



Take care, be aware and do the right thing.

cmich.edu/takecare

Help CMU to 'Take Care'

It's a simple thing – Take Care involves making sure your friends and the people around you are doing OK.

While you may be doing a great job of staying safe and healthy yourself, take a moment to think about how you can do your part to take care of your friends and fellow students, too.

Through Central Michigan University's Take Care initiative you are encouraged to observe what is going on around you, notice potentially serious situations and respond to the best of your ability to influence a better outcome.

Philosophy of bystanderism

You're probably already familiar with some of the dangers involved with college life – drinking-related accidents, sexual assault and suicide are a few of the unfortunate realities that college students across the country face on a daily basis.

When people are faced with a potentially dangerous situation, the result is a sociological phenomenon known as bystanderism. Bystanderism is the inaction of people who observe a hazardous situation, but feel that they cannot do anything to help.

This feeling is made worse when people fear that they will do the wrong thing. And many people will (wrongly) assume that someone else will jump in and help out if they do not.

Throughout history, there have been several well-documented events of people who suffered severe trauma and even died while people stood around and did nothing.

Let's make sure this does NOT happen on our campus and in our community.

Components of Take Care

There are five key components involved with Take Care:

- Concern for others
- Knowledge
- Ability to act
- Awareness of others
- Confidence

Don't just stand there – help someone out

Here are a few of the simple and easy things you can do to help take care of others:

- It might seem hard the first time around, but get used to asking people around you, “Are you OK? Do you need some help?” It’s better to risk looking foolish than to be the person who could have done something to assist a person in need.
- Don’t let your friends drive drunk – or even buzzed, under any circumstances. Call a cab, find a designated driver or offer to walk them home.
- Remember the buddy system. Don’t leave a friend alone at a party or with people you don’t know. They may argue with you. Be firm and persistent.
- If a roommate or someone you see looks or acts depressed or sick, take a minute to ask them how they’re doing. Gently refer them to a resident assistant or CMU’s Counseling Center.
- Bullying is childish – don’t tolerate people making fun of others’ differences. Do the right thing and stick up for other people.



Resources

CMU and the city of Mount Pleasant offer a number of resources for people who need assistance.

- Emergency: 911
- CMU Police: 989-774-3081
- McLaren Central Michigan: 989-772-6700
- Mount Pleasant City Police Department: 989-779-5100
- Sexual Aggression Peer Advocates (SAPA) – 24-hour crisis line: 989-774-2255
- University Health Services: 989-774-5693
- CMU Care Team's Care Line – a confidential phone line to address concerns related to student safety and well-being: 989-774-2273
- CMU Counseling Center: 989-774-3381
- Mount Pleasant Listening Ear – 24-hour crisis hotline: 989-772-2918
- Safe Rides: 989-774-4357
- Student Ombudsman: 989-774-3010

Thank you!

At CMU, we are proud of our culture of caring. Thanks for doing your part to Take Care.

For more information on this initiative, visit the website cmich.edu/takecare.

CMU, an AA/EEO institution, strongly and actively strives to increase diversity within its community (see cmich.edu, keyword: AAEO).

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