



Lincoln University

Annual Security Policy &

Guidelines

For CY 2025

Publication Date: January 13, 2026

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Introduction

Lincoln University presents this report to the university community so that it can be used as a guide for exercising safe practices both on and off campus. The University has established a practice where this report is sent to every enrolled student, faculty member, and staff through their LU e-mail. In addition, this report is available on the LU website.

Lincoln University is committed to having a culture that promotes safety and security for all members of the University community that includes students, staff, faculty, and visitors.

This report will provide the Lincoln community with information on reported crime for the calendar year within 500 feet of the main campus building and that data reflects the close proximity of the DI lab, library, and athletic department building to the main building.

Lincoln encourages you to read this information and think of how it can help you and the Lincoln community prevent and protect yourself against crime. For more information or questions regarding this document please contact the Administrative Vice-President's office.

Reporting a Crime

To prevent crime and to have a safe environment on campus, the University encourages you to report all crime, suspicious activity, and hazard situations immediately. You can report these incidents to staff members stationed at the entrance to our three buildings who screen everyone who enters these buildings. In addition, you can report these types of incidents to Student Services, the Admissions and Registrar's Office, the Marketing and Application's Office, the Finance/Accounting office or any other administrative office. You can also report criminal activity directly to the Oakland police department (OPD). Call 9-1-1 for emergencies or dial 510-777-3333 for non-emergencies. OPD is responsible for all criminal investigations and law enforcement tasks pertaining to Lincoln because Lincoln is located within the Oakland city limits.

EMERGENCY SERVICES for Oakland Campus

Oakland Police Department

455 7th Street, Oakland CA 94605

Emergency: 9-1-1

Non-Emergency: 510-777-3333

Website: <https://www.oaklandca.gov/departments/police>

Oakland Fire Department

1445 14th Street, Oakland, CA

Emergency: 9-1-1

Non-Emergency: 510-444-3322

Website: <https://www.oaklandca.gov/departments/fire>

Reporting to the Oakland Police Department

Lincoln University is located within the City of Oakland and the Oakland police department (OPD) provides all law enforcement services to Lincoln University. Lincoln is located in OPD's operational Area-1, Beat 4x. OPD provides patrol, crime prevention, investigative, and emergency services to Lincoln and anyone on our campus. Police officers patrolling our area may be in uniform on-foot, on horseback, in patrol cars, on motorcycles, or on a bicycle.

In addition, Lincoln can address campus crime prevention and safety issues through the Oakland police department's Area-1 Neighborhood Community Police Council.

A person reporting a crime has the right to report the crime to the Oakland police department. If it is an emergency, dial 9-1-1. The 9-1-1 system has language translators than can provide assistance. If it is a non-emergency, please use the online crime reporting system at www.oaklandpolice.com and/or the non-emergency telephone number 510-777-3333 for assistance.

Victims of Violent Crime

When a violent crime is reported by a victim to a law enforcement organization in California, victims may be eligible for several types of assistance (i.e., financial, immigration, mental health, medical) through the California Victims of Violent Crime Board. There services can be found at: <https://victims.ca.gov/victims/>.

In addition, Lincoln's student services department is available to assist all victims (includes those crimes reported or not reported to law enforcement) with obtaining a victim's advocate, mental health, physical health, counseling, an immigration support services.

Students Rights

All students have the right to contact and report issues to the Oakland police department, or another related agency related to his or her issue. Any disclosures of abuse, assault, sexual assault, harassment, dating violence and stalking will be treated seriously and confidentially.

Lincoln University will treat all students with dignity, and they will receive courteous and fair treatment, health care, and counseling services where available. Students are free from any suggestion that the reporting individual is at fault when these crimes and violations are committed or should have acted in a different manner to avoid such crimes or violations.

Restraining Orders

Lincoln University complies with all restraining, no-contact, protective orders, or similar orders issued by federal, state, or municipal courts. In addition, Lincoln staff will provide the necessary supporting information when a victim requests that we assist law enforcement with obtaining court restraining, protective, or similar type court orders; and it is legally permissible for Lincoln to provide such information.

Mandated Reporters

All members of the Lincoln University community are encouraged to report known or suspected child abuse or neglect, and elder abuse. Because of their work, some members are personally required by law to immediately or as soon as possible phone the police or child welfare authorities to report any reasonable suspicion of child abuse or neglect. Mandated reporters include administrators, employees, and instructors.

