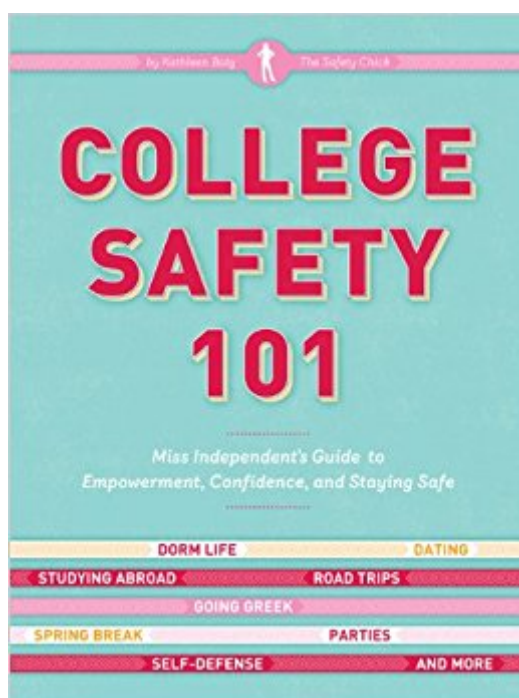


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College Safety 101: Miss Independent's Guide To Empowerment, Confidence, And Staying Safe



Synopsis

A must-have for every young woman headed off to college, this comprehensive guide to personal safety covers everything from daily life to more serious threats on campus. Safety expert and speaker Kathleen Baty offers young women essential advice for protecting themselves in the dorm, at parties, on Facebook, during spring break, and while studying abroad. She also advises on sexual harassment, domestic violence, and self-defense. Written in a friendly, accessible tone, and packed with checklists, personal anecdotes from students, safety secrets, and invaluable resources, College Safety 101 is the handbook every college student needs on her nightstand, and a priceless gift for high school grads.

Book Information

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[Personal Health > Depression & Mental Health](#) #631 in [Books > Health, Fitness & Dieting >](#)

[Safety & First Aid](#) #912 in [Books > Education & Teaching > Schools & Teaching > Student Life](#)

Customer Reviews

I am so excited and proud of this book! What is so special about College Safety 101:Miss Independent's Guide to Confidence, Empowerment and Staying Safe are all of the experts that contributed to the book...for example in the Sexual Harassment Chapter, Bernice Sandler is one of the pioneers who help create the first Sexual Harassment Laws that ultimately evolved into Title IX, in the Campus Safety Chapter, both Chief Susan Reiseling of Univ. of Wisconsin and Chief Annette Spicuzza of UC Davis give valuable tips on what to do if an Active Shooter is on Campus, Trinkia Porata of Project GHB tells you everything you need to know about Date Rape Drugs, just to name a few. My writing style is easy to read, conversational, and hopefully entertaining to the reader!! The ultimate goal of my book is to teach young woman Street Smarts BEFORE they have to learn it the hard way. Caring about your Personal Safety is the

greatest gift that you can give yourself. I hope every young woman out there will get a copy and learn to live with Strength, Courage and Common Sense!Â Â Thanks so much, Kathleen Baty aka The Safety Chick

"This is a must-read for every young woman headed off to college, and any parent, and for any college student in general!"--Montel Williams, TV Host, Producer and New York Times best-selling author"Kathleen Baty, The Safety Chick", has compiled an excellentÂ Â resourceÂ Â for women headed off to college. No matter if you are living in a dorm or residence hall, or commuting from home, her book will help you stay safe on and off campus. By using her direct, no nonsense tips, women everywhere will be prepared for anyÂ Â situation."--Chief Ron Levine, President of the California College and University Police Chiefs Assoc.

Much good info, but I was put off by the product endorsements. There are many other options for phone apps for this new techno-savvy/dependent generation [as well as other safety "devices"]. Great intro/info about the Cleary Act & advice to connect with any college/university Police dept as a resource. And about keeping parents in the loop . . . but for many that's not so likely; after all, this is "separation" time for these maturing adults. Good info about leases & roommates - not usually found elsewhere. Also good emphasis on the ginormous issue of acquaintance rape r/t altered states of consciousness. Links to websites not all working, so there's an "expiration date" issue with that resource. In all a mixed bag, but a good place to start.

