

Don't Let a Con-artist Rip You Off

Many con-artists prey on people's desires to find miracle cures for chronic conditions and fatal diseases. To outsmart con-artists remember:

1. If it sounds too good to be true, it probably is.
2. Don't let greed or excitement overcome common sense. Wait 24 hours and consult a trusted friend, family member or lawyer before making any important decisions.
3. Be wary of high pressure tactics, need for quick decisions, demands for cash only, or high-yield-low-risk investments.

Take a Stand

- Join or help organize a Neighborhood Watch group. Make sure the meeting sites are accessible to people with disabilities.
- Work with local law enforcement to improve responses to all victims or witnesses of crime. Role-play how people with disabilities can handle threatening situations.
- Work with rehabilitation centers and advocacy groups to offer a presentation to schools and other community organizations on the needs or concerns of individuals with disabilities.

BLACKBOARD CONNECT INFORMATION UPDATE

Update your information in Web Advisor to ensure that you get voice, text and/or email notification when emergencies occur and notices are sent out. If your information is not updated, you may not receive notification, or critical information, that will assist you during an emergency.

Access Web Advisor from your college web homepage:

<https://valleycollege.edu/webadvisor>
<https://craftonhills.edu/webadvisor>

- Click "WebAdvisor" from the "Quick Login" menu
- Click the "LOG IN" link on the WebAdvisor home page and enter your user ID.
- When you see your name click the "Student" or "Employee" box on the right. NOTE: If the box is not colored your are not logged in correctly.
- Under User Account click on "Contact Information."
- Enter name, address, phone number, and type of notification you want to receive: voice only, voice and text, or email.
- If you are not able to update your information please contact 877.241.1756 for help.



SBCCD Police 909.384.4491 Rev 03/13



San Bernardino Community College District
Police Department

Crime Prevention Tips
for People with
Physical Disabilities



Look Out For Yourself:

- Be cautious and aware of your surroundings, whether on the street, in an office or classroom, or while shopping.
- Stay alert when driving, or waiting for transportation.
- Act like you are calm, confident, and know where you are going.
- Be realistic about your limitations. Avoid places or situations that put you at risk.
- Know the neighborhoods where you live, work and go to school. Check out the locations of police and fire stations, public telephones, hospitals, restaurants or stores that are open and accessible.
- Avoid establishing predictable activity patterns. Vary your daily routines. By altering your schedule, you decrease your vulnerability to crime.

Before You Go On Vacation:

- Plan ahead. If you're traveling by car, plan your route and have your vehicle checked by a trusted friend, family member, or mechanic.

- Give someone you trust your itinerary and contact information. They should know when you expect to arrive at your destination, and when you will return home.
- Leave the number of your passport, driver's license, credit cards, and travelers' checks with a trusted person.
- Put lights and a radio on timers to create the illusion that someone is home while you are away. Leave shades, blinds and curtains in normal positions.
- Stop mail, newspapers, and deliveries or ask a neighbor to take them in.

At Home:

- Install approved locks on all your doors. Sturdy deadbolt locks are the best. Make sure you can easily use the locks you install.
- Install peepholes on front and back doors at your eye level. This is especially important if you use a wheelchair.
- Get to know your neighbors. Watchful neighbors who look out for you, as well as themselves, are a frontline defense against crime.
- If you have difficulty speaking, have a friend record a message (giving your name, address, and type of disability) to use in an emergency.
- Ask your police department to conduct a free home security survey to help identify your individual needs.

Out And About:

- Whenever possible, go with a friend.
- Stick to well-lit, well-travelled streets.
- Avoid shortcuts through vacant lots, wooded areas, parking lots or alleys.
- Let someone know where you are going and when you expect to return.

- Carry a purse close to your body—not dangling by the straps. Keeps wallets inside a coat or pants pocket.
- If you use a wheelchair, keep your purse or wallet tucked between you and the inside of the chair.
- If you use a backpack, make sure it is closed securely.
- Always carry your medical information.
- Consider carrying a portable cell phone with you.

On Public Transportation:

Use well-lit, busy stops. Stay near other passengers. Sit by the driver.

Stay alert! Do not sleep or daydream!

If someone harasses you, make a loud noise or say, "Leave me alone." If that does not work, hit the emergency signal on the bus or train.



Due to the physical challenges people with disabilities face, would-be assailants assume these individuals are incapable of protecting themselves.