

by Kathleen Baty



The Safety Chick

# COLLEGE SAFETY 101

Miss Independent's Guide to  
Empowerment, Confidence, and Staying Safe

DORM LIFE

DATING

STUDYING ABROAD

ROAD TRIPS

GOING GREEK

SPRING BREAK

PARTIES

SELF-DEFENSE

AND MORE

*Kathleen Baty*

**College Safety 101: Miss Independent's Guide to Empowerment, Confidence,  
and Staying Safe**



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A must-have for every young woman headed off to university, this comprehensive guidebook to personal safety covers everything from daily lifestyle to more serious threats on campus. She also advises on sexual harassment, domestic violence, and self-defense. Safety professional and speaker Kathleen Baty offers young women essential information for safeguarding themselves in the dorm, at parties, on Facebook, during springtime break, and while studying overseas. Written in a friendly, accessible tone, and filled with checklists, personal anecdotes from learners, safety secrets, and invaluable assets, College Safety 101 is the handbook every college student needs on her behalf nightstand, and a priceless gift for high school grads.



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Need to Know Info. Great Book - If She'll Read It This book contains a whole lot of practical safety tips.. Overall this is an excellent book for a young woman to read before moving away from home for the very first time... Not extremely well written. This reserve discusses the different types of situations college students could find themselves in and options in the way to handle it. Normally I use the internet to find a topic I'm interested in but I made a decision to read this publication because I'll soon have college age students in the family members and I wanted to discover if the contents would warrant purchasing as something special. Great intro/details about the Cleary Action & College Protection 101 pb: Miss Independent's Guidebook to Empowerment, Confidence, and Staying Safe Not only do I end up purchasing even more (this one was free) but I also obtained knowledge useful for me, a single mom, in addition to information to discuss with my teens. That doesn't take apart from this content though in fact it is a convenient reference for each and every young girl to have. Parents can find out about the newer techniques criminals and predators are employing to prey on our adults, anyone living by themselves can gain safety and security information in addition to self defense tips and teens just beginning to time can find an abundance of information to keep themselves safe and sound. A lot of the reserve is on how best to secure yourself while partying. After reading this book I today know how to tell if a hailed cab is actually an endorsed/authorized cab just by checking for a few things immediately when you are getting into the automobile. A whole lot of it though, can be stuff that I instruct my kids from enough time they hit preschool... It covers the risks of social networking, the web and ID theft; My 20YO found most of it to be obvious. as others have noted, a bit "preachy" Much good info, but I was defer by the merchandise endorsements..is among the more useful and informative books I've browse in quite some time.. A lot of advice I bought this book for my college bound daughter. . . but for many that's not so likely; Would be nice if there was an updated edition that included some safety guidelines for technology also. talks about resisting peer pressure regarding drinking, drugs and sex;. Also great emphasis on the ginormous problem of acquaintance rape r/t modified states of consciousness. Links to websites not absolutely all working, therefore there's an "expiration day" issue with that reference. In all a mixed handbag, but a good place to start. This is an excellent book, but at the moment it really is outdated . roomates - not generally found elsewhere.. This is an excellent book, but at this time it is outdated so far as social media and the internet is concerned. in the end, this is "separation" time for these maturing adults. Tips about identity theft for just one. However, I have spoken with a lot of young females who don't like to read, think books like this are "lame" and wouldn't become impressed. This book covers all of the topics that most folks with some life knowledge understand how to handle, however the invincible 18-season old might not - despite the fact that the 18-year old tells you they "know everything." My niece doesn't seem to listen to anyone over 20 (evidently the new 30) with regards to college assistance, but her Mom explained she discovered her cracking the cover of the book a couple weeks after I bought it. It's a terrific way to to subtly slide in info on subjects a new college student (especially female university students) must know, but may not listen to from an adult trying to inform them something. Covers from drink protection at parties to traveling for springtime break to dealing with roommate issues. Really worth the amount of money! And about keeping parents informed . It's a life-changing guidebook and a great go through for beauty queens, budding Phi Beta Kappas, and everyone in between. Now if just I could get her to learn it. advice to connect with any college/university Police dept as a reference.. A Life Changing Guidebook. There are several other options for mobile phone apps because of this new techno-savvy/dependent generation [as well as various other safety "devices"]. The media is replete with advice on qualifying academically for a college education, for financing tuition and additional costs;. even how exactly to navigate the sociable/sorority rush cycle. She turned that crime right into a positive life-design choice that she has shared with a huge selection of young ladies.Kathleen Baty offers a richly extensive manual for fledgling coeds in "College Safety 101", a briskly written, entertaining but no-nonsense guide to sociable fulfillment on campus and personal safety in

virtually every environment. It's written in a breezy design that appeals to teenagers - they get more than enough boring lectures from their parents. It's got a whole lot of great information. She examine it and agreed that it is a very useful book. Yes, College Safety 101 may be the initial "required reading" book the incoming freshman should devote her book bag. A great gift I'll be giving to the faculty bound granddaughters of my close friends. I know Kathleen was compelled to create this publication, as she was her first one, because of her personal connection with being a kidnap victim. But none of this gets to the visceral issue for the feminine college student away from home for the first time: how to assure her well-becoming amid an often-bewildering, occasionally dangerous array of problems and temptations on today's college campuses and unpredictable surrounding communities.. Furthermore, there can be something in this compellingly readable reserve for mothers and grandmothers aswell. Overall it really is a helpful book and an excellent gift for someone heading off to college. I know my friends worry about their grandchildren going off into the " new world " of college existence, certainly they'll rest much easier if this reserve goes off with them. Two Stars Covers a lot.. Some shoddy suggestions..Until you are met with certain situations such as intimidation, harassment, being followed or stalked, you merely don't know how you will react. She is an expert about them and drags out from the shadows the filthy tricks and harmful encounters every student must be awarer of. Five Stars Great condition! For our college aged daughters I got this book clear of the Amazon Vine System, in trade for writing a review. Our daughter is just about to head off to college, so after I read this book I gave it to her. Don't leave home without it!From credit cards to doctored cocktails, "College Safety" tackles the rough places awaiting every campus newcomer.Wasn't it Ben Franklin that once stated "An ounce of prevention will probably be worth a pound of treatment"? addresses personal security at ATMs, pubs and parties; handles creepy roommates, sexual harassment and stalkers; Good info about leases & and addresses date rape, STDs, self-defense. Most importantly it stresses the importance of hearing the voice in their head that is saying a situation isn't safe. The writer gives example scenarios of different complications, and explains the right and wrong way to handle it.. A few of the info they've (ideally) been hearing from their parents given that they were small. But some issues they might not need been exposed to and this book will plant the seed within their brain to keep them conscious.. The publication contains a lot of information such as this, some you may never need but certainly worth knowing if conditions arise. College Safety 101 includes many ounces, or in this instance pages, of avoidance!This book could possibly be used by many individuals, not just college students. Perfect book for brand-new college student who "knows everything" Buy this book for a higher school grad who's headed to university in the fall and the grad's parents will many thanks!I would never have imagined a criminal pretending to be always a cab driver. If a lady thinks that it is fine to go to college and drink and party, then this book won't protect her. I'm adult with kids of my very own and by no means could realize why people can't celebrate without being inebriated. The financial discussions are simple but it's stuff that parents forget to mention and teens occasionally forget parental suggestions. The book also discusses things like pepper spray for physical self-defense. This is ill-advised because any weapon you carry can also be used against you - and often are.



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