

One-stop finder to locate national hotlines for abuse, mental health, and more









What's Next?

Preparing for college while in High School

Go to www.knowbeforecollege.org

About the CEO

Knowledge + Awareness = SAFETY

Your college journey begins in High School

IT'S NEVER TOO FARI Y

Planning Ahead

All women 18-24 College women 18-24 Women not in college National Sexual Assault Hotline | 800.656. HOPE | online.rainn.org Please visit rainn.org/statistics/campus-sexual-violence for full citation. 1

Sexual violence on campus is pervasive.

- 13% of all students experience rape or sexual assault through physical force, violence, or incapacitation (among all graduate and undergraduate students).
- Among undergraduate students, 26.4% of females and 6.8% of males experience rape or sexual assault through physical force, violence, or incapacitation.
- 5.8% of students have experienced stalking since entering college.

Report on the AAU Campus Climate Survey on Sexual Assault and Sexual Misconduct 1/17/2020

9TH & 10TH Grade

·Focus on your grades. Colleges will consider grades for all 4 years not just your senior year

- ·Take Honors or A.P. course(s). Enroll in dual credit or jump start courses to earn college credit while in high school
- Speak to your high school counselor about taking a PSAT exam and/or prep course
- -Visit the website for a detailed breakdown by grade level...

College! Know Before You Go

Hello, I'm Aysia J. a senior at Arbor View High School in Las Vegas, NV. Like many of you, I wasn't quite sure what to expect or when to start preparing for college. There's a lot of information out there and in so many places; it can be overwhelming. As a part of my Girl Scout Gold Award project, I aimed to simplify the basics and get you started on the right track from 9th grade and beyond. Be prepared!

If life throws you some curve balls now or later on, don't be afraid to raise your hand for help. You'll also find valuable national resources and 24-hour hotlines for life's challenges all in one place. From assault to addiction, I have you covered. I've also provided tips to stay SAFE after joining the college life.

Please, visit my website and be sure to share with H.S. students and classmates to help on their journey of determining when to start and What's Next.

