



August 11, 2011

Dear College Freshman:

The Manhasset Community Coalition Against Substance Abuse wants to extend our best wishes to you and your families at this time of new experiences, new friendships and new opportunities.

For many, college is the first time you will have complete freedom to do the things you want to do, whenever you want to do them. Recognize that your SAFETY is the most important issue of college life, keep these tips in mind:

1. Know your surroundings and trust your instincts.
2. Keep phone numbers of campus security in your cell phone.
3. Lock your door. Do not loan your keys.
4. Do not accept drinks from others. Watch your drink at all times, alcohol or other!
5. When you go out, let someone know where you are going and when you plan to be back.
6. Do not prop your doors.
7. Use caution when posting personal information.
8. Know the crime statistics of your school and be cautious.
9. Don't be afraid to report anything to campus police or call for a ride if you feel unsafe.
10. If you are going to a party with alcohol and plan on drinking, make sure you bring a friend. Do not leave without your friend knowing where you are going and with whom.

Manhasset CASA encourages you to be safe and make life what you want it to be. You want this to be your life...your decisions. Don't let alcohol and drugs get in the way.

Good luck, study hard and have fun!!!!