "Alcohol and Sexual Assault," *Alcohol Research & Health: The Journal of the National Institute on Alcohol Abuse and Alcoholism* 25 (2001): 43–51.

3. C. J. Kirkland, *Campus Stalking* (California Coalition Against Sexual Assault, 2002).

4. K. V. Cairns, "Unwanted Sexual Attention in University Residences," *Journal of College and University Student Housing* 24 (1994): 30–36.

### **Resources:**

- **Buckeye Region Anti-Violence Organization (BRAVO):**  
(614) 294-7864 or (866) 86-BRAVO  
Provides support for gay, lesbian, bisexual, and transgendered people experiencing intimate partner abuse, sexual assault, or stalking.
- **Columbus Police Division Sexual Abuse Squad:**  
(614) 645-4701  
If the crime occurs off campus in Columbus, Columbus Police will investigate.
- **Ohio State Sexual Violence Education and Support (SVES):**  
(614) 292-4527  
In the Student Wellness Center; provides education for the university community and support, resources, and referrals for students who have experienced sexual violence.
- **Ohio State Student Judicial Affairs: (614) 292-0748**  
In circumstances of student-on-student sexual assault, stalking, or sexual harassment, charges can be brought to the university judicial system.
- **Sexual Assault Response Network of Central Ohio (SARNCO)**  
**24-hour help line: (614) 267-7020**  
Provides information, resources, and referrals.
- **University Hospital Emergency Department: (614) 293-8333**
- **University Police: (614) 292-2121**  
If the crime occurs on campus, University Police will investigate.

### **What Students Should Know about Alcohol and Drugs**

There is a very high rate of correlation between alcohol, drugs, and crime. In some studies, a 70 percent correlation has been found between the use of alcohol and crime. Not using and/or not abusing alcohol and drugs, as well as staying away from people who do, does more than any other factor to reduce a student's chance of being a victim of or being involved in a crime.

Students should also know that it is illegal, if under 21 years old, to consume, purchase, or possess alcoholic beverages. It is illegal, if 21 years old or older, to buy, furnish, or in any way provide alcohol for someone under 21 years old.

It is always illegal, regardless of age, to have an open container of alcohol in a public place (parking lot, sidewalk, alley, athletic facility) or to consume alcohol in a motor vehicle.

It is also illegal to possess or use an altered driver's license or use the driver's license of another person to purchase alcohol. If caught, students are subject to arrest and criminal prosecution, in addition to university sanctions.

### **Bicycles Are Hot Items**

Bicycle theft is a major problem at Ohio State. In order to reduce the chance of bicycle theft, students are encouraged to follow certain precautions, listed below:

- Register your bicycle (for free). A registered bike that is lost or stolen is more likely to be found and returned. In order to register a bike, students should bring their bicycles to University Security and Protective Services, 1010 Blankenship Hall, to have a bike "bug" installed. Bike bugs, or RFID (radio frequency identification device), use the latest technology to prevent theft. This program is part of Student Affairs Risk Assessment efforts to prevent theft in the campus community. Other special markings are scheduled on campus during the quarter—watch for announcements.
- Use proper locks and cables. Recommended are the u-bolt lock, key locks of 7/16-inch hardened-alloy steel shackle, chains at least 3/8 inch thick and six feet long, and cables at least 1/2 inch thick and six feet long to allow proper locking.
- Lock the bike properly. Position the lock as high off the ground as possible and lock both wheels and frame to the bike rack.

Do not lock bicycles to railings, fences, or trees. Bicycles blocking handicap access, pedestrians, or grounds keepers will be impounded.

Traffic laws apply to bicycles, too. Due to the many automobiles, bicycles, and pedestrians on campus, it is important that everyone obey traffic laws. Cyclists are reminded that riding on sidewalks is not only inconsiderate and dangerous, but illegal. Ride in the street or on designated bicycle paths. When riding in the street, obey all traffic laws. This includes stopping at stop signs and traffic lights, riding on the right side of the road with traffic, not riding the wrong way on one-way streets, and riding with lights and reflectors after dark. Bicycle traffic laws are enforced by University Police.