Reporting Missing Students

If any member of the University community believes a student has been missing, he or she should immediately notify student services at 510-628-8034 and/or the Oakland police department at 510-777-3333. For purposes of this policy, a student is considered missing when the student's whereabouts are unknown and unexplained for a period of time that would be regarded as highly unusual or suspicious by persons familiar with the student's plans, habits, or routines.

General Emergency Procedures

Prior to an actual emergency, you should become familiar with the location of the emergency exits where you have classes or areas you visit while on campus. You should determine the nearest exit to your location, the safest route to follow, and alternate exits. Building evacuation routes are posted in campus buildings. Leave the immediate area, but remain available to emergency personnel. If time permits during an evacuation, secure your workplace and take personal items such as keys, purse, medication, and glasses. In case of fire or other dangerous conditions, evacuate immediately leaving personal items behind. If you have a physical disability and you need assistance evacuating, ask for help and/or have some report to responding emergency personnel that you require assistance. Faculty are encouraged to briefly review Lincoln's emergency procedures with their classes on the first day of class each semester.

Fire Safety and Prevention

Lincoln University takes fire safety seriously and has posted fire evacuation plans throughout Lincoln facilities that includes each floor, classroom, stairway, the elevator, and on emergency exit doors.

Smoking is prohibited in campus buildings. In accordance with California State law and Oakland city ordinances smoking is not permitted within 30 feet of entrance to any University building. Those found in violation may be subject to a \$250 fine of the Oakland police issue a citation.

All faculty, staff, and students should recognize emergency situations as quickly as possible so preventive measures can be taken. Familiarize yourself with the locations of fire extinguishers near your office and/or classrooms and understand how to operate.

Fire Safety Preparation:

Pre-planning:

- Identify and be familiar with your building/floor/classroom exits. Remember, in the case of a fire, elevators cannot be used.

- Identify a designated gathering site and inform faculty/staff/students in your assigned building/floor of the designated gathering site.
- Identify individuals with physical disabilities, permanently assigned in your area, who may need assistance evacuating.
- Inform faculty/staff/students that the policy of the University is that individuals must evacuate the building if a fire alarm is activated.
- Open flames are not permitted in the workplace.

Actions in the event of a fire emergency:

- Call 911. When calling 911 be prepared with as much information as possible such as:
- Location of the fire by floor and office/room.
- Identify any types of injuries of which you are aware and the type of help that is needed.
- Describe any additional details regarding the situation to the dispatcher.
- Regardless of the cause of a fire alarm, evacuate the building or area of the fire. Remember do not use the elevators.
- If possible, close doors – especially fire exit doors – to help contain the fire and smoke.
- Warn and help others on your way out of the building.
- Activate the fire alarm system at the closed pull alarm.
- Go to your designated gathering site, which is the public street adjacent to the building unless circumstances require a change of location.

Do not do the following:

- Return to the building until an “all-clear” signal is given by Lincoln Administrative Staff, the Oakland fire department or the Oakland police department.
- Use the elevator when evacuating.
- Leave your gathering site until you are accounted for by your supervisor or designated staff.
- Prop open fire exit doors.

Armed Person (Active Shooter)

Emergency Actions

- **Avoid The Threat.** Leave the building or immediate area, if safe to do so. Call 911 upon reaching a safe location.
- **Deny Access.** If you can't leave the building, hide in a room where you can lock the door and turn off all of the lights. Try to place as many barriers — locked doors, rooms, hallways, etc. — between you and the perpetrator as possible.
 - Block the door with tables, chairs, copying machines, etc. if you have time even if you can lock the door.
 - Stay away from windows and out of the line of sight. Turn off all lights.
 - Remain quiet, turn off cellular phones and other items that may make a noise.
 - If safe to do so, alert other employees/students that an emergency is present, or imminent, and to quietly leave the area.

- **Defend Yourself.** If there are no other options, you have the legal right to defend yourself from an attacker.

Earthquake Preparedness

Earthquakes are an infrequent reality when living in Oakland and California. While we can't predict when earthquakes will hit, we *can* take a number of precautions to stay safe in the event of a seismic event.

- Drop, Cover, and Hold On
- First, duck or drop down on the ground. Take cover under a table, desk or other furniture. If those are not available, use an interior wall and protect your head and arms.
- Avoid hanging objects, windows, mirrors, tall furniture.
- Hold on to sturdy furniture and move with it. Hold your position until the ground stops shaking.
- Once the shaking stops check everyone around you to see if they are safe, then proceed outside.
- Expect aftershocks. If you experience additional shaking; drop, cover, and hold on until the aftershocks stop.
- Wait for information from Lincoln University staff. Cell phones may not be functioning correctly so you may also receive information on AM radio stations: KCBA 740, KNBR 680, or KGO 810.