College Safety 101 pb: Miss Independent's Guide to Empowerment, Confidence, and Staying SafeÂ Â is one of the more useful and informative books I've read in quite some time. Normally I use the internet to search a topic I'm interested in but I decided to read this book because I will soon have college age students in the family and I wanted to see if the contents would warrant purchasing as a gift. Not only did I end up purchasing more (this one was free) but I also gained knowledge useful for me, a single mom, as well as information to discuss with my teens. This book could be used by many individuals, not just college students. Parents can learn about the newer techniques criminals and predators are using to prey on our young adults, anyone living on their own can gain safety and security information as well as self defense tips and teens just beginning to date can find a wealth of information to help keep themselves safe and secure. I would never have imagined a criminal pretending to be a cab driver. After reading this book I now know how to tell if a hailed cab is truly an endorsed/approved cab just by checking for a few things immediately as you

are getting into the automobile. The book contains a lot of information like this, some you may never need but certainly worth knowing if circumstances arise. Until you are confronted with certain situations such as intimidation, harassment, being followed or stalked, you just don't know how you will react. This book discusses the different types of situations students may find themselves in and options in how to handle it. Wasn't it Ben Franklin that once said "An ounce of prevention is worth a pound of cure"? College Safety 101 contains many ounces, or in this case pages, of prevention!

The media is replete with advice on qualifying academically for a college education, for financing tuition and other costs; even how to navigate the social/sorority rush cycle. But none of this gets to the visceral issue for the female college student away from home for the first time: how to assure her well-being amid an often-bewildering, sometimes dangerous array of challenges and temptations on today's college campuses and unpredictable surrounding communities. Kathleen Baty provides a richly comprehensive manual for fledgling coeds in "College Safety 101", a briskly written, entertaining but no-nonsense guide to social fulfillment on campus and personal safety in virtually every environment. From credit cards to doctored cocktails, "College Safety" tackles the rough spots awaiting every campus newcomer. It's a life-changing guidebook and a fun read for beauty queens, budding Phi Beta Kappas, and everyone in between.

Buy this book for a high school grad who is headed to college in the fall and the grad's parents will thank you! This book covers all the topics that most of us with some life experience know how to handle, but the invincible 18-year old may not - even though the 18-year old tells you they "know it all." My niece doesn't seem to listen to anyone over 20 (apparently the new 30) when it comes to college advice, but her Mom told me she found her cracking the cover of this book a few weeks after I bought it. It's a great way to subtly slip in information on subjects a new college student (especially female college students) needs to know, but might not listen to from an adult trying to tell them something. Covers everything from drink safety at parties to traveling for spring break to dealing with roommate issues. Well worth the money!

Yes, College Safety 101 is the first "required reading" book the incoming freshman should put in her book bag. An invaluable gift I'll be giving to the college bound granddaughters of my friends. I know Kathleen was compelled to write this book, as she was her first one, because of her personal experience of being a kidnap victim. She turned that crime into a positive life-style choice that she has shared with hundreds of young women. She is an expert on the subject and drags out of the

shadows the dirty tricks and dangerous encounters every student needs to be aware of. In addition, there is something in this compellingly readable book for mothers and grandmothers as well. Tips on identity theft for one. I know my friends worry about their grandchildren going off into the new world of college life, certainly they will rest easier if this book goes off with them.

Kathleen Baty has written a great book which is the perfect gift for a daughter going away to school. As a parent, one of the biggest fears is when your daughter leaves home for the first time. Even though you may have done everything you can to protect her while she was younger, it's now time for her to leave home... How do you protect her? Kathleen's book is an excellent source of information to help your daughter, niece, or god daughter stay safe! Each of the chapters can be read separately. Though they tie together, Kathleen designed the book the chapters to be used when needed. This makes it easier, especially for my daughter, to focus on the information she needs now, as opposed to reading the entire book. Again, this is a great going away to school gift!

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Confidence: Gaining the Confidence You Need to Succeed in Life.: Easy Tips & Tricks on How to become more Self Confident and Gain Creative Confidence (Confidence: ... Person You've Always Wanted to be. Book 1)
Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence)
Staying Safe on My Bike (Safety First) Safety at School (Staying Safe) Charisma: Discover How to be More Charismatic, Enhance Your Social Skills and Create a Magnetic Aura: Confidence Hacks (Charisma, Confidence, Self Confidence, ... Influence, Persuasion, Mind Hacks, Book 7)
U Chic: The College Girl's Guide to Everything: Dealing with Dorms, Classes, Sororities, Social Media, Dating, Staying Safe, and Making the Most Out of the Best Four Years of Your Life
Empowerment Series: The Skills of Helping Individuals, Families, Groups, and Communities (Cengage Learning Empowerment Series)
Fullpower Safety Comics: People Safety Skills for Teens and Adults (Kidpower Safety Comics)
Kidpower Youth Safety Comics: People Safety Skills For Kids Ages 9-14 (Kidpower Safety Comics)
The Kids' College Almanac: A First Look at College (Kids' College Almanac: First Look at College)
Georgia Irvin's Guide to Schools: Metropolitan Washington, Independent and Public / Pre-K through 12 (Georgia Irvin's Guide to Schools: Selected Independent)
The Dyslexia Empowerment Plan: A Blueprint for Renewing Your Child's Confidence

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