

Environmental Wellness

Safety is a key component of environmental wellness – you need to feel safe to be able to free your mind and think; to ponder and contemplate your studies. University Police is a part of that safety net but your safety is enhanced when you take responsibility for your own safety. Are you aware of your surroundings? You are in an adult environment and it is safer if you are aware and knowledgeable of your campus community.

Laws, rules, and regulations are set in place with consideration of your safety and well-being. While primarily physical, there are also aspects of ethical and moral safety standards as well. How do you treat others? How do you expect to be treated by others? What is not acceptable in a given community and what is acceptable?



University Police are fully certified and accredited, which provides you with excellence in police services. University Police are on patrol 24/7 all year round. UPD's main contact number is (631) 632-3333. This number can be used for all emergency and non-emergency related calls. People tend to feel comfortable when they are in familiar surroundings. Have you looked for the blue light phones along the routes you use on campus every day? Have you joined SB Alert and SB Guardian? For more information on these safety precautions, please visit www.stonybrook.edu/police.

Questions to consider:

- Do you prop open doors that should be locked?
- Do you drink underage or give alcoholic beverages to minors?
- If you found a wallet, would you turn it in or keep the money?
- Would you call the Police if you saw someone being kicked and punched?
- Where do you draw the line?
- Will you lend a hand and make a difference in the world?

It is in kindness and consideration for others that we find our humanity. As for wellness and comfort, there is a payoff for following laws, rules, and regulations of society and a community.

- Financially, you will have learned to earn your own way and gain self-respect.
- Academically, you can appreciate the fact that your accomplishments are your own.
- Spiritually, you would be a "Good person".
- Physically, your safety and the safety of those around you will be greater.
- Socially, you will be an asset to your community.
- Interpersonally, you will be trusted and your word will carry strength.

- Emotionally, you will feel peaceful and will be able to look at yourself with comfort.