Chemical Spills

Emergency Actions

In Public Areas Near Lincoln University:

- **First priority is First Aid.** Any spill that results in personal exposure should be treated immediately.
- Eyes or Skin contact: If chemical is a liquid, assist the person to a sink/eyewash and flush the eyes or affected skin areas with water thoroughly and continuously for a minimum of 15 minutes. If chemical is a solid, brush chemical off skin gently. Remove contaminated clothing. Contact 911.
- Inhalation: Get the person to fresh air. Perform CPR as needed. Contact 911.
- When appropriate, **evacuate** staff and students from danger.
- **Evaluate** the severity of the spill:
- **Identify** the chemical spilled, the quantity, and the location of the spill.
- Regardless of the quantity, immediately report the following types of spills to 911):
 - Flammable, toxic, corrosive, unknown
 - Compressed gas releases
 - Leaking containers
 - Radioactive materials

Emergency Preparedness Communication

The university is taking appropriate actions to ensure our campus is prepared to provide as safe and normal an environment as possible in these uncertain times. There are three web sites with valuable information:

<http://www.ready.gov>

<http://www.redcross.org>

<http://www.knowwhat2do.com/>

Communication during an emergency is critical, and there are things we ask each of you to do to assist Lincoln University:

- **When on campus, call 911 in case of emergency.**
- **Update your local and emergency contact information on file with LU.** We will only be able to contact your spouse or other family member in an emergency if this information is current.
- **Call home to let your family know you are safe.** We expect campus phone lines could be overrun with incoming calls once an emergency occurs in our area or on campus. You can help keep phone lines open and campus operating as normally as possible by calling home and telling your family you are safe.
- **Communicate a designated meeting place to your family.** If you choose to leave campus in an emergency, make sure your family knows where you will go if you are not heading home (a colleague's home, for instance) and how they can reach you there.

Should any emergency situation require a change in campus operations, that information will be communicated to you through our emergency alert protocol. See the Lincoln University catalog for details.

Lightning

- When a thunderstorm threatens go inside immediately for protection.
- When indoors, stay away from windows, water, sinks, and faucets.
- If you are in a hard-topped car, stay there.
- If you are caught outside, stay away from any object that could act as a natural lightning rod, such as tall trees.
- Stay clear of open fields, open water or small isolated sheds. If you are caught in an open area, crouch low to the ground; do not lie flat on the ground.
- Get away from fences, poles and other metal objects.

Access to the Library, DI Lab, Athletics Department, and Main Building

Lincoln University maintains private property status. However, access to the University grounds and administrative buildings (during business hours) is generally not restricted after being checked-in by staff.

Crime Statistics

Crime reported to the Oakland Police Department in 2025 within 500 feet of the main campus building at 401 15th Street is listed below and is publicly accessible at:

www.oaklandcrimewatch.com:

Crime	Total Number CY 2025
Auto Burglary	277
Vandalism	104
Misdemeanor Assault	103
Petty Theft	93
Stolen Vehicle	91
Grand Theft	58
Domestic Violence	36
Felony Assault	33
Commercial Burglary	32
Disorderly Conduct	29
Robbery	27
Other	27
Threats	19
Stolen & Recovered Vehicle	18
Residential Burglary	13
Forgery & Counterfeiting	11
Burglary - Other	10
Homicide	10
Curfew & Loitering	9
Fraud	9
Weapons	8
Narcotics	7
Forcible Rape	4
DUI	3
Embezzlement	3
Brandishing	2
Kidnapping	1
Other Sex Offenses	1
Total:	1046

**** Zero crime had been reported to have occurred at LU's main building at 401 15th Street according to the crime watch reporting system for CY 2025.

Community Crime Prevention

When considering Lincoln University's crime prevention efforts, we know the Lincoln University campus encompasses one four-story building where nearly all of the students attend their classes, and two smaller buildings that house the DI laboratory, Athletics department, and one classroom and the library plus two classrooms.

Lincoln's crime prevention efforts include having staff members screening everyone who comes into the three buildings from the entrance. In addition, many parts of the buildings are alarmed and have video surveillance recording. Also, the exit doors in the buildings do not allow the doors to be opened from the outside or street side. Additionally, staff workers periodically walk through the facilities checking for actual or potential safety issues and suspicious activity. This includes conducting a room-by-room check when the last class ends in the evening. While all of Lincoln's crime prevention efforts work toward preventing crime, keep in mind that Lincoln University is in the planning and development stage of establishing a designated campus security unit or department. Our staff members are not trained or licensed as private security officers. As such, all non-emergency or non-life-threatening incidents that would be reported to a campus security department should be reported to any Lincoln University staff member. Any emergency, potentially life-threatening, or violence/physical acts or threats against a person should be reported directly to the Oakland police department using 9-1-1.

