Keeping Yourself Safe on Campus

College is an exciting place and NOVA’s police work hard to maintain a safe and secure campus learning environment. NOVA’s campuses are safer than their surrounding communities. However, crime does occur and it is incumbent upon NOVA students, faculty and staff to remain vigilant to deter crime and to provide information to assist police in responding to crimes that occur on campus.

There are many things you can do to keep yourself safe:
- Program the Police Department’s dispatch number into your cell phone. You can reach us 24/7/365 at (703) 764-5000.
- If you need an escort to your vehicle, call dispatch and an officer will be sent to help you.
- Register for NOVA Alert https://alert.nvcc.edu; it only takes a few moments and you’ll be the first to know of any emergencies occurring on campus.
- Learn the locations of call boxes outside (look for a blue light) and inside buildings. When you contact dispatch with an emergency, the police will know your exact location.
- Review the College’s Annual Security Report www.nvcc.edu/current-students/police/college-safety-report/crime-statistics/index.html. This report, submitted each October to the U.S. Department of Education, surveys the types of crime that occurred the preceding year on each campus; security steps in place to protect you; and other crucial information such as Sexual Assault Services (703) 338-0834 and the College’s alcohol, drugs, and weapons policies.
- Attend periodic training sessions (e.g., women’s self-defense, identity theft, and active shooter response) offered by NOVA police. These events are listed on the Police Department’s blog http://blogs.nvcc.edu/police/.

Here are a few additional tips:
- Keep your property with you at all times. The most prevalent crime reported to us is larceny. Do not leave your textbooks, iphones, and laptops unattended; not even for a few seconds. Put identifiers on all your property. The police can assist you with this.
- If you will be staying on campus after dark, park under lights in the parking lots. If possible, do not walk to your vehicles alone and remember the police are available to escort you. Just call dispatch.
- Trust your instincts. If you see something that doesn’t seem right, say something!
- Welcome (back) to NOVA. The Police Department wishes you a safe and productive year. If there is anything we can do to keep you secure, please contact us.

“If You See Something, Say Something”
Police Dispatch (703) 764-5000
Stalking is one of the most insidious problems facing women and, to a lesser extent, men on campus and in society in general. Stalking refers to unwanted contact or attention by an individual which causes fear in another. Stalking is unwanted pursuit, following, or harassment. To harass means to engage in a course of conduct directed at a specific person that causes substantial emotional distress. Stalkers, who may be male or female, use various and multiple means to stalk their victims. These means include numerous and unwanted telephone calls, texts or emails; leaving notes on doors or windshields, “coincidental, chance” meetings on multiple occasions; and following or watching an individual.

The odds are that almost one in 10 women and one in 50 men will be stalked in their lifetime. Almost 60% of females are stalked by an intimate partner and of these, approximately 80% and 30% respectively are assaulted physically and sexually.

Often stalkers and their targets know each other; but sometimes they are strangers. Many stalking victims have early misgivings about the stalker prior to the onset of intrusive behaviors. This is the best time to address the problem. It is common, though, to minimize the behaviors at first because they may not seem to be illegal. Finding love notes on your desk or car is not illegal. Receiving flowers from someone is not illegal. BUT the conduct as a course of action is stalking! Those targeted are often too afraid to identify the behavior as unwanted, especially when the stalker is in a position of authority or friends and family consider the incidents “thoughtful”. Victims fear taking an early firm stand and possibly ‘hurting someone’s feelings.’ However, prompt action is better than to risk being terrorized by that person in the future.

Victims of stalking are traumatized and often feel helpless, out of control, and fear. Most stalking victims need support from an outside person, such as a friend or family member. It is easier, however, to reach out to a professional for advice and information. NOVA’s Sexual Assault Services (SAS) assists our community with stalking, dating/partner violence, and sexual assault. The SAS phone is answered 24 hours a day. It is critical to reach out early to get the help you need and to gain advice about making a police report.

Stalking is against the law! If you are in immediate danger, call 911. To make an official report, contact NOVA’s Police Department (703) 764-5000. The Police can initiate criminal charges and assist you in getting a protective order.

