Spring Break Safety Tips

University of Pittsburgh
Public Safety & Emergency Management

Safety in Numbers
- If you’re traveling with a group of friends, stick together. It’s easy to lose track of friends when you’re at a party or another crowded spot. Agree to keep an eye on each other.

Social Media Smarts
- Think twice before checking in somewhere on Facebook or tweeting details about your party plans for the night for anyone to see. You could be putting your safety at risk. Adjust your social media privacy settings and use good judgment.

Drink Responsibly
- If you choose to drink, follow local laws and know your limits. Alternate alcoholic beverages with water to stay hydrated and never leave your drink unattended. Don’t accept drinks from anyone that you don’t know or trust.

Safe Sex
- Protect yourself if you choose to engage in sexual activity. Understand the definition of consent and respect it.
- (Consent: an informed, affirmative decision made freely and actively by all parties to engage in mutually acceptable sexual activity. Consent is given by clear words or actions and may not be inferred from silence, passivity, or lack of resistance alone.)

Money Wise
- Make a list of all your credit/debit cards and their numbers. This will assist you and the police if they are stolen. Don’t carry large amounts of cash, but do set some aside in case of an emergency.

Going Abroad
- If you’re spending spring break outside of the U.S., visit the U.S. Dept. of State website to monitor travel alerts and warnings issued by the government.