Downtown Oakland Business District Association Ambassadors

Lincoln University is an active member of the Downtown Oakland Business District that is a designated Community Benefit District. This association has an Ambassador program that is available to anyone free of charge, which is described as: "The Safety and Maintenance Ambassador Program is the flagship program of the Downtown Oakland and Lake Merritt-Uptown Community Benefit Districts. The program consists of 25 full-time, highly visible Ambassadors that circulate throughout Downtown Oakland providing essential security, maintenance and hospitality services. The staff works daily to improve our neighborhood by creating a cleaner, safer and more hospitable downtown for all to enjoy." According to their website, their safety activities involve the following:

- Patrol on foot and bicycle
- Provide a high level of pedestrian engagement
- Provide a reassuring presence to reinforce positive perceptions of the neighborhood
- Provide safety escorts to tenants, residents and visitors
- Deter and proactively address low level quality of life crimes
- Document activities and track chronic issues for strategic follow up
- Build productive and collaborative relationships with local property owners, businesses, security personnel, and the Oakland Police Department to create a safer and more hospitable downtown

Lincoln University encourages all community members to program the Ambassador telephone number listed below into their phones, and/or obtain information about their program and contact information through their website at <http://downtownoakland.org/SERVICES>. The information is also available on Lincoln's student information bulletin boards on campus and directly from student services. Their services can be used during their business hours for escorts to your vehicle that is parked within the district and to/from public transportation so do not hesitate to call for their services. Their hours and contact information are below:

The Safety and Hospitality Ambassador Program

Hours of Operation: Monday-Friday 7:00 am-10:00 pm, Saturday 12:00 pm-12:30 am.

For Ambassador assistance, call 510-898-8592

Crime Prevention Suggestions

With no intent to victim blame and recognizing that only rapists are responsible for rape, the following are some strategies to reduce one's risk of sexual assault or harassment (taken from Rape, Abuse, & Incest National Network, www.rainn.org)

1. Be aware of your surroundings. Knowing where you are and who is around you may help you to find a way to get out of a bad situation.
2. Try to avoid isolated areas. It is more difficult to get help if no one is around.
3. Walk with purpose. Even if you don't know where you are going, act like you do.
4. Trust your instincts. If a situation or location feels unsafe or uncomfortable, it probably isn't the best place to be.
5. Try not to load yourself down with packages or bags as this can make you appear more vulnerable.
6. Make sure your cell phone is with you and charged and that you have cab money. Don't allow yourself to be isolated with someone you don't trust or someone you don't know.
7. Avoid putting music headphones in both ears so that you can be more aware of your surroundings, especially if you are walking alone.
8. When you go to a social gathering, go with a group of friends. Arrive together, check in with each other throughout the evening, and leave together. Knowing where you are and who is around you may help you to find out a way out of a bad situation.
9. Trust your instincts. If you feel unsafe in any situation, go with your gut. If you see something suspicious, contact law enforcement immediately (local authorities can be reached by calling 911 in most areas of the U.S.).
10. Don't leave your drink unattended while talking, dancing, using the restroom, or making a phone call. If you've left your drink alone, just get a new one.
11. Don't accept drinks from people you don't know or trust. If you choose to accept a drink, go with the person to the bar to order it, watch it being poured, and carry it yourself. At parties, don't drink from the punch bowls or other large, common open containers.
12. Watch out for your friends, and vice versa. If a friend seems out of it, is way too intoxicated

for the amount of alcohol they've had, or is acting out of character, get him or her to a safe place immediately.

13. If you suspect you or a friend has been drugged, contact a law enforcement immediately (local authorities can be reached by calling 911 in most areas of the U.S.). Be explicit with doctors so they can give you the correct tests (you will need a urine test and possibly others).
14. If you need to get out of an uncomfortable or scary situation here are some things that you can try:
15. Remember that being in this situation is not your fault. You did not do anything wrong, it is the person who is making you uncomfortable that is to blame. Be true to yourself. Don't feel obligated to do anything you don't want to do. "I don't want to" is always a good enough reason. Do what feels right to you and what you are comfortable with.
16. Have a code word with your friends or family so that if you don't feel comfortable you can call them and communicate your discomfort without the person you are with knowing. Your friends or family can then come to get you or make up an excuse for you to leave.
17. Lie. If you don't want to hurt the person's feelings it is better to lie and make up a reason for you to leave than to stay and be uncomfortable, scared, or worse. Some excuses you could use are: needing to take care of a friend or family member, not feeling well, having somewhere else you need to be, etc.
18. Try to think of an escape route. How would you try to get out of the room? Where are the doors? Windows? Are there people around who might be able to help you? Is there an emergency phone nearby?
19. If you and/or the other person have been drinking, you can say that you would rather wait until both of you have your full judgment before doing anything you may regret later.

