



Hingham CARES is pleased to share the following words of wisdom with students heading to college. They come from Trooper Jessie Barbosa who is a state trooper with the Massachusetts State Police. Prior to that she worked as a victim witness advocate for the Suffolk County District Attorney and also worked in campus safety at a local university.

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FOR STUDENTS

If you are going to partake, do it in a safe manner.

Have a plan in place, especially if you are going to go to an off-campus party.

Share your location with a trusted friend.

If you're going to be driving, take turns being the designated driver.

Have a plan to getting home before you go out.

If you're going to go out, stick to well-lit areas.

If you're going to go in groups, come back in groups.

If you're at a party and you are drinking, make sure that you don't put your drink down. And if you are going to have that drink and you put it down, don't go back to it. Don't drink that drink because you never know what has been put inside that drink.

Someone can't legally consent if they're drunk or high.

Always know that you can always change your mind. Especially if you are intoxicated. It's always okay to change your mind. And once you change your mind and say no, no is no.

If at any point if you or a friend is in danger, you can call the police and ask for help.

If you're trying to help a friend, you will not get in trouble.

It's better not to wait. Because when you do wait and something is dangerous or somebody is passed out to the point that you find that their state is dangerous, then if you wait, it could be worse.

Never feel scared to call the police because they are there to help you.