If you are being stalked, here are several things you should do:

- Contact NOVA’s Sexual Assault Services (703) 338-0834 for assistance and support.
- Develop a safety plan. Find an alternative place to stay or have family and friends escort you to places. NOVA’s police will escort you on campus.
- Do not respond to the stalker in any way. Stalkers gain from every communication.
- Retain evidence of stalking, such as emails, notes, texts, voicemails, letters and gifts.
- Keep a detailed record of the times and places stalking occurred and identify any witnesses. Your log can be used if criminal charges or NOVA administrative sanctions are initiated against the stalker.

Stalking is a serious and dangerous crime and we take it seriously at NOVA. Be alert to your surroundings, trust your instincts, take all threats seriously and call NOVA’s SAS and Police if you are a victim.
Active Shooter Response Training

In light of recent Active Shooter incidents, such as in New York’s Empire State Building and another in Baltimore County, we should all think about measures to keep us safe and secure. The NOVA Police Department is offering an Active Shooter Response briefing to the NOVA Community. It is recommended to all who have not had this training to register and prepare themselves for this situation if it were to occur at NOVA. Below are dates and locations of the upcoming training, along with registration directions.

**Topics Include**

- What is an Active Shooter?
- Statistics/case studies
- NOVA’s response to the Woodbridge shooting
- Police and OEMP responsibilities and capabilities
- Tips on how to protect yourself and others
- Building/room walkthroughs
- Resources

**Dates/Times**

- Annandale - September 11, (Early Session) CE- President’s Dining Room ( Noon—2 PM)
- Annandale - September 18, (Late Session) CT-330 (4 PM—6 PM)
- Alexandria – September 25, (Early Session) AA-158 (Noon—2 PM)
- Alexandria - October 3, (Late Session) AA-158 (4 PM—6 PM)
- Woodbridge - October 9, (Early Session) WC-104 (Noon—2 PM)
- Woodbridge - October 16, (Late Session) WC-306 (4 PM—6 PM)
- Manassas - October 23, Parrish Hall RM 238 (12:30 PM—2:30 PM)
- Manassas - October 24, MP Building RM 239 (4 PM—6 PM)
- Loudoun - October 30, LR-274 (12:30 PM—2:30 PM)
- Medical Education - November 13, RM 252 (Noon—2 PM)

This training is open to all. Due to space limitations, you must reserve your seat in advance. Contact Officer Tony Ong, NOVA Police Community Outreach Officer, via email at Tong@nvcc.edu to register or to answer any questions.

**Upcoming Outreach Events/Training**

NOVA Police are participating in the Drug Enforcement Agency (DEA) Drug Take-Back initiative. Bring unwanted and expired medications to the Annandale Campus on September 29 to have your drugs disposed of properly.

(No Syringes)

**Drop Off Location:**
NOVA— Annandale Campus, CA Building Main Entrance
8333 Little River Turnpike
Annandale, VA 22003

Contact Community Outreach Officer Tony Ong if you have any questions at Tong@nvcc.edu or visit this website http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html.
Registration for SAFE—Women’s Self Defense Class

Sexual Assault Free & Empowered (SAFE) is a free women’s self-defense program offered by NOVA’s Police Department. SAFE is dedicated to empowering women with knowledge to reduce the occurrence of and respond to sexual assault crimes. The program provides effective options by teaching women to take an active and positive role in their own self-defense and psychological well-being.

Registration information:
Dates: Sept. 29 and Oct. 6 *MUST ATTEND BOTH DAYS FOR COMPLETE TRAINING*
Time: 8 AM—Noon
Place: Medical Education Campus (MEC), Room 256
6699 Springfield Center Drive
Springfield, VA 22150
Contact: Officer Tony Ong if you have any questions or want to register. Tong@nvcc.edu

Special Olympics Dulles Plane Pull

On September 22 from 11 AM—4 PM, NOVA’s Loudoun Campus will host the 2012 Dulles Plane Pull event for “Team NOVA”. All proceeds from this event will go to the Special Olympics. Team NOVA is seeking six NOVA faculty, staff, and students along with 20 volunteers. Anyone interested should contact Officer Tony Ong, Tong@nvcc.edu, and provide the information below. Registration will be on a first-come, first-served basis. Please indicate if you are signing up as a puller or volunteer.

- Full Name
- Email
- Contact Number
- T-shirt size (for pullers only)
- For additional event information, visit: http://planepull.com/

Other festivities include: Kids bus pull, car show, aircraft display, vendor displays, food and drinks

Come out and meet new friends from NOVA and the community. Bring family and friends to cheer on Team NOVA.

Hurry and Register! Plane puller space is limited!