Importance of Preserving Evidence

Physical evidence is crucial in helping to prosecute assailants in cases of rape or sexual assault. Physical evidence must be collected in a timely manner by a certified medical facility.

Prior to a medical/legal exam, *victims of rape or assault should not*: Bathe, change clothes, Douche, Use the toilet (if possible), Smoke, or Clean the bed/linen/area where they were assaulted if the offense occurred within the past 96 hours, so that the evidence may be preserved. If victims do not opt for forensic evidence collection, health care provider can still treat injuries and take steps to address concerns of pregnancy and/or sexually transmitted diseases.

Victims of **stalking** should ***save*** evidence such as: Any letters, Notes, Emails, Phone calls, Videos, Photos, Texts, Social media postings (Facebook, Twitter, etc.), Computer screenshots, Voicemails, or any other form of evidence that would be helpful.

As time passes, evidence may dissipate or become lost or unavailable, thereby making investigation, possible prosecution, disciplinary proceedings, or obtaining orders of protection related to the incident more difficult.

If a victim chooses not to make a criminal complaint regarding an incident, the or she nevertheless should consider speaking with the University's Administrative Vice President, or other law enforcement agency to preserve evidence in the event that the victim changes his or her mind at a later date.

QUICK FACTS

A *Sexual Assault Forensic Examination (SAFE)* will preserve evidence in case the student decides to pursue criminal charges and may be done up to 84 hours after an assault.

Don't urinate before going to the hospital. Date rape drugs leave your body quickly. Rohypnol stays in the body for several hours, and can be detected in the urine up to 72 hours after taking it. GHB leaves the body in 12 hours. Take from <http://www.womenshealth.gov/publications/our-publications/fact-sheet/date-rape-drugs.html#h>

If a student is sexually assaulted, preserving any available evidence, including the results of SAFE, blood tests for "date rape" drugs, and/or testing urine, allows the student to leave open the option of criminal prosecution in the future without obligating the student to make an immediate decision.

Some kinds of evidence may only be collected within a short period of time after an assault, delaying action to preserve evidence immediately after an assault may reduce the chances for a successful criminal prosecution in the future.

While submitting to a SAFE medical exam, and/or other testing may be emotionally traumatic in the immediate aftermath of an assault, some local hospitals have specially trained clinicians who are experienced in helping survivors through the process.

Dating Violence

Dating violence is controlling, abusive, and aggressive behavior in a romantic relationship. It can happen in straight or gay relationships. It can include verbal, emotional, physical, or sexual abuse, or a combination.

Physical abuse may include: Shoving, punching, slapping, pinching, hitting, kicking, hair pulling, strangling, etc.

Sexual abuse may include: Unwanted touching and kissing, forcing you to have sex, not letting you use birth control, forcing you to do other sexual things.

Anyone can be a victim of dating violence. Both men and women are victims, but men and women can abuse their partners in different ways. Women are more likely to yell, threaten to hurt themselves, pinch, slap, scratch, or kick. Men injure girls more and are more likely to punch their

partner and force them to participate in unwanted sexual activity. Some victims experience physical violence only occasionally; others, more often.

If You Are a Victim of Dating Violence, You Might...

- Think it is your fault.
- Feel confused, angry, sad, lonely, depressed.
- Feel threatened or humiliated.
- Feel anxious.
- Not know what might happen next.
- Feel like you can't talk to friends and family.
- Be afraid of being seriously hurt.
- Feel protective of your boyfriend or girlfriend.

Get Help

Being a victim of dating violence is not your fault. Nothing you say, wear, or do gives anyone the right to hurt you.

- If you think you are in an abusive relationship, get help immediately. Don't keep your concerns to yourself. If you think you are in an abusive relationship, get help immediately. Don't keep your concerns to yourself.
- Talk to someone you trust like a parent, teacher, school principal, counselor, or nurse.
- If you choose to tell, you should know that some adults are mandated reporters. This means they are legally required to report neglect or abuse to someone else, such as the police or child protective services. You can ask people if they are mandated reporters and then decide what you want to do. Some examples of mandated reporters are teachers, counselors, doctors, social workers, and in some cases, coaches or activity leaders. If you want help deciding whom to talk to, call a crisis line in your area. You might also want to talk to a trusted family member, a friend's parent, an adult neighbor or friend, an older sibling or cousin, or other experienced person who you trust.
- If you think you are in an abusive relationship, get help immediately. Don't keep your concerns to yourself.
- Talk to someone you trust like a parent, teacher, school principal, counselor, or nurse.
- If you choose to tell, you should know that some adults are mandated reporters. This means they are legally required to report neglect or abuse to someone else, such as the police or child protective services. You can ask people if they are mandated reporters and then decide what you want to do. Some examples of mandated reporters are teachers, counselors, doctors, social workers, and in some cases, coaches or activity leaders. If you want help deciding whom to talk to, call a crisis line in your area. You might also want to talk to a trusted family member, a friend's parent, an adult neighbor or friend, an older sibling or cousin, or other experienced person who you trust.

Help Yourself

Think about ways you can be safer. This means thinking about what to do, where to go for help, and who to call ahead of time.

- Where can you go for help?
- Who can you call?
- Who will help you?
- How will you escape a violent situation?

Here are other precautions you can take:

- Let friends or family know when you are afraid or need help.
- When you go out, say where you are going and when you'll be back.
- In an emergency, call 911 or your local police department.
- Memorize important phone numbers, such as the people to contact or places to go in an emergency.
- Keep spare change, calling cards, or a cell phone handy for immediate access to communication.
- Go out in a group or with other couples.
- Have money available for transportation if you need to take a taxi, bus, or subway to escape.

Help Someone Else

If you know someone who might be in an abusive relationship, you can help.

- Tell the person that you are worried.
- Be a good listener.
- Offer your friendship and support.
- Ask how you can help.
- Encourage your friend to seek help.
- Educate yourself about dating violence and healthy relationships.
- Avoid any confrontations with the abuser. This could be dangerous for you and your friend.

Stalking

Repeated conduct directed at a student or staff member (e.g., following, monitoring, observing, surveilling, threatening, communicating or interfering with property), of a sexual or romantic nature or motivation, that would cause a reasonable person to fear for their safety, or the safety of others, or to suffer substantial emotional distress is misconduct and in many instances a crime.

The University will impose disciplinary sanctions on employees and students that ranges from educational and rehabilitation efforts up to and including expulsion or termination of employment

and referral for prosecution by the police for violations of the law concerning hate crimes, stalking, etc. These laws impose legal penalties for both misdemeanor and felony convictions. Criminal penalties for convictions can range from fines and probation to denial or revocation of federal benefits (such as student loans or immigration status) to incarceration (county, state or federal prison), and the forfeiture of personal and real property. All members of the Lincoln University of community have the right and responsibility to pursue his or her academic endeavors in a safe, effective, drug-free environment.

Sex Offender Advisement – Megan’s Law

The California Attorney General’s office maintains a database of registered sex offenders by community, which can be found at: www.meganslaw.ca.gov.

Individuals can also view information about registered sex offenders in your Zip Code at the **Oakland Police Department, 455 7th Street, Room 313**. Information includes name and aliases, a photograph (if available), physical description including scars and tattoos, offenses committed by the registrant and the last registered county and Zip Code of the offender (offenders' addresses are not included).

Federal, California, and City of Oakland Law – Legal Sanctions

The unlawful manufacture, distribution, dispensation, possession, and/or use of controlled substances or alcohol are regulated by a number of federal, state and local laws. These laws impose legal sanctions for both misdemeanor and felony convictions. Criminal penalties for convictions can range from fines and probation to denial or revocation of federal benefits (such as student loans) to imprisonment and forfeiture of personal and real property. Following is a list of some of the laws pertaining to the unlawful manufacture, distribution, dispensation, possession, or use of a controlled substance or alcohol. The information provided below is illustrative, not exhaustive.

Generally, it is a criminal offense:

- To illegally manufacture, sell, distribute, or possess controlled substances (those listed in Schedules I through V of the Controlled Substances Act (21 U.S.C. 812)) (21 U.S.C. 828, 841, 844, 859, 860);
- To unlawfully possess or possess for sale controlled substances (those listed in Cal. Health & Safety Code 11054, 11055, 11056, 11057, 11058);
- To possess, cultivate, sell or possess for sale marijuana (Cal. Health & Safety Codes 11357, 11358, 11359);
- To use or be under the influence of a controlled substance (Cal. Health & Safety Code 11550); • To transport, sell, or distribute marijuana to a minor or to use a minor to transport, sell, or distribute marijuana (Cal. Health & Safety Code 11361);
- To possess, furnish or manufacture drug paraphernalia (Cal. Health & Safety Code 11362, et seq.);
- To provide any alcoholic beverage to a person under 21 or to any obviously intoxicated person (Cal. Bus. & Prof. Code 25658; 25602);
- To be under the influence of alcohol in a public place and unable to exercise care for one's own safety or that of others (Cal. Penal Code 647(f));

- For persons under 21 to have any container of alcohol in any public place or any place open to the public (Cal. Bus. & Prof. Code 25662);
- To operate a motor vehicle while under the influence of alcohol or other intoxicants or with a blood alcohol level of .08% or higher (Cal. Veh. Code 23152);
- For any person under the age of 21 to operate a motor vehicle with a blood alcohol level of .05% or higher (Cal. Veh. Code 23140);
- To have an open container of alcohol in a motor vehicle and for persons under 21 to drive a vehicle carrying alcohol or to possess alcohol while in a motor vehicle (Cal. Veh. Code 23223; 23224);
- To have in one's possession or to use false evidence of age and identity to purchase alcohol (Cal. Bus. & Prof. Code 25661);
- For any person under age 21 to purchase alcohol (Cal. Bus. & Prof. Code 25658.5).
- To be in possession within the Oakland City limits of an open container, which is a violation of Municipal Code 9.08.190, and can result in a fine.

Alcohol & Drug Influence Symptoms and Behavior

Alcohol

Short Term: affects moods, dulls the senses and impairs coordination, memory, reflexes, judgment, behavioral changes, self-destructive urges, irritation of the esophagus and stomach (nausea), death.

Long Term: central nervous system damage, memory loss, cancer of the mouth, stomach ulcers, inflammation/cancer of the liver, high blood pressure, irregular heartbeat, angina, heart attack, malnutrition.

Amphetamines (speed, meth, ice, dex, Ritalin, uppers)

Short Term: increased breathing and heart rate, high blood pressure, increased alertness and energy, impaired judgment, impulsiveness, death.

Long Term: severe anxiety, chronic sleeplessness, malnutrition, heart problems, agitation.

Cocaine (coke, nose, rock, blow, crack)

Short Term: anxiety, delusions, headache, nausea, impaired judgment, death.

Long Term: loss of appetite, dehydration, constipation, impotence, nose and nostril damage, heart problems, psychosis.

Designer Drugs (MDMA, X, ecstasy, cat, AMF, TMF, MPPP)

Short Term: euphoria, dizziness, nausea, sweating, increased blood pressure, extreme wakefulness, hyperactivity, loss of appetite, death.

Long Term: aggression, depression, mood and sleep changes.

Hallucinogens (LSD, acid, shrooms, special K)

Short Term: impaired coordination, increased heart rate and temperature, nausea, detachment, fatigue, hallucinations, paranoia, mental confusion.

Long Term: generally unknown, flashbacks, depression.

Inhalants (nitrous oxide, whip-its, paint, glue)

Short Term: irregular heart rate, depressed respiratory rate, nose and eye irritation, nausea, vomiting, spasms, headache, suffocations, death.

Long Term: brain damage, tremors, poor coordination, speech problems, lung, liver and kidney damage, chromosomal abnormalities.

Marijuana (pot, weed, dope, ganja, chronic, purp, grapes, kush, ents, etc.)

Short Term: reddening of eyes, dry mouth, increased heart rate and body temperature, hunger, dizziness, drowsiness.

Long Term: upper respiratory problems, lung damage, lower immune system responses, memory loss, concentration impairment.

Opiates (Heroin, smack, morphine, black tar)

Short Term: pain relief, mental confusion, drowsiness, nausea, constipation, muscle constriction, low blood pressure and heart rate, respiratory arrest, death.

Long Term: chronic constipation, vision impairments, hallucinations.

Sedatives (Blues, roofies, GHB, seconal, reds, barbs)

Short Term: dizziness, lethargy, drowsiness, lack of coordination, nausea, death.

Long Term: chronic fatigue, vertigo, reduced sex drive, visual disturbances.

Tobacco

Short Term: increased heart rate and blood pressure, adrenaline production, muscle relaxation, relief of tobacco withdrawal.

Long Term: lung problems, chronic cough, blockage of blood vessels, chronic respiratory infections and problems, reduced fertility, death.

Mental Health & Alcohol-Drug Abuse Prevention Services

Lincoln University takes the mental health of our students and staff very seriously, and offers confidential resources for them. As a reminder, mental health services are usually part of your student health insurance plan so you should contact your health care provider. Lincoln's student services staff and the Dean of Students are not trained mental health care providers, but they are excellent listeners and you are encouraged to drop-in to talk about anything that is bothering you. They can help you obtain services that you may need. In addition, substance abuse is a serious health issue, and Lincoln staff are here to work with you to obtain alcohol-drug related substance abuse or addiction help. Contact student services for assistance. Lincoln has identified several ethical and useful self-help sites that are available:

Moodjuice - <http://www.moodjuice.scot.nhs.uk> : can help you think about emotional problems and help work toward resolving them. Emotional problems are often body's and mind's way of indicating something needs to be changed.

MyCompass - <https://www.mycompass.org.au>: A personal self-help program that you can use on your mobile phone, computer and/or tablet. You can learn new ways to deal with feelings, thoughts, and behavior.

Anxiety Links:

Social Anxiety - <https://www.verywellmind.com/social-anxiety-disorder-4157220>

<https://www.anxiety.org/>

<http://www.freedomfromfear.org/>

<https://adaa.org>

<http://anxietynetwork.com>

Attention Deficit:

<https://www.adhdadulthood.com/>

<http://www.advance.com>

Culture Shock:

<http://www.k-state.edu/counseling/topics/life/culture.html#Customs>

Eating Disorders and Healthy Body Image

<https://www.foodaddicts.org>

<https://www.bulimia.com>

Depression:

<https://www.7cups.com/depression-help-online/>

<https://themighty.com/2016/10/how-to-be-friends-with-someone-whos-depressed/>

<https://metanoia.org/suicide/samaritans.htm>

<https://www.verywellmind.com/depression-4157261>

https://secure2.convio.net/dabsa/site/SPageServer/?jsessionid=00000000.app20101a?NONCE_TOKEN=8F64E1F35EE1EB773D7417BD4828EDA4&pagename=home&cvridirect=true

Alcohol & Drugs:

<https://www.drugwatch.com>

<https://www.marijuana-anonymous.org>

<http://www.norcalna.org>

www.niaaa.nih.gov

www.nida.nih.gov

www.samhsa.gov

Alcoholics Anonymous (AA) – www.eastbayaa.org

Moderation Management – www.moderation.org
Secular Organizations for Sobriety – www.sossoberity.org
SMART Recovery – www.smartrecovery.org
Women for Sobriety – www.womenforsobriety.org

General Mental Health:

Debtors Anonymous - <https://www.debtorsanonymous.org>
College Gambling - <http://www.collegegambling.org>
Raise Issues of Mental Health on College Campuses and Dialogue - <http://www.halfofus.com>
Relaxation Exercises - https://www.hws.edu/studentlife/counseling_relax.aspx

Grief:

<http://activelymovingforward.org>

Health and Wellness:

Centers for Disease & Control -
https://www.cdc.gov/az/a.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Faz%2Findex.html
Mental Health & Support - <https://www.healthyplace.com>

Learning Disabilities:

National Center for Learning Disabilities - <https://www.ncld.org>
LD Online - <http://www.ldonline.org>

Relationships & Sexual Abuse:

Letting go of a high maintenance/abusive relationship -
<http://counseling.cofc.edu/counseling/relatends.pdf>
Co-Dependents Anonymous - <http://coda.org>
Anti-Sexual Abuse Organization - <https://www.rainn.org>

Sexual Orientation:

Parents, Families and Friends of Lesbians and Gays - <http://www.pflagsf.org>

Stress:

Strategies for Surviving Class - <http://today.cofc.edu/2014/08/14/strategies-surviving-first-day-classes-aug-19/>

Text Anxiety:

Managing Test Anxiety - <https://powertochange.com/students/academics/anxiety/>

Suicide Prevention:

National Suicide Prevention Lifeline - <https://suicidepreventionlifeline.org/talk-to-someone-now/>

CrisisChat - <https://suicidepreventionlifeline.org/talk-to-someone-now/>

Programs and Facts - <https://www.jedfoundation.org>

Yellow Ribbon Suicide Prevention - <https://yellowribbon.org>

Veterans:

<https://www.swords-to-plowshares.org>

Smoking:

<https://www.verywellmind.com/nicotine-use-4157297>

<http://www.lung.org/about-us/local-associations/california.html>

<https://www.cdc.gov/tobacco/>

<https://smokefree.gov>

Lincoln also has a link for mental health resources for students at the following link:

<https://students.lincoln.edu/personal-counseling/>